

## **Background Information**

A referral was made (in March 2014) to Family Solutions by the families Health Visitor

The mother of this family had asked her Health Visitor for support with her family as she felt that they were unable to cope due to the father's alcohol Dependency issue and other complex needs that were identified within the family unit

## **Family Unit**

Mum, Dad, daughter age 12, Son Age 6, Daughter age 18months

## **Needs Identified with the family**

- To support Dad with his Alcohol Misuse Problem
- To support Dad with his detox and Rehabilitation Programme
- To support Dad to get the appropriate support with his depression
- To assist Mum in accessing support around her anxiety/depression
- To assist mum in supporting her partners alcohol misuse problem and to understanding the Cycle of addiction better.
- To help Dad build a closer bond with his biological daughter(18mths)
- To help Dad build a closer bond with his step son and Step Daughter
- To support the family with boundaries, routines and reward charts
- To help the parents feel more motivated and to do more things together as a family
- To help mum and dad communicate more effectively and argue less
- To support the son with his anxieties around leaving his parents in the morning and his behavior at school in the mornings.
- To support Mum and Dad to build up their social activities/circle
- To support Mum and Dad with their large Financial Debts and to help put a debt management plan in place due to court orders and Bailiffs being involved at the time of referral.
- To support the youngest child to meet her milestones and bond with her biological father.

## FS Intervention and Support within 9 months

- A tailored safety plan was put in place to address the family's needs which related to Dads alcohol dependency Problem. This was shared with Mum and the children to increase awareness and support for the family.
- Family Sessions around Supporting Dads recovery and awareness of the Cycle of Change and patterns of addiction were completed
- Dad completed his detox and a 3 month community rehabilitation and aftercare Programme
- Dad completed counselling – Relapse Prevention Work
- Dad is now under his GP and is managing his depression with medication
- Dad is now 10 months sober
- Dad is currently completing a 6 week Job Centre Training course and Firebreak course
- The family worker supported Mum & Dad to engage with DWP and the family have now got a debt management plan in place and no Bailiffs / court orders are currently pending
- Family worker assisted Mum to access health services for support around anxiety and depression (which resulted in a referral to Therapy for You).
- Mum has completed her Therapy for you counselling
- Mum is also under her GP to manage her depression
- Reward Charts, Boundaries, Family plans and Structured charts are now in place and working well with the children
- The children have good morning and evening routines in place
- A Family Chores Chart is now in place so that the family keep on top of the housework and cleaning
- Son is now going into school fine each morning and his attendance remains excellent with no issues reported by the school
- Daughter has settled into Senior School well and also has excellent attendance with no issues reported by the school
- Internet Safety Plan and sessions were provided to keep the daughter safe from internet / Media site and safeguarding concerns
- Son and Daughter report that they” **spend a lot more time with their parents now and are happier” They have said that they receive a lot more hugs and cuddles from dad and the home is a much happier place”.**
- The family have family time together each week as well as individual bonding time with their parents/Step parents
- Mum is back playing Darts
- Dad is back playing Pool

- The youngest child is meeting her milestones and has bonded very well with her father she is starting to talk a lot more now and is using her Dummy less and less
- Daughter is being less of a carer for the younger children now that dad has changed and has bonded with them more

### **What Next .....**

The family have said that they want to keep the above changes in place and Dad would like to return back to work with the help of the Job Centre and DWP worker

Dad is determined to remain Sober and provide for his family

Mum would like to get fitter and support her partner and family as best as she can.

Lisa Bacon