



Young People's Drug & Alcohol Service

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## Family Centred Time

Helping you to solve problems together



## What is “Family Centred Time”?

It's a relaxed meeting in a safe environment where your voice is heard with other members of your family. It helps you to identify issues connected with your drug/alcohol use and to understand your family relationships and hopefully strengthen them. This time allows you and your family to solve problems together.

- Your Early Break worker will explain everything fully
- Your normal Early Break sessions continue outside “Family Centred Time” – you'll still have “you” time with your worker
- You will have regular “Family Centred Time” meetings decided by you and the others who attend, these may be weekly, fortnightly or monthly
- The people you have invited may be offered some time on their own by the family worker

## What is “Family Centred Time” for?

- It aims to increase support for you
- It gives your family an understanding of what drugs/alcohol you are using
- It improves communication
- It helps you to understand the impact your drug/alcohol use has on others
- It gives you a better way of handling stress within your family

## Who attends “Family Centred Time”?

- You
- People chosen by you... just one person or a few i.e. Parents/Carers, Grandparents or Brother/Sister
- Your Early Break worker will be there to help and work along side you
- Your Early Break family worker will make sure that every one gets a say and is heard

## Where do the meetings take place?

- A comfortable and safe place is offered, usually an Early Break centre
- Not in your family home... this could be too cosy

## What is expected from you?

- Be prepared to work with your Early Break worker away from Family Group Time
- Be prepared to talk honestly
- Be prepared to listen to the other people you have invited
- Be committed and arrive on time

## How long do the sessions last?

- Each session lasts for 1½ hours
- Families are offered 8 sessions but some feel they need less – each family is unique

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

- Other professionals
- We need to make sure that any one you invite to “Family Centred Time” understands what is asked of them. It may not be appropriate for younger brothers and sisters to attend

## How does “Family Centred Time” finish?

- 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 sessions you and your family will agree on what has been achieved and what still has to be done
- Hopefully you will all have a better understanding of each other and the time spent together will help you deal with your drug/alcohol issues