


Remembering the children (aged 12-17) in families with substance abuse issues


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Why Work with the Family?

- For every person experiencing substance dependence - 5 others are directly impacted (often family members)
- Family involvement in treatment can increase the uptake/effectiveness for the dependent family member
- Family members benefit from treatment
- Supporting young people living within a family impacted by AOD is an important preventative & early intervention process for the child's/young person's present and future well being




Barriers that effect Young People coming in for Support



- Young people are often overlooked
- Using family member (UFM) is often the focal point
- Belief that the UFM has kept their use hidden to the child/adolescent
- Justifying acting out behaviours as a "stage" they are going through
- Being too overwhelmed with current crisis and adult functioning to have time to support the child/adolescent
- Fear of community services interventions

How do you Engage Young People

- Fun
- Safe
- Non-judgemental for the Using Family Member (UFM)
- Trauma informed
- Age appropriate
- Family inclusive
- Assessment



Kaleidoscope Program

An 8 week program for children and young people living with someone else's drug, mental health or gambling issues.



Family Rules

DON'T TALK


DON'T TRUST

DON'T FEEL




Key messages

- Your feelings are important
- You're not alone
- Nothing's as certain as change
- What you have to say is important
- You can't change others – you can only change yourself



Challenges Core Beliefs


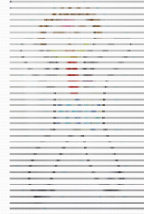

- You didn't cause their behaviour - their behaviour is not your fault
- You don't have to fix it for them
- It's OK to focus on you
- It's important to have social time
- You're a survivor



Topics relevant to Support Young People Living in Families with AOD/MH issues.


 Families	 Feelings	 Stress	 Coping
 Covering up	 What you can and can't change	 Caring for yourself	 Self esteem

Examples of Mediums used

 Twee Fiddle and Huff movie	 Gingerbread Feelings Guided imagery	 Flower of self-worth Art therapy
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Recommended Skills for Therapists working in groups with Children and Young People Living in Families with AOD issues

- Child Development knowledge
- Art/play therapy training and supervision
- AOD knowledge/training
- Family systems knowledge/training
- Keep them safe – mandatory reporting
- Embrace your inner child
- Be Trauma informed
- Have a lot of patience
- Be supported by another facilitator
- Be up to date with child related media, apps, games, movies
- Have a plan B
- Trust in the process



Kaleidoscope Specific Outcomes

Young people report

- Feeling less scared, sad or depressed
- More willing to discuss problems and issues at home
- See themselves more positively
- Increased knowledge of how to keep themselves safe
- Better able to recognise symptoms of stress and use strategies to manage stress
- Feel more able to have a 'fun' & 'good' life even though a parent has an AOD/MH issue.

Kaleidoscope Specific Outcomes

Parents report

- Less fear around how Young person is handling issues
- Young person had improved understanding of issues
- Young person's coping strategies had improved
- Felt more positive about the future
- Increase sense of the families ability to cope

**Questions?
Thank-you**