



**Stacey Goulding -Footsteps Service  
Manager**

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service for adults and young people  
affected by substance misuse within the  
family

# About Footsteps.....

## Our Aim

**“To provide an appropriate and effective service to all family members concerned about substance misuse within their family, irrespective of whether or not their loved one is accessing treatment services.”**

# Addiction

- ▶ According to the charity Action on Addiction, 1 in 3 people are addicted to something.
- ▶ Addiction is defined as not having control over doing, taking or using something to the point where it could be harmful to you.
- ▶ Addiction is most commonly associated with gambling, drugs, alcohol and nicotine.

# Funding

# the Tudortrust

Working in partnership with

**WARRINGTON**  
Borough Council



the coalfields  
regeneration trust  
changing the face of coalfield communities



St. Helens  
Council



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**in Need**

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**PATHWAYS**  
**TO RECOVERY**  
Warrington



# The affects of addiction on the family

- ▶ **Stigma** - Families often feel they can't share what they are going through
- ▶ **Relationships** - Substance use can put huge strain on relationships
- ▶ **Isolation** - Stigma and the can lead people to isolate themselves from friends, family, activities and social networks
- ▶ **Stress and anxiety** - Living with a substance user can be unpredictable and causes stress and anxiety in many different ways

# The affects of addiction on the family

- ▶ **Trauma** - Substance users can sometimes act in ways that cause trauma to those around them
- ▶ **Financial impacts**
- ▶ **Mental and physical health impacted**

# The Services Footsteps Deliver

**Supporting  
adults,  
children and  
young people**

**Telephone  
support**

**1 -2 -1's and  
brief  
interventions**

**Support  
Groups**

**Joint working  
with CGL at  
Pathways to  
Recovery**

**Advocacy &  
Sign Posting**

**Counselling**



## What we provide for children and young people



- ▶ Support in and outside of education
- ▶ 1-1's and Brief Interventions
- ▶ Teaching self-help approaches
- ▶ Support Groups
- ▶ Joint working with CGL at Pathways to Recovery between young people and parents
- ▶ Training/Awareness & Information Sessions
- ▶ Counselling
- ▶ Advocacy/Signposting
- ▶ Respite

# What we provide for adults



- ▶ Support at meetings, court appearances and appointments
- ▶ 1-1's and Brief Interventions
- ▶ Teaching self-help approaches
- ▶ Support Groups
- ▶ Joint working with CGL - Family meeting, whole family approach
- ▶ Training/Awareness & Information Sessions
- ▶ Counselling
- ▶ Advocacy/Signposting
- ▶ Respite

# Case Study

## Female aged 14

***Client comments 'I am very happy with the support from Footsteps. I wouldn't know what to do if it wasn't for them. I am happy that I have met other people going through what the same thing as me, I have confidence to talk to other people.'***

# Case Study

## Adult Female

“Footsteps saved my life”

# Pathways of referral

## Referrals for young people received from -

- ▶ Social Care
- ▶ Family Outreach Team
- ▶ Families First
- ▶ Primary Schools, High Schools and Colleges
- ▶ Police referral system
- ▶ CGL
- ▶ Parent, Grandparent and Self referrals
- ▶ Warrington Youth Club
- ▶ Warrington Youth Service
- ▶ Young Offenders Team
- ▶ Early Help Team
- ▶ MASH

# Pathways of referral

## Referrals for adults received from -

- ▶ Social Care
- ▶ Family Outreach Team
- ▶ Families First
- ▶ Police referral system
- ▶ CGL
- ▶ Self referral
- ▶ Local Hospital
- ▶ GP service

# Statistics for Adults 2018-2019

674 people had interventions

114 Groups delivered with 182 attendees

1299 1-2-1 support sessions held

Client Forums held

Respite events, including afternoon tea





# Statistics for Young People 2018-2019

276 young people engaged with Footsteps

74 Groups held with 162 attendees

673 1-2-1 support sessions held

Respite events, including trips to Blackpool & Manchester

49 Counselling sessions delivered

Excellent engagement with schools





# Partnership Working

CGL &  
Pathways

High  
Schools

Colleges

Primary  
Schools

Cares  
Partnerships

School  
Nurses

Golden  
Gates  
Housing

DWP

Warrington  
Well Being

Plus

Warrington  
Youth  
Service

Families  
First Panel

# What Clients say about Footsteps

“It’s been so helpful just to talk and listen. I felt so isolated before coming to see D she has given me tools to use and strategies to put in place. Things are definitely easier”

*‘The counsellor that has been working with me created a great rapport and I felt very comfortable speaking about circumstances that I find difficult’.*

*‘I have found my time with footsteps extremely helpful as I have been able to voice my concerns which in turn has helped me to deal with problems which have arisen’.*

‘I like Stacey coming to see me in school and drawing with me. We sometimes talk about my Mummy but am ok with that now, it doesn’t upset me, only sometimes but Stacey hugs me’

‘It has helped me to meet new people and make new friends. The support in and out of school has really helped me to get through and stop self harming’

# Information -



**Opening Hours -  
Monday - Friday 9am -  
5pm**



**Helpline Operating  
Hours - Monday -  
Sunday 9am - 10pm**



**Footsteps Office Tel  
Number - Warrington  
01925 244 524  
St Helens 01744 808  
214**



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# Questions & Answers?

## Thank you for listening

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