

# barod

## Concerned Others Information for Professionals



A concerned other in substance misuse is anyone affected by someone else's drug/alcohol use, this could be a child/young person or an adult and inclusive of anyone who is at risk of being affected,

e.g:

-Child

-Parent

-Sibling

-Any other family member

Grandparent, aunt, uncle, cousin, niece, nephew, step-family member

-Partner/spouse

-Friend

-Colleague/employee/employer

-Neighbour.

***“Everybody knows somebody who has been affected, however indirectly, by someone else's substance misuse.”  
(Adfam, taken from Adfam.org.uk)***

1 in 5 are harmed by others drinking in the UK suggest the results from the largest survey of this kind in the UK, with 1 in 20 of them experiencing physical aggression/ domestic/sexual violence.

Taken from

<https://www.philharris.online>

Concerned others often don't access support for themselves,  
for lots of different reasons including:

-lack of knowledge of support available

-lack of services/professionals' knowledge of support available

-belief that they could only access support if the person they are  
concerned about is receiving support

- stigma.

***“Stigma silences people and unless we  
break down barriers and have open  
and honest conversations,  
this won't change.”  
(Adfam, taken from Adfam.org.uk).***



Barod provides a Concerned Other Service for anyone affected by someone's drug or alcohol use and the support available includes:

- One to one support, which involves a worker specially for the concerned other and access to agencies that could help them like housing support, carer's support, counselling, domestic violence support etc.

- Group work programmes which include peer led groups so a concerned other can access advice and information from people in a similar situation.

- Information and support to help the person they are concerned about including education on treatment options and referral pathways.

- Support to focus on the concerned other's own wellbeing.

- Dry blood spot testing for blood borne viruses.

- Prenoxad (naloxone) training and a prenoxad kit.

-Parent and carer training (PACT) for concerned others:

PACT is a treatment programme that is delivered through group work and in one to one sessions developed for concerned others who are experiencing difficulty with someone else's drug or alcohol use.

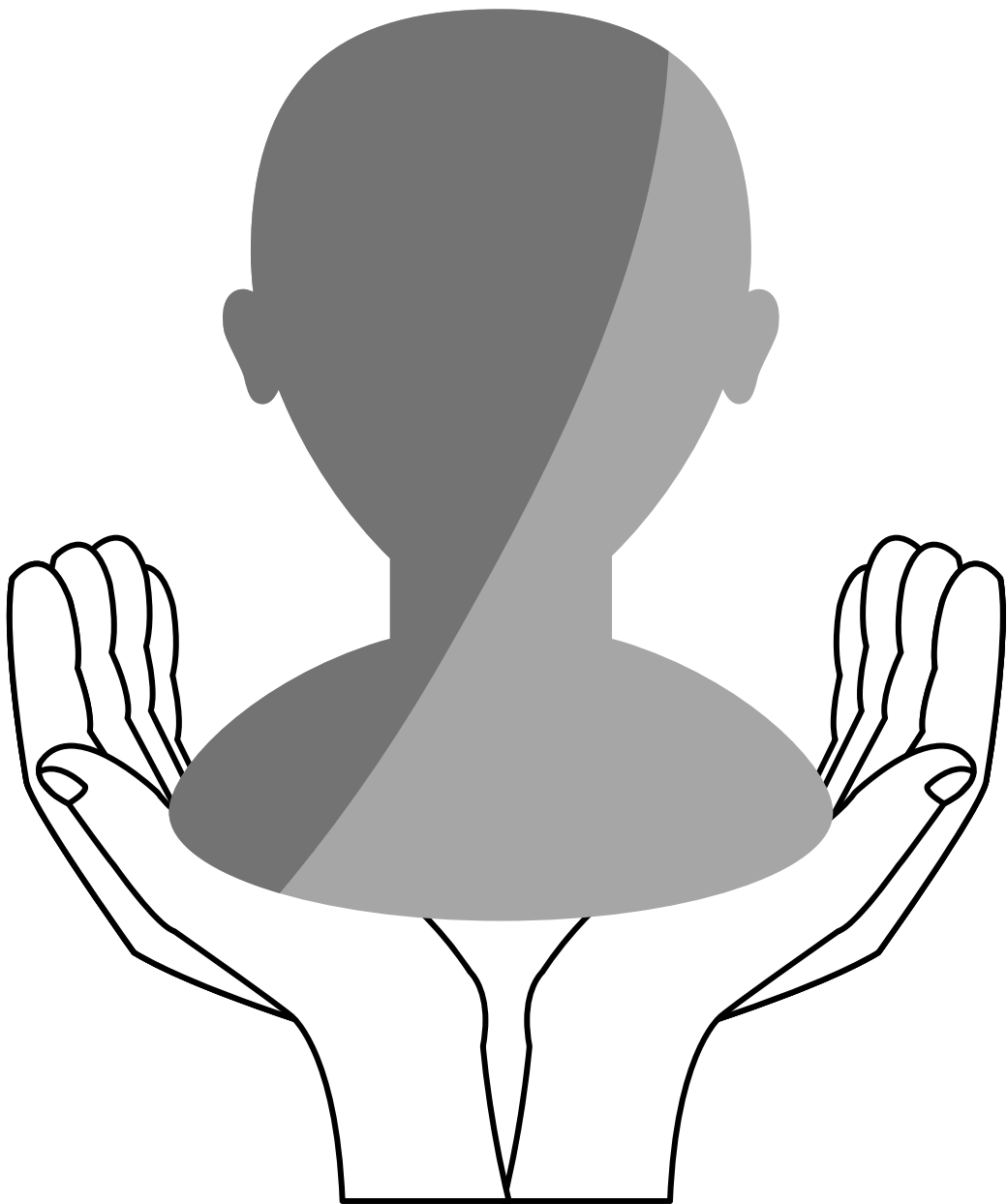
Piloted in South Wales, the programme synthesised key findings from clinical studies and established interventions into one model (Harris 2010).

The programme aims to support concerned others through teaching a range of behavioural skills in order to:

- Assist unmotivated loved ones into treatment
  - Support loved ones in treatment
- Reduce the stress and pressure that the concerned other experiences
- Improve the quality of life for the concerned other.
- Support to understand the choice of the other person's decision not to engage with treatment.

Phil Harris who devised the PACT programme and is the author of the book "The concerned other" describes the importance of effective support for concerned others as a concerned other is the "person most able to effect change in the user's life, whilst also taking good care of themselves."

# A Person Centred Approach



Problems experienced by concerned others are well documented and researched. Common problems experienced by concerned others include:

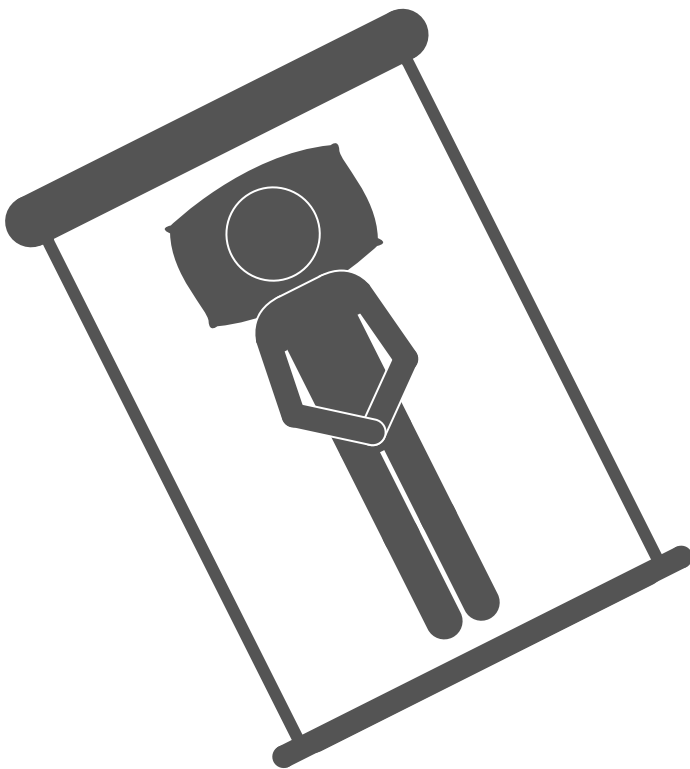
- Sleep problems

- Weight change

- Increase in psychological symptoms of anxiety and depression.

- Relationship issues such as sibling affected by the user's chaotic behaviour and feeling neglected by the parents when the focus is drawn to managing the user.

(Taken from research by Adfam, [adfam.org.uk](http://adfam.org.uk)).

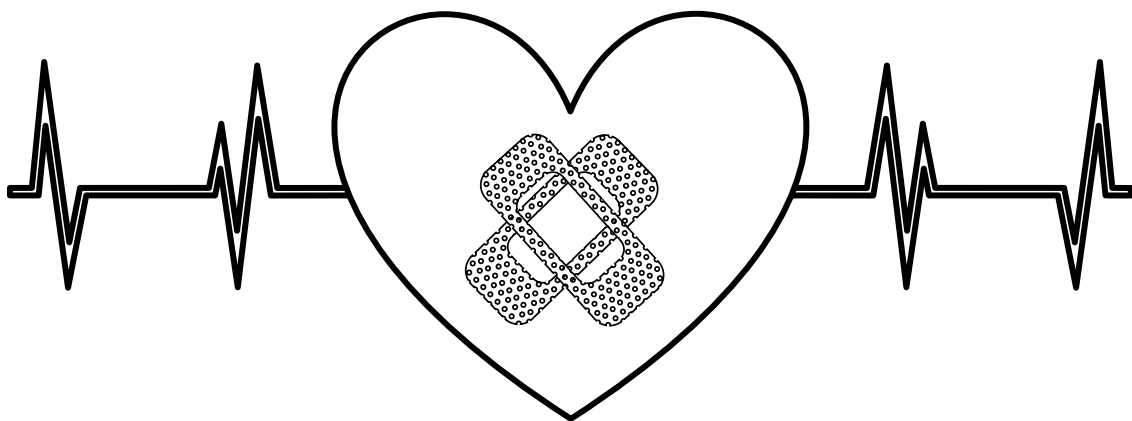


Barod can help with the problems described above by providing support to concerned others. It has been noted that when concerned others are receiving support themselves, they are more able and better equipped to support and encourage the user's recovery journey.

Concerned others form a large part of the user's recovery capital and a considerable number of studies have demonstrated the positive outcomes linked to providing support for concerned others meaning support for them as an individual and not as an add on the user's own treatment programme.

Concerned others are a treatment group in their own right and have been described as the "neglected treatment group" in the past, often the "unseen and unheard victims," which could be attributed to lack of acknowledgement for the support they require, lack of support available and lack of awareness of support available, as well as stigma from wider society.

(Adfam, [Adfam.org.uk](http://Adfam.org.uk))





Barod aim to increase the awareness of concerned others as a treatment group and the support available for them. Barod has a long history of supporting concerned others in Cwm Taf due to the recognition from ommissioners of the need to support concerned others. Barod has seen remarkable improvements in the lives of concerned others in treatment including:

- coping skills
- ability to set boundaries
- self-esteem
- life satisfaction
- relationships with other family members and friends
- psychological stress
- housing situation and home environment
- finance management
- access to support for carers.

Research and guidance available strongly demonstrate the importance of concerned others in treatment and the National Institute for Health and Care Excellence (NICE) guidance recommends the involvement of families and carers in decisions around the user's treatment. Support for concerned others can help them to understand the treatment system and act as a link between the user and the treatment system.

- The benefits of providing support for the concerned other are huge:
- bettering the lives of families including children and their communities
  - improvement in treatment rates, retention and outcomes for the users
    - improved links between relevant agencies and onward referrals
      - better partnership working
    - reducing the burden on the NHS, and criminal justice system
    - significant savings to the state

Failing to support concerned others overlooks the needs of a large proportion of the population, keeping in mind “everybody knows somebody affected,” this would be a huge problem.

As a professional who is likely to meet a concerned other you can reassure them that they can receive support for themselves even if the person they are concerned about/care for is not in treatment or ready to seek treatment. As a professional you can refer concerned others to Barod for support or provide the number, detailed below, to concerned others to refer themselves.

The referral pathway for concerned others is the same for the person using drugs/alcohol by ringing the Cwm Taf Drug and Alcohol Single Point of Access (DASPA) number on **0300 333 0000** or making an online referral via the DASPA website **[www.daspa.org.uk](http://www.daspa.org.uk)**

Please seek consent from the person you are referring.

Useful websites for professionals and concerned others:

[Barod.cymru](http://Barod.cymru)

[Daspa.org.uk](http://Daspa.org.uk)

[Adfam.org.uk](http://Adfam.org.uk)

[Nacoa.org.uk](http://Nacoa.org.uk)

<https://www.philharris.online>

(useful links section has literature/resources for concerned others)

[Al-anonuk.org.uk](http://Al-anonuk.org.uk)

[Talktofrank.com](http://Talktofrank.com)

[Dan 24/7.org.uk](http://Dan247.org.uk)

<https://gov.wales/live-fear-free>

<http://www.mentalhealthsupport.co.uk>

<https://www.rctcbc.gov.uk/EN/Resident/ChildrenandFamilies>

<https://www.merthyr.gov.uk/resident/social-services-and-well-being>

## Concerned other support for children and young people/carers

Barod provides a concerned other Service for children and young people with one to one and group work support available.

The need to support children and young people/carers affected by someone's substance misuse is crucial. There are 2.5 million children living in the UK living with a parent who drinks too much, and 70% will try to hide the problem within the family from the outside world. There are 1 in 5 children affected by the above and they often live with parents who do not acknowledge or seek help for their problems.

The benefits of supporting children and young people who are concerned others can help to cope with the adverse effects experienced from growing up with parental substance misuse.

Having as many sources of support is vital for children and young people who are affected and any professional in contact with them can be reassuring of the support available to them and how to access this support.

Professionals can help children and young people who are concerned others by explaining the six C's to them, encourage them to remember the six c's:

- I didn't cause it
- I can't cure it
- I can't control it
- I can take care of myself
- I can communicate my feelings
- I can make healthy choices.

(Taken from the National Association for Children of Alcoholics)

## A concerned other's testimony

"I am a concerned other for my son who was drug and alcohol dependent and his addiction was destroying our family life. The Police were back and forth my house due to the issues with my son to the point where I was on first name terms with the Officers in my area. Then one day an Officer visited my home and saw the stress I was experiencing due to the impact of my son's behaviour and he referred me to the Concerned Other Service in Barod.

I was allocated a Barod one to one worker who I now refer to as my fairy godmother as she helped me to change my life. The Barod worker listened to me, gave me no false promises, she followed through on everything we discussed and crucially referred me to the Parent and Carer Training PACT, which is the best thing I have ever done.

PACT built my confidence, gave me a better understanding of my son's drug and alcohol use and the issues he was experiencing. PACT made me realise that the situation with my son was not my fault and taught me to say no to him and reduce the enabling behaviours. PACT benefited the whole family because I was calmer and talking things through rather than shouting at my family members so the impact of me changing my approach was positive for the whole family. PACT introduced me to peers who have become friends, we have mutual understanding and can be open and honest with each other. It makes such a difference. Having a worker and access to PACT helped with the isolation and loneliness I felt from the situation with my son, I would hide away at home for days not wanting to see neighbours due to feeling embarrassed because the Police had been called out but changed when I received support for myself. Accessing support encouraged me to focus on myself as well. I was able to access Indian head massage from Barod, discovered sound therapy and knowledge of acupuncture available for concerned others. I attended Prenoxad training and was provided with kits to take home and I received dry blood spot testing for blood borne viruses. All of which put my mind at rest.

As a result of me having support for myself the impact on my son has been massive, it enabled me to support him on his road to recovery. I learnt to be a better support to him and he made positive changes as a result of me being more positive.

I feel I was part of the problem because of how I was responding to him, resulting in arguments and stress but when I changed my approach, he changed with me. I would urge anyone to access support for themselves, pick up the phone, or walk into the office and ask for help. The first call I received from my Barod worker made me realise I wasn't on my own anymore."

*Helen Rees- RCT concerned other  
who received support from Barod in The Next Step Drop In.*



**DASPA**  
DRUG AND ALCOHOL  
SINGLE POINT OF ACCESS

0300 333 0000



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Cwm Taf Morgannwg  
University Health Board

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