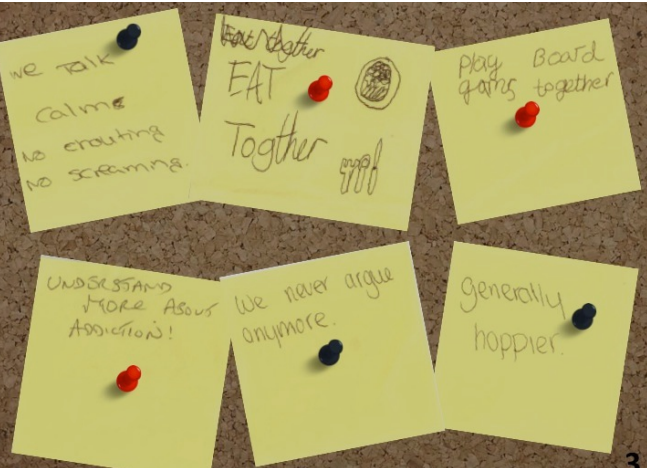
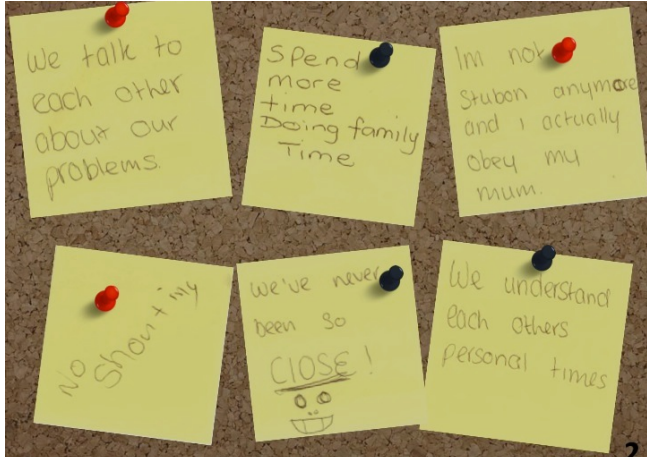


Feedback from families having completed MPACT



Professional Competence

Drug Concern is a member of the Federation of Drug and Alcohol Practitioners (FDAP) the professional body for the substance misuse field.

Drug Concern staff comply with the FDAP professional standards and work to the FDAP code of practice.

Staff are committed to ongoing professional development as evidence of maintaining professional standards and competence to practice.

For more information visit: www.fdap.org.uk

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MOVING PARENTS AND CHILDREN TOGETHER - MPACT



Working with families affected by parental drug or alcohol use

About the programme

The programme is available for any family with children between the ages of 8 - 17 years where one or both parents are or have recently been experiencing a problem with drug or alcohol use.

Although MPACT may be a catalyst for change, the programme isn't designed to address a parents drug or alcohol use,(we provide other services for this) rather it's a safe place for the family to get **real** about the impact drug or alcohol use is having on the family.

MPACT helps families to:

- understand the impact parental drug or alcohol use has on children
- improve family communication
- have fun as a family and build on family strengths
- help the family to work better together
- develop new ways of coping
- provide a safe space for children to talk and be heard.

How does the programme work?

Each programme is made up of 8 meetings lasting two hours (4.30pm — 6.30pm).

The meetings may run over 8 weeks (usually every Thursday) **or** over 2 weeks (Monday - Thursday for the 2 weeks).



We understand it can be difficult organising family life around a programme, so we start each session with a hot meal. This means it reduces the after school rush to prepare food before heading out, and it gives us an opportunity to spend some time getting to know one another over a meal.

Each session is a mixture of working together as families (in your own family) and sometimes doing work in adult/ young peoples' groups.

Sessions are facilitated by trained staff. MPACT isn't 'done' to you, you are encouraged to really get involved.

Sessions

Session 1 - Introductions. A time to consider why your family are here and to get to know the others on the programme.

Sessions 2 & 3 - Making sense of addiction. Exploring addiction creatively.

Session 4 - My family. Thinking about the relationships in your family. The good, bad and the ugly!

Session 5 - Communication. Having some fun exploring an important issue.

Session 6 - Self-esteem. The good stuff about you!

Session 7 - Tool boxes & first aid kits. Keeping the family running well.

Session 8 - Endings & award ceremony.

Session 9 - This is provided as a follow-up about 2 months after completing the programme. We arrange a family fun activity followed by fish and chips.