

Parenting Services



Parents who are, or have been, involved with substance misuse often find it difficult to engage in generic parenting programmes due to the associated guilt and shame surrounding addiction.

These parenting workshops and therapeutic clinics offer the opportunity for parenting skills support with the necessary understanding and consideration for the influence of drugs and alcohol.

TARGETTED

Target Group	<p>Parents who have had, or still have, a relationship with substance misuse. The children of these parents may be living at home with family or in care placements.</p> <p>These sessions are for both adult mothers and fathers with some exceptions</p>
Group Size	<p>Parenting groups have a maximum of 15 parents in any one group.</p>
Outcomes	<ul style="list-style-type: none"> • Improved parenting skills and problem solving capacity to parent • Implementation of healthy parental boundaries • Development of empathy and understanding of the impact of substance misuse on children • Development of individual confidence in relation to parenting • Development of a support network to share parenting issues with other individuals who have had difficulty with substance misuse.
Format	<p>The Parenting group can be held as a closed group for 8-10 weeks, with selected parents who have been identified as benefitting from this intervention.</p> <p>Alternatively this can be run as an open group/clinic or drop in on a weekly basis.</p>
Duration/time	<p>1.5 hours per week for 8-10 weeks as a closed group 1.5 hours per week for an agreed period of time.</p>
Required environment	<p>Large confidential space with chairs for everyone to sit down. Flip chart paper and pens</p>
Evaluation Method	<p>Pre and post group questionnaire for the closed group. Monthly discussion-based reviews for the ongoing open clinic.</p>