



Brighton & Hove
City Council

Back on Track

Oasis Project

Change Grow Live

ru-ok?

Young Carer's Service

EMAS

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City Council**

The Problem

Parental Alcohol Dependency in Brighton & Hove

- 45% cases where children undergoing care proceedings -alcohol was identified as a factor
- 29.7% children with Children in Need plan - alcohol was identified as a factor
- Only 14% of adults with a dependency who live with children are in treatment
- 42.9 per 1000 0-17 yr olds in B&H are modelled to live in households where their parent is suffering from alcohol/drug dependency



Back on Track

Partnership Approach

- Whole Family approach – parent/s children and wider family
- Focus on impacts of parental drinking on children
- Young People focused Practitioners – whether parent in or outside alcohol treatment and support
- Partnership working with Young Carers
- Partnership working with city's Reducing Parental Conflict Programme
- Pilot work with our Ethnic Minority Achievement Service – families with EAL





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Lorna, Fran and Gran

Fran

“ Its lonely because you can’t relate to your friends’ experiences and their relationships with their mothers. Not being able to see mum “





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The Situation

- Fran is 13. Lorna is Fran's mum and Sheila is Fran's Gran
- Referred by Children's Services Lorna has been to A&E twice in last 6 months; unconscious through alcohol
- Issues with housing meaning family mobile across 3 counties
- Fran's dad lives in next County but has only been peripherally involved in Fran's life
- Sheila seen as being a protective factor but struggling with Lorna's alcohol misuse

Our Work

- Young Oasis supported Fran, Adult Worker supported Sheila
- Motivation work ongoing with Lorna who experienced recent traumatic bereavement and is still drinking



Working with children & young people where they are at

- ru-ok? Young People's and Families Outreach Worker, based in the city's Adolescent Service, Children's Safeguarding & Care
- 1-1 sessions supporting children and young teenagers, using emotion coaching and protective behaviours work to boost self-confidence and develop resilience.
- High levels of impact on children's wellbeing even when drinking behaviours well below 'safeguarding' thresholds
- Children fiercely protective of their parent/s
- Importance of working at the child's pace
- Complexity of delivering support where parent/s not ready to acknowledge/seek support for their drinking



Parental conflict & Alcohol

Reducing Parental Conflict Programme -

- Parents as Partners 18 week groupwork intervention – end of June completion

Oasis Pilot - Parents as Partners Group and Father 1:1

Findings-

- Reduction in conflict between parents
- Increased family functioning, parenting skills
- Increased pro-social behaviours
- Increased engagement of children with father
- Reduced parental conflict observation



Back on Track: The Impact

- **Information, resources and families voices –**
- Facebook Q&A's on alcohol and parenting [Raising Teens: Families and alcohol | Make Good Trouble](#)
- Find your Oasis competition in partnership with NACOA [Find Your Oasis - Oasis Project](#)
- Back on Track [Back on Track in Brighton & Hove \(brighton-hove.gov.uk\)](#)
- Oasis Project [Oasis Project - We give hope to people affected by drugs & alcohol.](#)
- RU- OK? Young people's work [Back on Track - YouTube](#)
- Parental relationships [Parent relationships \(brighton-hove.gov.uk\)](#)
and Getting on Better online cards [Getting On Better cards \(brighton-hove.gov.uk\)](#)
- Parents as Partners [Parents as Partners - Tavistock Relationships](#)

