



ESCAPE
Family Support

Escape Family Support Programmes

Susan Kennedy Centre – 01670 544055

63 South View, Ashington

Northumberland NE63 0SF

C.R.A.F.T.

Community Reinforcement and Family Training

C.R.A.F.T is a model devised by Robert Myers Ph.D. which has been successfully used in America for many years.

C.R.A.F.T. helps carers develop positive communication with their loved one, it addresses issues which cause concern, also helps the carer to problem solve and to use positive reinforcement. It helps carers to become aware of their own enabling behaviour and supports and enables carers to allow natural consequences.

When a carer learns to change their behaviour and responses this encourages their loved one to behave differently, which can reduce their substance use, engagement with treatment services which can improve the quality of life for both carer and substance user.

Major goals of C.R.A.F.T:

- To reduce loved one's harmful drinking drug use.
- To get 'loved one' into treatment
- Improve functioning of the carer both emotional and physical health and develop positive relationships.

C.R.A.F.T. is an eight week programme;

Session one – Introduction to CRAFT

Session two – Functional Analysis of love one's substance misuse

Session three – Domestic Violence and safety Planning

Session four – Positive Communication

Session five – Positive reinforcement

Session six – the Big chill – allowing natural consequences

Week seven – inviting your loved one into treatment

Week eight – Enriching your own life

Family Dynamics

OCN level three – Unit credit 3

Aim:

To enable learners to develop the skills and knowledge necessary to support families, to manage conflict within families and factors that can influence family functioning.

The Family Dynamics programme is an accredited course and is five sessions at five hours per week.

This programme is delivered to enable learners to support and work within families to provide support and guidance to enable effective working relationships within a family unit.

Learning outcomes:

Session one - To understand the concept of family

Session two - To understand how internal and external influences can impact upon family functioning

Session three - To gain knowledge in how to manage conflict within families

Session four - To be able to use different methods to support families

Session five - To understand professional conduct when working with families

Supporting Families

OCN Level Two – Unit credit Three

Aims:

To enable learners to develop the skills, knowledge and understanding required to support individuals and families who are affected by addiction.

To understand addiction and the development of distinct skills that is necessary to provide support to those affected by addiction

The Supporting Families programme is an accredited course and is five sessions at five hours per week.

This programme is delivered to enable learners to support and understand individuals with addiction providing guidance and different methods to promote well-being and steps into recovery.

Learning outcomes:

Session one - To understand equality and diversity

Session two – To be able to use effective communication skills

Session three – To understand stress and the effect this can have on individuals

Session four – To understand addiction

Session five – To understand the purpose of mutual aid

Strengthening Families (Evidence based programme)

The Strengthening Families Programme is an evidence based parenting skills programme for parents and young people aged 10-14 years. The Strengthening Families Programme is a seven session programme focusing on reducing family-related risk factors for adolescent problem behaviours and building protective factors in young adolescent children and their parents / caregivers.

During the sessions the parents / caregivers and young people meet separately for the first hour and then spend the second hour together in family activities. A minimum of 4 facilitators are required to run the programme, 2 to lead the parents sessions and 2 to lead the young people's sessions.

The programme includes specific activities designed to

- Help parents / caregivers learn nurturing skills that support their children.
- Teach parents / caregivers how to effectively discipline and guide their young people.
- Give young people a healthy future orientation and an increased appreciation of their parents / caregivers.
- Teach young people skills for dealing with stress and peer pressure.

At the beginning of the programme there is a session to provide information on the programme, understand needs behind behaviour and the group to get know each other through activities. As well as the seven sessions of the programme which follow, there are up to a further 4 booster sessions which can be held at any time between 3 and 12 months after the original sessions. A meal is provided for the families before the group sessions begin.

The sessions cover the following topics:

Session One

Parent session	Youth session	Family session
Using love and limits	Having Goals and Dreams	Supporting Goals and Dreams

Session Two

Parent session	Youth session	Family session
Making house rules	Appreciating parents	Appreciating Family Members

Session Three

Parent session	Youth session	Family session
Encouraging good behaviour	Dealing with stress	Using family meetings

Session Four

Parent session	Youth session	Family session
Using consequences	Following rules	Understanding family values

Session Five

Parent session	Youth session	Family session
Building bridges	Dealing with peer pressure	Building family communication

Session Six

Parent session	Youth session	Family session
Protecting against substance abuse	Peer pressure and good friends	Families and peer pressure

Session Seven

Parent session	Youth session	Family session
Getting help for special family needs	Reaching out to others	Putting it all together

Booster Session One

Parent session	Youth session	Family session
Handling stress	Handling conflict	Understanding each other

Booster Session Two

Parent session	Youth session	Family session
Communicating when you don't agree	Making good friends	Listening to each other

Booster Session Three

Parent session	Youth session	Family session
Reviewing love and limits skills	Getting the message across	Understanding family roles

Booster Session Four

Parent session	Youth session	Family session
Reviewing how to help with peer pressure	Practicing our skills	Using family strengths

Understanding Teenagers `How to Cope with Teenagers`

By Joe Ward and Maryann Taylor

Is an accredited NEOCN 1 credit entry/level one and can also be run as a non-accredited course. There are ten sessions at 2 hours per session

Understanding teenagers is designed to provide support and information to parents/carers who are interested in understanding the complexities of teenagers which include;

- Changes
- Setting boundaries
- Major changes
- Enforcing Boundaries
- Parents can change too
- looking at consequences
- Listening skills
- Negotiation skills
- Communicating with your teenager.

Understanding teenagers provides a framework for discussion and reflection helping parents to learn to cope with the experience of life with a teenager.

Understanding teenagers aims to

- Provide support and information to parents of young people aged 8 years upwards.
- Provides framework for discussion.
- Recognize parents existing strengths
- Develop communication skills
- Develop negotiation skills
- Develop listening skills
- Enhance parenting skills to promote positive behaviour
- Provide opportunities to enable parent/carer to understand new techniques and strategies to cope with misbehaviour

Teen Triple P

Teen Triple p is a positive parenting programme for parents of teenagers, it is an initiative of the Parenting and Family Support Centre at the University of Queensland

The programme is designed to give parents strategies to help their young person's development and manage behaviour difficulties

How parent/carers benefit from the programme

- Learning new strategies to promote positive behaviour
- Get practical information you can use every day with your young person
- Improve communication with your teenager
- Promote your teenager's development
- Take care of yourself
- Share ideas in a safe and friendly group

How your teenager could benefit?

- Express views and needs appropriately
- Co-operate with adults
- Being aware of how one's own actions affects others
- Accept rules and limits
- Develop positive feelings
- Control aggression
- Learning to do things for themselves
- Negotiating and compromising

Teen Triple p is a seven /eight week programme where parents learn on a sessional basis step by step

- Pre course – where are we now
- Session one – Understanding positive parenting and factors influencing teenager's behaviour
- Session two – Encourage appropriate behaviour
- Session three - Managing problem behaviour
- Session four – Dealing with risky behaviour
- One to two telephone sessions
- Last session -Maintaining change and taking care of yourself

Teen Triple P Programme was developed by clinical psychologist Professor Matthew Sanders and from the School of Psychology at the University of Queensland. Triple p is a scientifically researched family support strategy designed to help parents improve their parenting skills and build positive relationships with their children.

Parenting and wellbeing workshops

Each workshop is a two hour session for parent/carers and can be adapted to accommodate child's age. (Under 5's, 5-9's or teenagers)

There are ten workshops in all and the facilitation of these is based on the parents in the group specific needs.

Understanding why my child misbehaves:

- Understand children's behavior
- Discuss and list the needs we all have
- Identify the needs a child is trying to meet with a certain behavior
- Distinguish what is acceptable/unacceptable behavior
- Practice challenging unacceptable behavior, paying attention to feelings and underlying needs

Promoting positive behaviour:

- Understanding influences on children's behaviour
- To gain knowledge of positive parenting
- Encouraging and developing skills in our children
- Setting goals for change

Managing misbehaviour:

- Learning new strategies to promote positive parenting
- Using a behaviour chart
- Gain knowledge of strategies to manage misbehaviour
- Understand the purpose of challenging difficult behaviour

Taking care of ourselves as parents

- List the many jobs we do as parents
- List the joys of being a parent
- Explore what sort of parent we would like to be
- Discuss strategies for reducing stress

What assertiveness means

- To gain knowledge of elements of behavior, allowing us to understand our self
- Exploring assertiveness and the use of it in everyday situations
- Practice assertiveness respectfully, standing up for our rights without violating the rights of others

Dealing with criticism:

- Looking at personal experiences of being criticised
- Understanding destructive criticism
- Saying no to requests assertively

Encouragement and assertiveness

- Exploring encouragement and the impact it has on others
- To gain an understanding of effective praise
- To look at ways to improve our moods
- Understanding constructive criticism
- Understanding assertiveness in different situations

Self-awareness and confidence building

- To Look at self-esteem and ways to build it up
- To look and understand myself
- Assessing my self esteem
- How it feels to give and receive compliments

All about me

- To look at likes and dislikes
- To understand a positive self-image
- To recognise your own positive qualities
- To understand own beliefs and how they develop
- To gain knowledge in gratitude and boosting your self esteem

Communication and listening

- To understand non-verbal communication
- An understanding of different tones of voice
- An understanding of feelings when you are not understood
- To identify and understand what good listening is

Anger awareness

- Understanding anger is a normal emotion
- Awareness of warning signs
- Understanding responses
- Range of responses to anger

Drug awareness workshops

Drug and alcohol awareness:

This workshop is a two hour workshop which provides knowledge and understanding of the categories of drugs and the effects of drugs and alcohol.

Aims:

- To gain knowledge of a definition of drugs
- To gain an understanding of the three categories of drugs.
- To understand the short and long term effects of drug and alcohol misuse
- To gain knowledge of classification and laws on drugs

Overdose prevention and alcohol withdrawal awareness:

This workshop is a two hour workshop which provides knowledge and understanding of signs and symptoms of overdose and withdrawal symptom awareness.

- To be able to recognise the signs and symptoms of opiate and alcohol overdose
- How to respond to opiate and alcohol overdose
- To understand the signs and symptoms of opiate and alcohol withdrawal
- How to respond to opiate and alcohol withdrawal