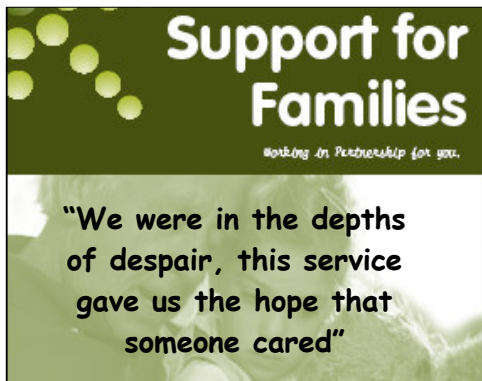


FAMILY SUPPORT

The Family Support Service was established in January 2005 to provide support and information aimed specifically at the needs of family members affected by someone else's drug or alcohol use.

DAPL Family Support Service aims to:

- Improve the emotional and mental health of family members.
- Reduce the isolation and stigma experienced by families and friends affected by drug or alcohol use.
- Improve coping strategies.
- Raise awareness of the issues affecting families and friends.



WHAT DO WE PROVIDE?

■ Telephone Support

Confidential telephone support is available to anyone seeking information or advice in coping with the effects of a family members problem drug or alcohol use. An answering machine service is available out with office hours; please leave a message and a member of staff will return your call. Telephone number 01333 422277.

■ Group Support

“The group helped me to know that I wasn’t alone”

Presently there are 2 groups running:-

Kirkcaldy group meets on a **Thursday** evening from 6.15pm until 8.15pm.

Leven group meets on a **Friday** afternoon from 12.30pm until 2.30pm.

The groups meet weekly for a two hour session. They provide members with an opportunity to share their experiences with and learn from, others in a similar situation. The groups are self led and the focus is on helping yourself rather than focusing on the needs of the user.

The groups provide:

- A safe, confidential, non-judgemental environment
- Space to explore thoughts and feelings
- A programme tailored to members needs
- Emotional and practical support
- New social contacts
- A stronger voice
- Access to information and advice

The groups are open and new members are welcome at any time.

■ **One to One Support**

This service was introduced to support people who initially are unable/ or do not wish to access group support. The family support worker can offer short-term information, advice and support on a one to one basis. This is normally offered at the project offices, however if necessary alternative locations can be used. Anyone who feels they need longer-term support can access DAPL's Adult Service for ongoing one to one counselling.

■ **Information and Advice**

The service can provide information and advice by telephone, post, e-mail or in person.

- Information on drugs and alcohol
- Information on the nature and course of addiction and dependency
- Information on local services
- Information on support and treatment services

■ **Respite Services**

Stress, anxiety, worry, guilt and depression are common experiences of living with a drug or alcohol misuser, respite provides family members with an opportunity to escape these stresses, albeit for a short while.

- Alternative Therapy - Family support service referrals can access DAPL's Ear Acupuncture Treatment Specialists.
- The support groups organise various social events, providing family members with a chance to mix in a safe and relaxed atmosphere.
- Family Conferences
- Group support.

■ Awareness Raising

The service works in partnership with others to help raise awareness of the effects a person's drug or alcohol misuse has on families and the need for providing support for all family members. We work to highlight any concerns/ issues raised by families, at local and national levels, for example:

- Stigma and discrimination
- Lack of services
- Kinship care

Referral to the Family Support Service

Referrals can be made by anyone, in person, by telephone, e-mail or letter.

Contact: Diane Marshall
Family Support Worker
Drug and Alcohol Project Levenmouth
1-2 Parkdale Avenue
LEVEN
KY8 5AQ
Telephone: **01333 422277**
E-mail: **daplevenmouth@yahoo.co.uk**