

Family Programme

Our aims –

- **To take a holistic approach to our treatment of addiction**
- **To improve the well-being of our patients' family members**
- **To increase the chances for our patients to sustain their recovery**

Our objectives –

- **Raise awareness** - of the 'whole family' dimension of addiction
- **Instil hope** - that recovery is possible for them as well as for the patient
- **Provide pathways to recovery** – which run parallel to patient treatment
- **Support positive change** - through psycho-education - group work - peer-support.

Our resources –

- **1 family support therapist** – operating as an integral part of the LEAP team - 30 hours per week for 2 years thanks to a generous grant from NHS Lothian Health Foundation
- **Small budget** - for admin support and materials
- **Lived experience** – from members - peer-supporters - staff

We offer -

- **Outreach to family members** – telephone - e-mail - personal invitation
- **One to one sessions** - to discuss individual support needs
- **Audio-visual presentations** - on the symptoms and phases of addiction - the effects on the brain - how family relationships are affected
- **Weekly group work sessions** - solution-focused and staged - both facilitated and peer-led - to learn from each other's experience and learning – to consider effective strategies - to provide emotional and practical support when difficulties arise

We empower members to -

- **Develop trust** - in the effectiveness of our abstinence-based patient programme and in the wider recovery community in Edinburgh & Lothian
- **Shift focus** – away from the patient - back to self
- **Concentrate** - on *personal* recovery to promote *family* recovery
- **Dismantle unhealthy relationship patterns** - identify what is not working - neither for them nor the patient
- **Build healthier family relationships** - identify and use what does work to promote recovery for the whole family
- **Link with mutual-aid** – Families Anonymous – AlAnon – SMART – for additional and ongoing support

Evaluation -

- **Internal** – Feedback from our members has been mostly positive so far and indicates that we are consistently meeting their needs (our aims).
- **External** – We recently commissioned an independent evaluation the results of which are extremely encouraging. They have confirmed our belief that we are fulfilling our aims & objectives and have highlighted areas for future growth and development. A copy of this evaluation report is available on the LEAP website. <http://www.nhsllothian.scot.nhs.uk/Services/A-Z/LEAP/Pages/Family-Programme-Evaluation-Report.aspx>

What next?

- **Continue** - to use our learning to inform our practice
- **Disseminate** - our learning to other services
- **Continue** - to grow organically in response to our members' needs
- **Expand** - so we can offer more - to more people

References

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