

Stacey Goulding -Footsteps Service Manager

Sue Smith - Footsteps Volunteer



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

Working in partnership with

WARRINGTON

Borough Council



Tudortrust





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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





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

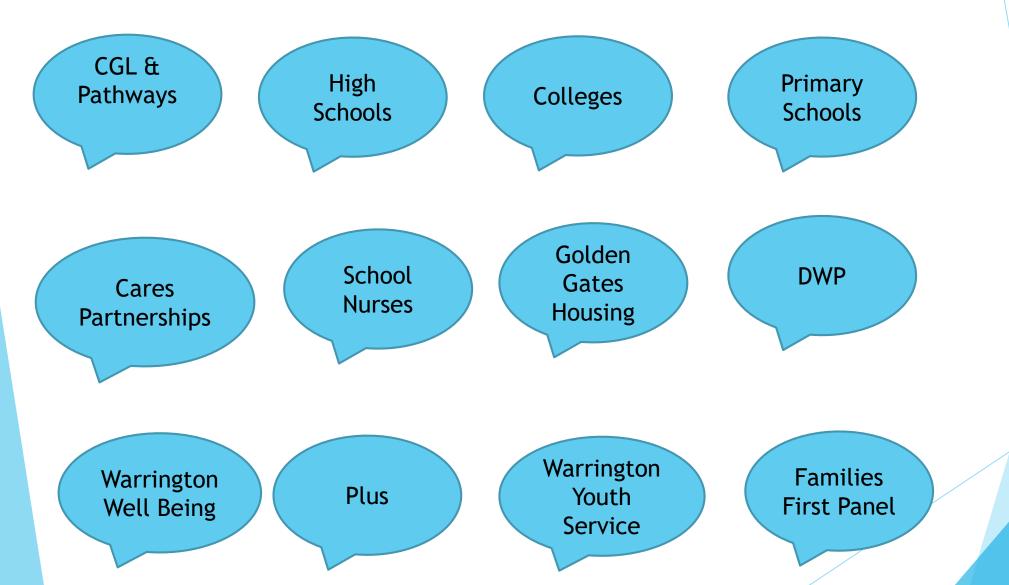
Respite
events,
including
trips to
Blackpool &
Manchester

49
Counselling sessions delivered

Excellent engagement with schools



Partnership Working



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"

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 have found my time with footsteps

'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 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



Website - www.footstepsforfamil ies.org.uk



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Questions & Answers?

Thank you for listening

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