

EARLY
break

Young People's Drug & Alcohol Service

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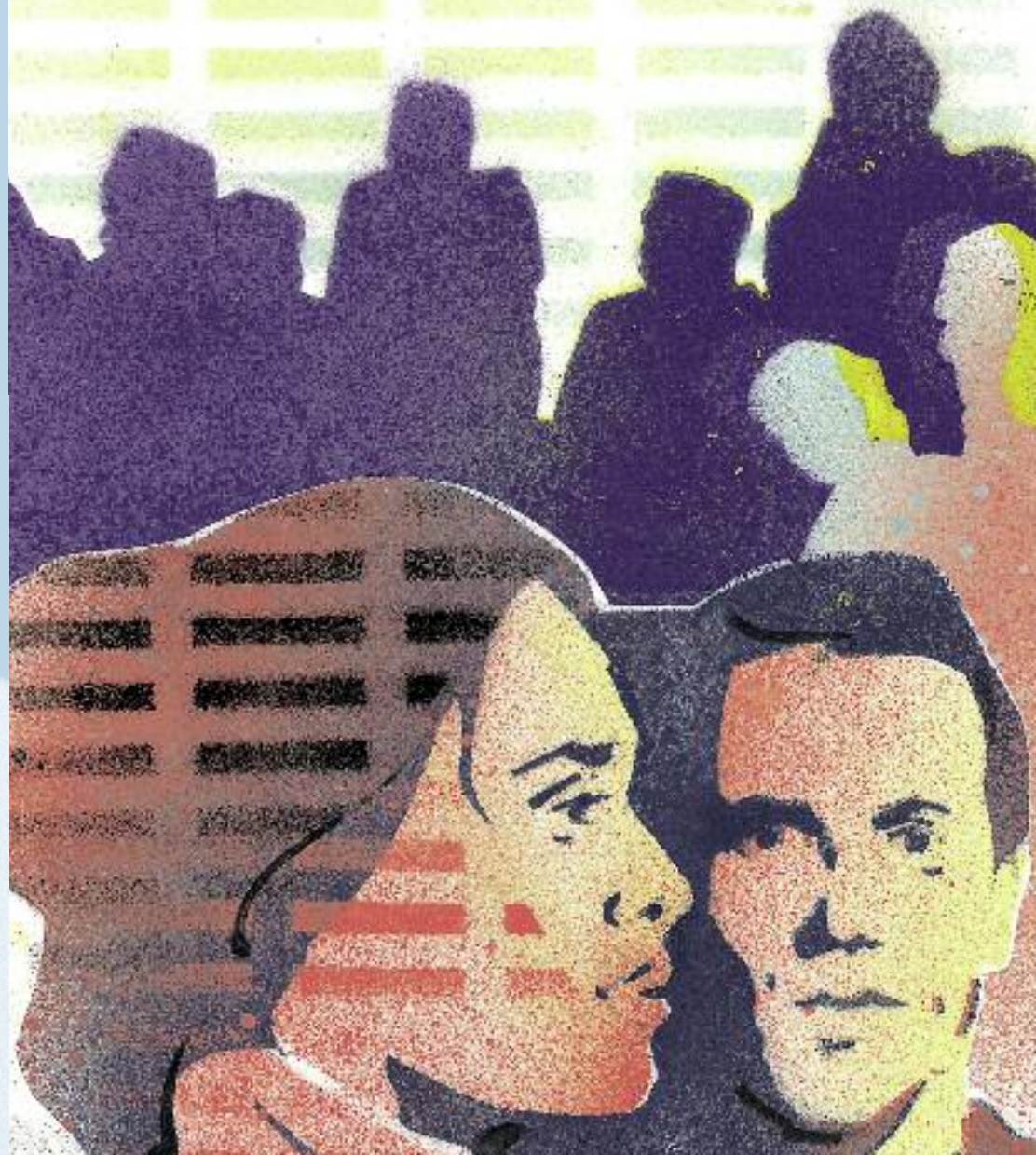
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Family Centred Time

Helping you to solve problems together



What is “Family Centred Time”?

This is a service offered by Early Break after consultation with the young person and their Early Break worker. It's a time and space for families to talk about issues that may impact on a young person's drug/alcohol use and to explore how this may affect family life.

It's a free service... it's not a course, a set of instructions on how to be a parent or a quick fix, but it will help you understand why your young person may be misusing. It's 'time' for your family members to talk about issues that concern all of you.

What is “Family Centred Time” for?

- It's to help your young person reduce their drug/alcohol use
- It strengthens family support for your young person
- It improves communication within your family
- It gives other family members an insight into your young person's drug/alcohol use
- It helps your young person to 'hear' you

Who attends the meetings?

- The young person who has been referred to Early Break
- Family members that the young person identifies
- Any significant others identified by the young person
- Early Break family worker
- Early Break young person's worker

Where do the meetings take place?

- Away from the family home
- A comfortable and appropriate place is always offered, usually an Early Break centre

What is expected of family members?

- Commitment to the time
- Openness, respect and honesty
- That you arrive on time to each session

What happens?

- Initial meeting with the Early Break family worker usually in the home
- Ground rules established
- We try to create a safe space to explore difficult and confidential issues
- Regular meetings of the identified group, these may be weekly, bi-weekly or monthly... your family decides
- Issues are explored as different family members need to discuss them
- Confidentiality is discussed and agreed by everyone

How long do the meetings last?

- Each session lasts for 1½ hours
- Families are offered 8 sessions but some feel they need less – each family is unique
- The adults can be offered time on their own with the family worker if they need it

Is there anyone who “Family Centred Time” isn't for?

- Other professionals
- We need to make sure that any one invited to “Family Centred Time” understands what is asked of them. It may not be appropriate for younger family members to attend

How does “Family Centred Time” finish?

This is unique to every family but a few basic principles apply:

- Your Early Break family worker will aim to bring each session to a positive conclusion, with clear objectives for the next time your family meets
- At the end of the series of sessions your family will agree on what has been achieved and what still has to be addressed
- Hopefully you will all have a better understanding of each other and the time spent together will help you deal with the drug/alcohol issues faced by your young person