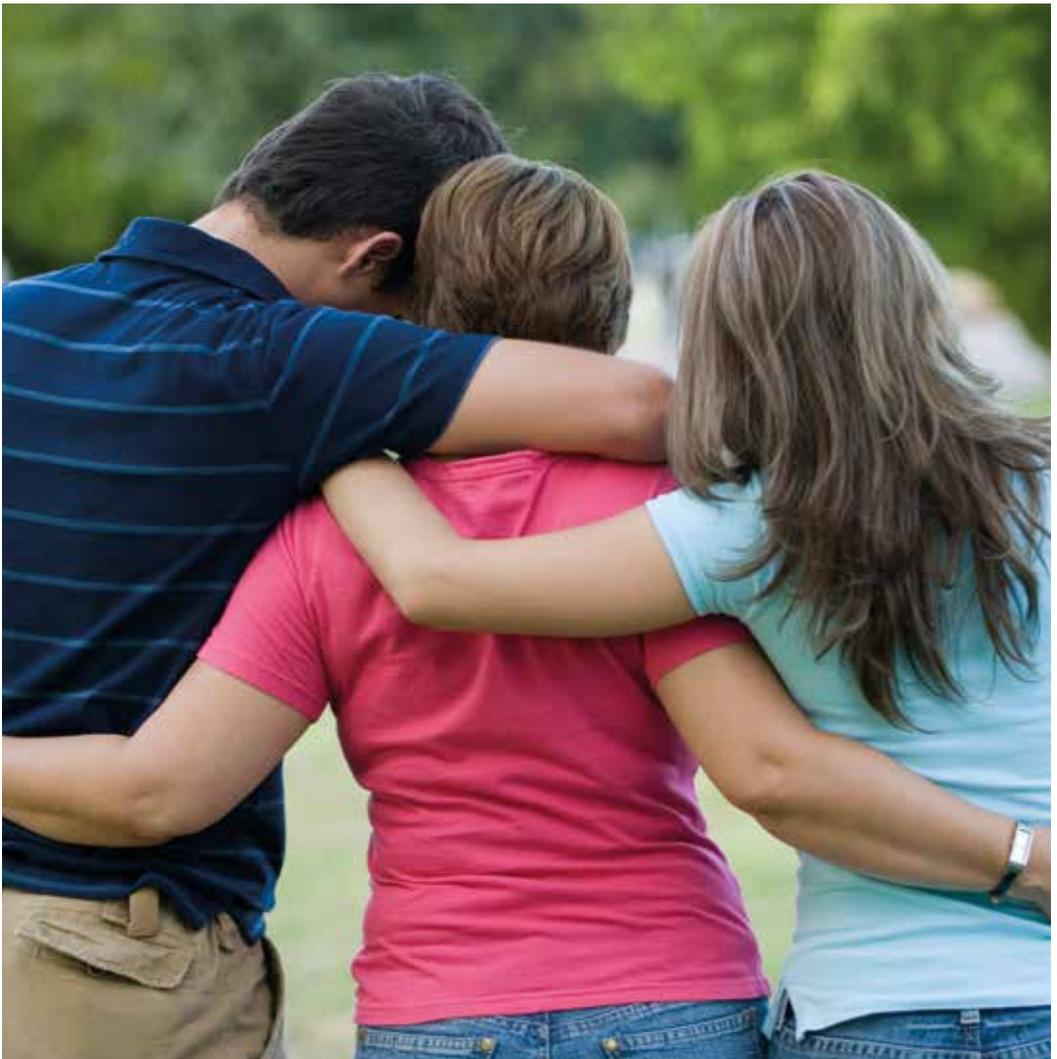




Action on Addiction

## For Families

Support for families  
affected by addiction



## For Families

### **You don't have to misuse drugs or alcohol to suffer from its effects.**

Established in 1998, Action on Addiction For Families, is devoted to family members and others who want help in coming to terms with and managing the effects of living with someone else's addiction. All our services are provided by highly-qualified and experienced staff.

### **Why me? Why our family? What did I do wrong? If they only stopped we'd all be alright, wouldn't we?**

If you are reading this, the chances are you're suffering the consequences of someone else's addiction. You may be anxious, confused and exhausted and you may have struggled to get a partner, colleague, friend or child to stop.

How we can help:

### **The M-PACT (Moving Parents and Children Together) programme**

An eight-week programme that takes a whole family approach in meeting the needs of children experiencing the effects of parental substance misuse.

### **Who is M-PACT for?**

Any family with children aged eight to 17 years where there is parental substance misuse.

### **What are the benefits?**

- Reduction in harmful patterns of behaviour
- Improved coping skills and communication
- Identifying and building up a family's strengths.

M-PACT has been fully evaluated throughout the UK and has shown significant benefits to children and families.

*"Our most sincere thanks for giving us our lives back."*

## The Family Residential Programme

Held regularly throughout the year at a retreat centre in Wiltshire, the programme runs from Monday to Friday, providing the opportunity to step back from the daily anxiety and worry that often results from living with addiction. The programme provides time and space to reflect on what is happening and how life might be improved.

### Who is the programme for?

Individuals over 18 years who are, or have been, personally affected by someone else's addiction.

### What are the benefits?

- Reduced feeling of isolation and stress
- Increased understanding of addiction
- Increased self-esteem and confidence
- Increased range of coping skills
- Improved physical and mental health wellbeing.

An independent outcome study has confirmed the effectiveness of this programme. The research showed that these four days can significantly change a life for the better.

*"By the end of the week I was feeling wonderful, happy, confident, lighter, a completely different person... and was laughing more than I had in years!"*

*"The [programme] was great. It gave me support and confidence. This really does change lives."*



## **Our Support Groups in Wiltshire**

Facilitated support groups providing non-judgmental help and understanding, with time to talk.

### **Who are they for?**

Any adult relative, partner or friend of someone who has an addiction.

### **What are the benefits?**

- Improved awareness and communication
- Improved coping skills
- Reduction of the harmful effects of addiction
- Decreased feelings of isolation and helplessness.

*“Being able to discuss the effects of addiction with those who understand and will not be shocked is fantastic and being able to openly laugh or cry about the madness of it all is a wonderful release!”*

*“Just knowing I was not alone in living with active alcohol addiction was and still is, invaluable.”*

## **Our Individual and Couples Counselling available in Wiltshire**

### **Who is this for?**

Anyone over 18 years who is, or has been, struggling with someone else’s addiction.

### **What are the benefits?**

- Dedicated time to talk and explore feelings with an experienced counsellor
- New understanding of problems leading to a wider range of life choices.

### **Finance**

Support Groups, and the M-PACT programme are offered free of charge and funding for other services may be available to those requiring financial assistance. Please call us to discuss these options.

### **Call us on:**

01747 832 015

### **Email:**

forfamilies@actiononaddiction.org.uk

### **Or visit:**

www.actiononaddiction.org.uk

## What others say...

“As a result of this support I have slowly begun to recover from the traumatic experience of my late husband’s alcoholism.”

“It [the group] has enabled me to step back from the addiction and concentrate on looking after myself and making healthier choices.”

“I learned through support how to set boundaries and keep them and the effectiveness of tough love. Even though things have been hard I have managed to keep a relationship with my son.”

“Through the group I learned that I could not change my son until he wanted to change himself, so I had to change myself in that relationship.”

For Families is part of Action on Addiction. We take action to disarm addiction. We do this through research, treatment, family support, advocacy, education and training.

## Contact us

For more information about For Families or any of our other services:

**Visit** [www.actiononaddiction.org.uk](http://www.actiononaddiction.org.uk)

**Call us on** 0300 330 0659

**Email** [action@actiononaddiction.org.uk](mailto:action@actiononaddiction.org.uk)

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*The*  
**CHARITIES  
FORUM**

Founded by  
The Duke and Duchess of Cambridge  
and Prince Harry

