

Support for people affected by a loved one's drug and/or alcohol misuse

Are you struggling to cope with a loved one's drug and/or alcohol misuse?
Do you feel like you have nowhere to turn and hopeless in your efforts to help your loved one?

What can the Family Support Worker offer?

The support worker can offer:

- Assessment
- Emotional support to manage the difficulties and stress of having a family member who misuses alcohol/drugs
- Referrals / signposting
- One to one and/or family support
- Practical strategies to change your own behaviours and attitudes that may lead to changes in your loved one's alcohol/drug misusing behaviour based on CRAFT (Community Reinforcement and Family Training)

What is CRAFT

CRAFT (Community Reinforcement and Family Training) is an evidenced based support programme for family members and carers affected by someone else's substance misuse. Its 3 main goals are:

- To encourage your loved one to get help
- To reduce your loved ones substance misuse
- To increase your own happiness and wellbeing regardless of whether your loved one enters treatment

How can we help?

For those living with or who are close to someone with an alcohol/drug problem, trying to find help can be frustrating. It often seems that support is geared towards the user, when families struggle through problems too.

Whether it is emotional support, and/or practical support using elements of CRAFT to look at issues such as communication skills, understanding alcohol/drug misuse behaviours or looking after yourself, we can offer it.

Sessions are based according to what a family wants to achieve from support. The service is free and arranged at a time that is convenient for you.

How will this help me and/or my loved one?

Evidence has demonstrated that by working with the family members/carers, and focusing on their relationship, behaviours and communication skills with the drug/alcohol misuser, it is more likely to result in the misuser reducing their own intake and/or accessing and staying in treatment.

Evidence has also demonstrated that working this way can also increase your own happiness and wellbeing regardless of whether your loved one gets help or stops misusing. If it can work for others then why not for you?

What other help is available to families?

Different therapies are available to help you or the people in your family address any emotional, behavioural or psychological difficulties that might be contributing to alcohol and drug use or their impact on your family relationships

Individual/Relationship Counselling

Provides a safe space for couples or individuals to explore difficulties in relationships and to find a way forward.

Play Therapy

This offers children the opportunity to play out their feelings with a therapeutic objective, alongside a professional trained in Play Therapy.

Youth Counselling

Provides young people with the opportunity to explore the impact of substance use on them and their families with a qualified experienced youth counsellor.

Family Mediation

Helps to reduce conflict between separated parents to enable them to work together in the best interests of the children.

About the Worker

Our Substance Misuse Workers are trainee and qualified counsellors with extensive experience and knowledge in supporting individuals and families affected by drug and alcohol misuse issues.

Confidentiality

Relationships Scotland Orkney maintains the confidentiality of clients unless we hear anything that causes us to have concerns about their safety or that someone else will come to significant harm. This will be explained in more detail at your initial meeting.

Referrals

You can self refer or you can be referred to us, with your permission, by someone else, for example a family member or another professional.

Contact us

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Kirkwall Travel Centre
West Castle Street
Kirkwall
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The office is staffed Monday - Friday 10.00 - 2.00. Appointments outwith this time available by arrangement.

Relationships Scotland Orkney is committed to the promotion of equal opportunities in all its work.

A member of Relationships Scotland


RELATIONSHIPS
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