

LEVEL UP: COMPETENCES OF THE FUTURE

FAMILY WITH AN ADDICTION PROBLEM

SCRIPT 12

County Center for Family Assistance in Oświęcim in cooperation with

UNITED KINGDOM - BUTTERFLIES LTD

EDU SMART TRAINING CENTER LIMITED IRELAND

PROJECT ERASMUS+, Action 2:

Strategic partnerships for vocational education and training:

„Level up- competences of the future”

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Topic: Family with an addiction problem

Skrypt 11 LEVEL UP

Topic: WORKING WITH PERSONS WITH A LONG to SOME - LONG TO SAME

The duration of the meeting: 3 hours divided into meetings.

Recipients:

The recipients of the meetings are families,

The script can be used by social workers, family assistants, family coordinators and all other professionals working with family facing divorce difficulties.

Participants:

The meetings may be attended by the whole family, individual family members on their own, adults without children or adults with children e.g:

- Mother with children
- Father with children
- Mother and father with children
- Mother with father
- Whole family

In justified cases, you can invite people relevant to the life of the child, e.g. grandmother, grandfather, etc. to the meeting.

Work methods:

- case study
- psycho-education
- mini-lecture
- group work
- individual work
- relaxation techniques
- psycho-education
- mini-lecture
- group work
- individual work
- relaxation techniques
- brainstorming

Materials needed for the meeting:

- worksheets
- markers
- crayons
- scissor
- adhesive cards
- flipchart paper

- A4 paper
- pens

Course of the meeting

The scenario includes exercises and individual work cards for 3 clock hours, that is 3 meetings.

The user decides for himself/herself in what order He/she will use the proposed content.

Przedstawienie programu spotkania

Cel spotkań:

The aim of the classes is to psycho-educate the family with regard to forms of assistance in case of

at least one family member has an addiction problem

During the classes, participants get to know the places where they can get help depending on the difficulties that arise, they get to know the forms and procedures of the help granted to individual family members. Participants learn about the rights and duties of parents and children who are directly or indirectly involved in the treatment process. They will become acquainted with the consequences of individual addictions, as well as acquire appropriate skills to better deal with the problems that arise.

The following results are planned to be achieved by the participants:

- Learning about aid institutions
- Psychoeducation in the most common forms of addiction
- To know the main difficulties in the family in connection with the occurrence of an addiction
- Acquisition of competences to better cope with difficult situations
- Knowing your resources and limitations from different spheres
- More openness and understanding of the situation of addicts and co-dependents

The teacher/teachers move. Welcome to the families

- Name
- Education
- Work experience
- Interests

Meeting 1

Mini-lecture - Family and the problem of addiction

During the first meeting, the employee answers questions that the family has. Then he psychoeduces the participants in the form of a mini-lecture. The employee can prepare a mini-lecture in the form of an information sheet and give it to family members after the meeting.

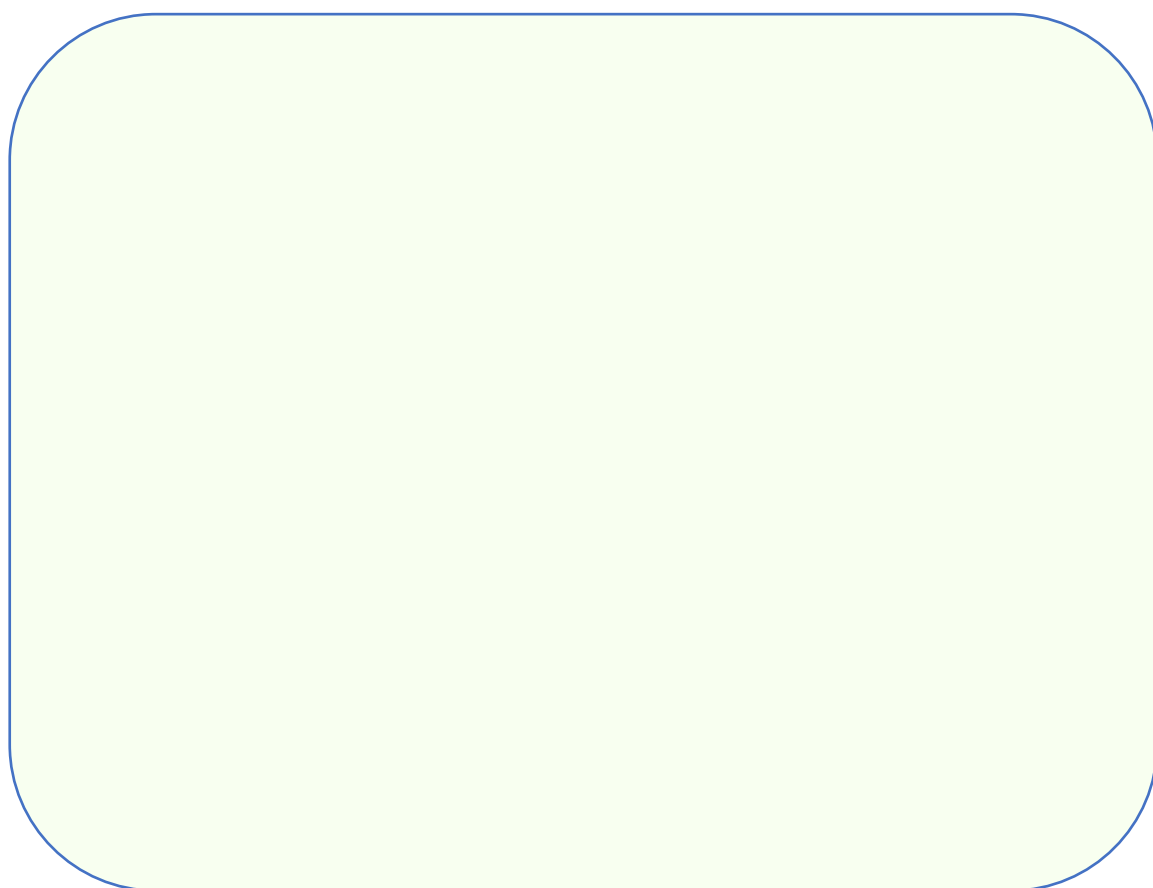
Each person in the family would like to have the best possible conditions for their individual development, but also to have a sense of bond with other family members. Therefore, a balance between the need to belong (be together) and to be separated plays a key role in the proper functioning of a person. The better the individuals function in the family, maintaining the balance between dependence and independence, the more efficiently the needs of all family members are met and their roles, tasks, etc. are fulfilled. The better the whole family functions then and the higher the level of satisfaction and psychosocial functioning of individual individuals is.

Excessive drinking, drug use, drug abuse, gambling generate various family problems. Addiction influences the whole family system. Crises appear, interpersonal difficulties intensify and the level of security and mutual trust decreases. Physical and mental health and material losses occur, both for the addict and for individual family members. No one is indifferent to the difficulties that arise as a result of an addiction in a family member. The

family in which an addiction develops goes through several phases. First, there is the denial that there is an addiction problem at all. Translating the problems into different circumstances means that the addict does not take responsibility for his or her behaviour and is often not aware of the problem.

However, as time goes by, family relationships deteriorate and grow: resentment, hostility, helplessness, shame, sadness, anger, hatred and other difficult experiences, until living in the same house becomes unbearable. Individual family members deal with the addicted person's behaviour in different ways, e.g. during direct use of the psychoactive substance, various intense unpleasant emotions (anger, hatred, fear) and behaviours (rage, aggression, attack, threat of suicide) may appear, and this often becomes a pretext for further addiction. During the period of intensive psychoactive substance intake, behaviours such as stealing money, being away from home, spending time drinking, at the expense of studying, working or doing household chores occur. It is hard not to see the damage that addiction causes anymore.

After the completion of the mini-course and the psycho-educational part the social worker gives the client a card to take notes. After the client completes the Work Card, the employee answers questions. If the employee does not know the answer to the questions asked, he informs the client about it, indicating the time and manner of the answer.



The employee moves gently to the second part of the meeting

Diagnosis of the family situation

The employee distributes individual work cards to the meeting participants

WORK CARD 1

Sheet for an addict

1. Were you diagnosed with an addiction? (when, in what context, the result of the diagnosis)

.....

2. Did you participate in addiction therapy? (where, how long, what effects)

.....

3. Do you consider yourself an addict? (why, yes, why not)

.....

4. How was your addiction last year? (frequency and amount of substance intake, mood during addiction, effects)

.....

5. Do you currently consume alcohol, drugs? (how often, under what circumstances, with whom).....

6. What is your health situation? (somatic diseases, mood disorders, ailments such as insomnia, headaches, etc.)

.....

The employee answers questions and comments that arise. He/she writes down questions.

Meeting 2

The employee sums up the previous meeting. He or she answers the questions that came up after meeting 1.

He then gently proceeds to continue the issues from the previous meeting.

The employee distributes individual work cards to the meeting participants.

INDIVIDUAL WORK CARD

1. What is the professional, material situation?

.....

2. Have there been health, professional, material, housing, and other problems in connection with addiction?

.....C3

. Do family members feel the effects of your addiction - if so, what?

.....44

. What kind of support do you receive, or would you like to receive?

.....55

. What are the biggest difficulties and why in terms of addiction? (treatment process, start of abstinence, "falls out", etc.)

.....66

. What change do you expect in your life and how can you do that? (expectations of possible help, people who could help)

Conclusions and comments

1. During the meeting, the employee answers all the customer's questions and completes an individual work plan with the customer.

Copy for the client

| S WHAT'S BOTHERING YOU - CALL IT A SINGLE SENTENCE. | M How long has it been bothering you? Since when? Give a specific date | A What do you want? What's your plan to do that? Specifically, write down step by step | R Is this plan real? | T When do you want to do it? Give a real date and time |
|--|---|---|-------------------------|---|
| | | | | |

What the client expects from the employee

2. a copy for the employee - the employee fills in the form from his perspective) - what is his plan to help the customer

| S WHAT'S BOTHERING YOU - CALL IT A SINGLE SENTENCE. | M How long has it been bothering you? Since when? Give a specific date | A What do you want? What's your plan to do that? Specifically, write down step by step | R Is this plan real? | T When do you want to do it? Give a real date and time |
|--|---|---|-------------------------|---|
| | | | | |

What can I offer an employee

Here, the staff member shall also take notes on the continuation or termination of sessions and meetings. He also writes recommendations and recommendations

Meeting 3

The employee summarises previous meetings and answers questions that have arisen after meeting 2.

The employee then discusses the information sheet, which he will pass on to the family members.

INFORMATION CARD

Municipal Commission for the Resolution of Alcohol Problems

As a rule, anyone can report an alcohol problem. It is best if the person reporting the problem is an immediate family member who knows the scale of the problem well and knows how the family situation really is. Of course, when the closest family does not want to report the problem (because they are, for example, bullied by an alcoholic), reports from further family members as well as unrelated people are accepted.

In addition, other institutions, such as the GOPS, the Police, the probation officer, etc., can apply to the Commission for treatment. Of course, the addict himself can also come to the GKRPA on his own initiative for help and advice on taking up treatment.

It should be remembered that under current legislation, people can be referred for forced treatment if they have an alcohol-related illness:

- cause the breakdown of family life,
- cause the demoralisation of minors,
- systematically disturb the peace or public order,

A person reporting an alcohol problem, living with an alcoholic, is motivated to undertake therapy for co-addicts. Education on how to act properly towards an addict significantly increases the likelihood of their recovery.

On the basis of a request for referral to forced drug treatment, the Commission calls on the person suspected of being an alcohol addict to attend a Commission meeting in person, for a so-called motivational interview. The following versions of events are possible:

- *The person the Commission calls on comes and admits that he has an alcohol problem and that he wants to be treated.*
- *The person summoned comes on duty and declares that he or she does not have an alcohol problem and that he or she does not wish to receive treatment.*
- *The request for compulsory treatment is referred to the Court.*

Forms of psychological and psychotherapeutic assistance

It is understood as a wide range of prophylactic, diagnostic, psychoeducational, psychotherapeutic and, if necessary, medical consultations. When motivating an addicted person for treatment turns out to be impossible, it is worthwhile to start the therapy with another family member, e.g. the addicted person's partner. Working with families with addiction problems takes place on several levels: individual and/or group therapy of the addicted person, co-addicted person and meetings within the framework of therapy for couples and/or families.

Information for family members on addiction treatment and different ways of solving family problems

- Treatment of addiction is a long-term process, it can take up to 2 years.
- In the course of addiction treatment, relapses are possible.
- If the family has dealt with an addiction problem, this does not mean that the problem will not return in a stressful or non-adherence situation.

- Stopping drinking alcohol, taking drugs, gambling is possible at every stage of addiction and sometimes requires interdisciplinary influences.
- When undertaking a change, it is worth remembering that there are several stages of change: at the very beginning one does not think about change, denies the problem, then comes the reflection that the problem exists and that it is worth doing something about it, then one should carefully prepare oneself for action by gathering information on how to deal with the problem, looking for specialist help, looking for social support networks, openly talking about the problem.
- Sometimes the treatment of an addiction at the beginning does not bring the expected results, but if there are constructive changes in the family, it is a significant factor in helping the addict as well.

Krajowe Biuro ds. Przeciwdziałania Narkomanii

www.kbpn.gov.pl

Helplines: Drug addiction 800 199 990, Behavioural addictions 801 889 880

The employee goes to the practical part of the meeting

INDIVIDUAL WORK CARD Study of resources and capacities

An employee distributes individual work cards to each person, which are intended to identify their strengths and weaknesses, as well as their chances and limitations in dealing with a family member's addiction.

Strengths- all that is an asset, an advantage, an advantage of a person

Weaknesses- everything that constitutes a weakness, a barrier, a defect of a person

Opportunities all that creates an opportunity for a person to make a positive change **Risks** everything that poses a risk of adverse change to the object under analysis

Strengths

Weaknesses

Opportunities

Risks

After completing the task, the employee discusses the outcome of the individual work, summarises and answers questions.

The SMART Recovery Plan for the Family is then continued

Once the SMART plan has been completed by the Client and the Employee, a joint action plan must be completed and agreed upon by the Client and the Employee (agreement must be reached)

| S WHAT'S BOTHERING YOU - CALL IT A SINGLE SENTENCE. | M How long has it been bothering you? Since when? Give a specific date | A What do you want? What's your plan to do that? Specifically, write down step by step | R Is this plan real? | T When do you want to do it? Give a real date and time |
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Suggestions and notes from both sides