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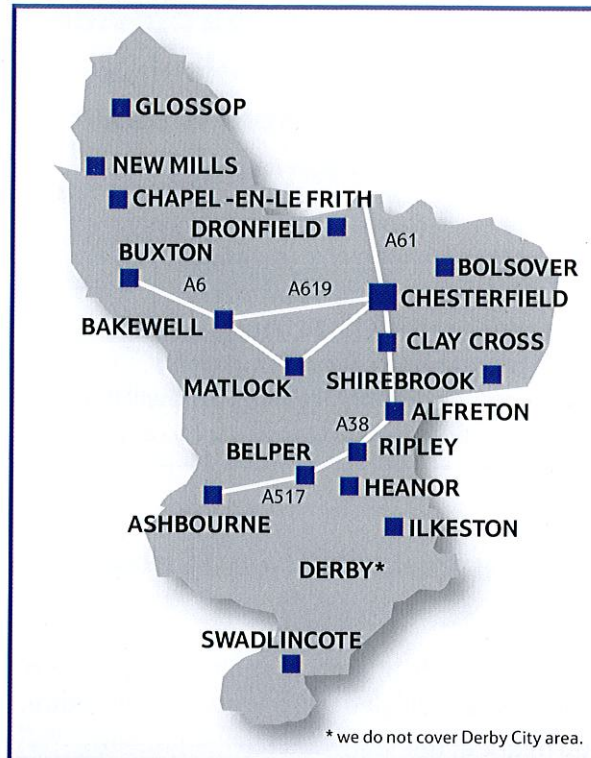
Those who have problems with substances already feel upset, ashamed and embarrassed. They may try to blame you but it is not your fault. People run into problems with substance use for a variety of reasons.

Those affected by someone's drug or alcohol use often feel their situation is hopeless. However, many families have successfully made positive changes through gaining support and counselling for themselves. Visit our website to see some accounts from relatives and friends who have received support from us.

"I have learned so much from the support provided and the awareness sessions and can understand better the issues for those with drug and alcohol problems. Communication has improved and my partner is now seeking help and making small but positive steps forward".

Other support services:

- IAPT Talking Mental Health - Derbyshire 0300 123 0542
- Relate - 0300 100 1234
- Al Anon - Confidential Helpline 020 7403 0888
- NA - Helpline 0300 999 1212
- Derbyshire Carers Association - email: info@derbyshirecarers.co.uk Tel: 01773 743355 www.derbyshirecarers.co.uk



* we do not cover Derby City area.

We have bases in Chesterfield, Ilkeston, Ripley and Swadlincote, we can also offer appointments within other venues throughout Derbyshire.

OPENING HOURS:

Monday - Friday 9am to 5pm
with one late evening
phone us or visit our website for
further information

0845 308 4010
01246 206514

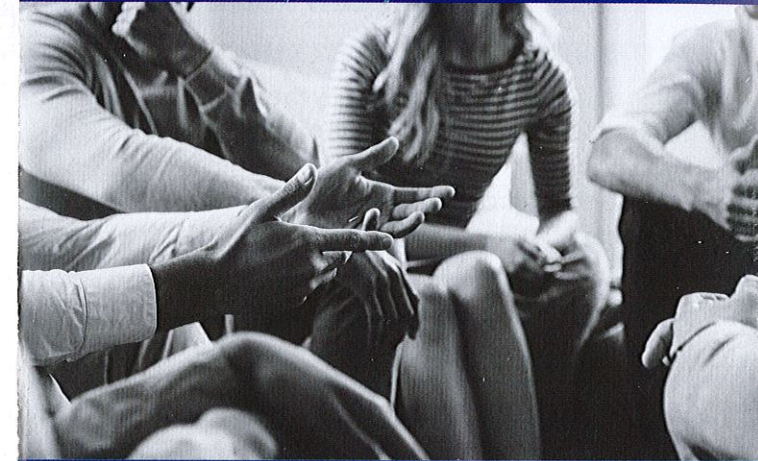


Email: info@derbyshirerecoverypartnership.co.uk
www.derbyshirerecoverypartnership.co.uk

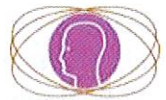
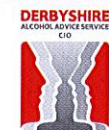
**Derbyshire
Recovery
Partnership**



**Support for
families
affected by
substance use**



NHS
Derbyshire Community
Health Services
NHS Foundation Trust



Phoenix Futures
Experts in recovery for more than 40 years

**Working together to support
change and recovery from
alcohol and drug use**

Some questions you may have:

What do you offer for families affected by substance misuse?

The Derbyshire Recovery Partnership believes that working together with family members and those who are misusing drugs or alcohol can be the most effective way to support families.

The support we offer is designed to support the whole family or those closely affected. The primary aim is to bring or keep the drug or alcohol user in treatment.

If the person using substances is already in treatment and does not wish you to be present in their sessions, we have to maintain their confidentiality.

If this is the case, can I still see someone for my own support?

If your substance misusing family member is already in treatment we can still offer you support. This will most often be with other family members who are experiencing similar issues with their loved one.

If my drug or alcohol using family member agrees to us attending together, what happens in these sessions?

You will have an opportunity to work with a key worker and the person using alcohol or drugs to improve knowledge and communication between you.

What support can you provide for me if my drug or alcohol using family member is not currently in treatment?

If the substance misuser is not currently in treatment we will offer you individual counselling. You may also be offered a programme called CRAFT. This is an evidence based programme called Community Reinforcement Family Training. This will help you encourage the substance user to access treatment.

What happens if I feel I need longer term help?

This can be difficult for you and you may have to make some difficult decisions about your future. You might at this stage wish to continue to support your family member, accepting that they will continue to drink or use drugs. If this is the case you could benefit from advice about how best to manage the situation and your own mental and emotional health and well being. You might wish to access a carer's service, or you may wish to undertake further counselling from an IAPT (improving access to psychological therapy) service.

We can give you information or you can contact your GP. You may find Al Anon or NA Anon helpful as a way to meet other affected family members.

You may however decide to move on independently. If this is the case you could benefit from legal and family counselling advice. We can provide you with some advice on how to access this support.

What can I do now, what advice can you give me?

The following might help you in the short term:

- Make sure you or any children affected by the person using drugs or alcohol are safe and have access to other family members or friends who can offer support
- Do not try to hide or cover up for the the person using drugs or alcohol. This is more likely to keep the situation as it is and can enable the alcohol or drug user to continue with their problem for longer
- Don't talk about taking actions you are not prepared to carry out. The person using drugs or alcohol will get used to this and so will not take you seriously when you try to put boundaries in place and try to agree ground rules
- Gain as much information as you can about the substances being used and the effects and risks
- Learn to identify when you think your family member might be going to use drugs or drink heavily and take all steps to ensure your safety. Do not approach them whilst drinking or under the influence. Wait until things are calmer and address your concerns calmly and assertively.

Research has shown that involving family members is the most effective way to work with those affected by substance misuse.