

FEDUP

Family Environment: Drug Using Parents

Information
for parents
and carers

FED UP

FEDUP stands for Family Environment: Drug Using Parents. It is a new service that works with children, aged 5-12 years and their parents/carers who misuse drugs (including prescribed or non-prescribed drugs) or alcohol.

Being a parent is a challenging task; even more so when other factors come into force. When drug or alcohol misuse becomes part of an adult's lifestyle this causes problems and affects how they function and respond to daily family life.

What happens during the programme

FEDUP begins with an initial four-week assessment period with you and your child. We would hope to learn more about you and discuss how we can support you.

As well as speaking to you together, it will be beneficial to speak to you all separately. This will help us get to know each other better and allow us all to decide if the FEDUP service is suitable for you and your child's needs.

Once we have decided the service is right for you we will arrange to meet on a weekly basis.

The aims of the programme:

- for parents/carers to have a better understanding of the effects of parental alcohol and drug use upon children
- to begin the process of change that will lead to a safer and happier family environment
- developing positive strategies for keeping your child safe resulting in you designing a plan to keep a child safe
- identifying honest and trusting support networks.



Everyday life can become difficult and confusing and this can be hard for children and their parents/carers to talk about.

What we will explore:

- how your substance use affects you, your child and family life
- keeping your child safe
- your child's life history
- your own history and experiences
- support networks
- child development.

Accessing the service

Any professional you are working with may refer you and your child to the service. For example, this may be a social worker, drugs worker, school learning mentor or health worker.

Alternatively, you may wish to make a self referral. This is easily done by you calling in at the NSPCC project or ringing us to discuss your circumstances.

Acknowledging your unique role of parent/carer, we will always make sure that you are listened to and your views taken into consideration. We always aim to be able to make decisions that we can all agree on.

What information we share

Things that you talk about during the programme will not be shared with anyone else without you saying it's OK first. But, if you tell us something that makes us think that a child or young person is being hurt, or might get hurt, then we would have to talk to other professionals so that the child can be kept safe. If you would like to see the information we have about you please talk to your NSPCC worker.

What to do if you are unhappy

We hope that you find your time with the NSPCC helpful. NSPCC staff want to make sure you are happy with the service. They will ensure you know what is happening throughout your time on the programme. If you are unhappy about anything, please let your worker know.

If you are unable to resolve things through your worker please refer to the NSPCC complaints leaflet.

If you have any questions, please contact the NSPCC in your local area who will be happy to help:

