

Family Work

Family Focus is a Multi-dimensional Family Therapy Service that supports families where parental substance misuse is/has negatively impacted on family functioning and relationships.



- Target Group** Families where there is currently, or has been, parental substance misuse and parents have been engaged in treatment or demonstrated orientation to change.
- Group Size** All family members can receive support, including parents, children, grandparents, and carers. Family Therapy aims to involve as many relevant parties as possible to identify useful resources in order to move forward through difficulty.
- Outcomes**
- Improved quality of family relationships
 - Identification and changes in patterns of behaviours that support substance misuse and ongoing family difficulty.
 - The development of family members' empathy, respect and understanding of the thoughts and feelings of others.
 - Exploration and expression of children's difficult thoughts and feelings
- Format** Family Focus offers a number of treatment modalities to support the needs of all family members:
- Family Therapy- for all family members and significant others.
 - Play Therapy - for children 4-12 years old.
 - Young Person's Support Group- for children 11-18 years old.
 - Family Outreach – for all family members
 - Carer's Seminars – for parents and carers of those adults who have substance misuse.
 - Parenting Support – for parents who have, or have had, substance misuse issues.
 - Behavioural Couples Therapy- for couples where one or more parties has an issue with substance misuse.
 - Enrichment Activities – for all family members.

TARGETTED

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Duration/time	<p>These services are currently provided from our family base in Gloucester city centre.</p> <ul style="list-style-type: none"> • Family Therapy, Play Therapy, Behavioural Couples Counselling and Outreach appointments last approximately an hour. Enrichment activities can consist of full activity days and evening events. • The support groups are weekly and run for approximately two hours. • Depending on the nature of the difficulties experienced within the family unit, Family Therapy is usually conducted weekly or fortnightly over a period of 5 months. Play Therapy is usually conducted between 4-18 sessions over a similar time frame.
Required environment	<p>Where access to our family centre is difficult we can offer family outreach in people's homes or local family centres and other appropriate meeting venues in locations across Gloucestershire.</p>
Evaluation Method	<p>Family members are asked to complete a family functioning questionnaire pre and post interventions.</p> <p>Young people are asked to complete a strengths and difficulties questionnaire pre and post intervention.</p>

A programme of Brief Family Intervention is also available, drawing on the aforementioned models. This is available to be individually commissioned, for more information please look at www.family-focus.org.uk