Family Inclusive Practice

An Introduction

Tasmania 21st-25th February

Sian Kennedy
Overview of Session

- Introductions
- Who are Family Drug Support? & why am I here?
- Why include families?
- Practice tips & service models
- A case study
- References, useful resources & acknowledgements
MISSION STATEMENT

To assist families throughout Australia to deal with drug issues in a way that strengthens relationships and achieves positive outcomes.

PHILOSOPHY

Our energies are given in primarily supporting families struggling as a result of drug use. We aim to assist in any way possible to empower families to cope with the realisation of their situation and survive intact.
Bridging the Divide

- CEO - Tony Trimingham AOM

- Established in 1997

- Largely peer-based with some professional staff

- 24/7 support line: 1300 368 186

- Support meetings held in NSW, QLD, ACT & VIC

- Stepping Stones to Success course for families
Me? Bridging the Divide

- BTD funded by Department of Health & Ageing (DoHA)
- Increasing treatment opportunities and resources for families affected by AOD issues
- Providing resources for workers within the AOD Sector
- Increase capacity of AOD treatment services to respond to the needs of families
What is family?
‘Family’ may be defined broadly as ‘a perceived network of individual people who may provide to you -or rely on your -care and support, and who may or may not be biologically related. Family members may include and not be limited to: parents, children, partners, siblings, aunts, uncles, grandparents, family friends, neighbours or other community members. Certain family members, or aspects of their care, may not be experienced as supportive, and may in fact be harmful to wellbeing. Research however emphasises the role of social connection and family connection in the health and wellbeing of individuals therefore it is important for services charged with the mission of supporting health and wellbeing, to ensure suitable emphasis on supporting people to identify and strengthen supportive family and social connections.
What are the barriers to family inclusive practice in your work?
What are the advantages of including family in the treatment of clients?
Family in AOD context
“Evidence exists that family support is a key element in successful treatment outcomes”

why does it matter?

- Assists to encourage clients into treatment & helps keep them there
- Improves substance & mental health related outcomes
- Improves family functioning
- Reduces substance use and/or mental health lapse/relapse
- Leads to reduction in harm
- Best practice
- Family members have an impact whether they are present or not
- Harm reduction extends beyond the immediate client
Impacts of AOD use within families

- Increased stress for all parties
- Loss, guilt, shame, grief
- Relationship breakdown
- Blurring of roles & boundaries
- Focus entirely on substance user
- Social isolation
- Interrupted child development
- Blame, stigma
QuickTime™ and a decompressor are needed to see this picture.
Practice tips for AOD workers
STAGES OF CHANGE – DRUG USER
- by Prochaska & Di Clemente (1986)

5. Maintenance
   - Goals reached
   - Let’s stay here

4. Action
   - Aiming for goals
   - Detox/rehab
   - Treatment
   - Stop or reduce

3. Determination
   - Decision made
   - Stopping (for now)
   - Strategies
   - Empower
   - Help when asked

2. Ambivalence or Contemplation
   - Feeling two ways
   - Benefits vs costs
   - I want to but I don’t
   - It’s normal
   - Heart of change
   - Cannot be rushed

1. Happy User or Pre-Contemplation
   - Everything is good
   - I’m OK, others have problems

   - Look for cues
   - Get Support
   - Get info and be educated

   - Active listening
   - Be available
   - Maintain support

   - Lapse anywhere*
   - Not end of world
   - Hiccup
   - Skills make it easier next time

   - Active listening
   - Motivation
   - Support

   - Help when asked
CYCLE OF CHANGE FOR FAMILIES

DENIAL – DON’T WANT TO...
- Can’t happen in our family
- No knowledge of drugs
- Hearing what we want to hear
- Thinking it’s over

EMOTIONS – LOTS OF IT!
- Reactive & unmanaged
- Anger! Masking others
- Shame/stigma, Guilt, Grief
- Blame

CONTROL – FIX IT... NOW
- Rigid, ultimatums, ‘my way’ vs Rescue, Collusion, Over Involved
- Judgemental
- Expectations
- Distrust
- Agendas
- Poor Boundaries
- Masks – brave face

CHAOS – What do we do...
- Feeling useless/hopeless
- Not sure what to do
- No support or respite
- Powerless/Panic
In the same way we tailor our treatment approach according to the stage of the client, so too we are mindful of meeting the family where they are at
ACKNOWLEDGING FEELINGS

ANGER
I bet you are

GRIEF
All the losses

ISOLATION / HELPlessness
Normal feelings

DENIAL
Not our family

FEAR / ANXIETY
Will we survive?

SHAME / STIGMA
We feel like an outcast

GUILT / BLAME
Learning to ditch it

Stepping Stones to Success
STAGES OF CHANGE – FAMILY

SUCCESS/HOPE
Having strategies in place, both personal and interpersonal, having access to quality support options, taking care of your emotional, physical and spiritual well-being. Caring and strengthening family relationships. May or may not mean the user is drug free.

Success in not a fixed point
Success is maximizing what is possible at each point along the family’s journey.

Management and coping can happen at any point and are a continuous growth process.

DEFEAT/DESPAIR
Lack of help, support, education and resources can lead to exhaustion, hopelessness & disconnection.
• Being realistic about the nature of drug use
• Emphasis on strength, courage & resilience
• Focus on family system & self care
• Family as important to drug user
• Families are experts about their family member
• No right or wrong: families make the best decisions they can with the resources they have
Including families

- Intake/Assessment
- Process: confidentiality, navigating treatment system
- Family in the room
# Standard Symbols for Genograms

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Male" /></td>
<td>Male</td>
</tr>
<tr>
<td><img src="image2" alt="Female" /></td>
<td>Female</td>
</tr>
<tr>
<td><img src="image3" alt="Birth Date '41-" /></td>
<td>Birth Date '41-</td>
</tr>
<tr>
<td><img src="image4" alt="Age '82-" /></td>
<td>Age '82-</td>
</tr>
<tr>
<td><img src="image5" alt="Death 1943-2002" /></td>
<td>Death 1943-2002</td>
</tr>
<tr>
<td><img src="image6" alt="Family Secret" /></td>
<td>Family Secret</td>
</tr>
<tr>
<td><img src="image7" alt="Gay/Lesbian" /></td>
<td>Gay/Lesbian</td>
</tr>
<tr>
<td><img src="image8" alt="Bisexual" /></td>
<td>Bisexual</td>
</tr>
<tr>
<td><img src="image9" alt="Transgender People" /></td>
<td>Transgender People</td>
</tr>
<tr>
<td><img src="image10" alt="Location &amp; Annual Income Boston $100,000 '72" /></td>
<td>Location &amp; Annual Income Boston $100,000 '72</td>
</tr>
<tr>
<td><img src="image11" alt="Significant Institutional Connection" /></td>
<td>Significant Institutional Connection</td>
</tr>
<tr>
<td><img src="image12" alt="Person who has lived in 2 + cultures" /></td>
<td>Person who has lived in 2 + cultures</td>
</tr>
<tr>
<td><img src="image13" alt="Immigration '41-" /></td>
<td>Immigration '41-</td>
</tr>
<tr>
<td><img src="image14" alt="Pet" /></td>
<td>Pet</td>
</tr>
<tr>
<td><img src="image15" alt="Written above birth &amp; death date" /></td>
<td>Written above birth &amp; death date</td>
</tr>
</tbody>
</table>

## Example Genogram

```
AA ─── Therapist [m 1970] ─── Therapist
```
Children: List in birth order beginning with the oldest on left
Symbols Denoting Addiction, and Physical or Mental Illness

- Physical or Psychological illness
- Alcohol or Drug abuse
- Suspected alcohol or drug abuse
- Physical or Psychological illness in remission
- In Recovery from alcohol or drug abuse
- In recovery from substance abuse and mental or Physical problems
- Smoker
- Obesity
- Language Problem
- Serious mental and physical problems and substance abuse
service integration

- Family Sensitive – considers family as a broad concept
- Family Centred – the family is the focus of the work
- Family Inclusive – focusing on the individual and incorporating the family, both directly and indirectly
  - Copello, Velleman & Templeton, 2005
  - Kina Family Trust, 2005
The family inclusive spectrum for organisations

- Integrated Practice
- Shared Care
- Referral to AOD Family Program
- Primary Consultation
- Secondary Consultation
- Socratic Questions
- Genograms
- Information about service options
- Recognition
- Awareness & Openness
Feelings, Fears, Frustrations

- All families experience problems at times
- Regardless of what the issue is, these 3 Fs will emerge
- Having these reactions is normal
Normal Feelings

- Anger
- Sadness
- Worry
- Anxiety
- Blame
- Guilt
- Shame
Normal Fears

- They’ll never get better
- Will my family cope?
- What if it’s my/our fault?
- What if I’m not around
- They’re going to die
Normal Frustrations

- Why won’t they just stop?
- Why won’t they change?
- They’re not trying
- Why is this happening?
COMMUNICATION PATTERNS AND TRIANGLES

1. One on one – open and honest

   One person ← One person
   To another

2. More than one person – assumptions and alliances

   Persecutor - I’m OK, you’re not OK
   - It’s your fault
   - I’ll get what I want (short-term)

   Victim - I’m not OK, you’re OK
   - I can’t do it
   - I need someone to help me

   Rescuer – I’m OK, you’re not OK
   - Other can’t do it
   - They need my help
   - Often unwanted help leading to rejection

   Triangles create winners and losers
   Positions are not static with constant changes and people finding themselves in different roles

Stepping Stones to Success

1300369191
FAMILY DRUG SUPPORT
Supporting families affected by alcohol and other drugs
FAMILY PATTERNS

Black → Less rigid → Grey ← Firmer Boundaries ← White

Masculine approach
- ‘Hard line’
- Fix it
- Controlling
- Issuing ultimatums

Feminine Approach
- ‘Soft line’
- Rescuing
- Colluding
- Protecting

Drug User

Disconnect - emotionally and/or geographically

- Brother
- Sister
- Sister
- Brother

Stepping Stones to Success
As well as focusing on strengthening other relationships within the family
Some other thoughts

- Boundaries
- ‘I’ & ‘You’ statements
- Active Listening
- Understanding Ambivalence
- Negotiation
- Individual vs Family safety
- Responsible for vs responsible to
Case Study...& some discussion
In a perfect world...?
Acknowledgements

- Network of Alcohol & other Drugs Agencies (NADA)
- Eastern Drug & Alcohol Service - in particular Janice Florent & Carolyn Lee-Smith from the Family Focus Project
- Family Alcohol & Drug Network (FADNET)
References


- Family Drug Support, (2010), *Stepping Stones to Success Course*’ FDS Bridging the Divide Project


Useful links

- www.strongbonds.jss.org.au
- www.crcnsw.org.au
- www.siblingssupport.com.au
- www.edas.org.au/family_resources
- www.copmi.net.au
- www.eddiegallagher.id.au/