



Action on Addiction

Four-day Residential Programme for Families and Friends

The Manor House, Warminster, Wiltshire



Programme dates:

17-20 September 2018

8-11 October 2018

18-21 February 2019

18-21 March 2019

10-13 June 2019

Action on Addiction For Families has long recognised that family members, partners and friends can suffer greatly from the consequences of another's drug and/or alcohol misuse. They often feel isolated, alone and overlooked.

These family members invariably need a safe place where they can talk about their difficulties with people who share similar experiences which is why, more than 30 years ago, we developed the brief residential family programme. During the programme experienced Clouds family counsellors gently and respectfully help individuals understand what is happening and how they can begin making changes. Workshops, discussions and group therapy provide opportunities to explore personal issues and to receive help. We have also introduced a mindfulness-based relaxation session to help reduce stress.



Some personal reflections on recent programmes:

"A very enlightening week. I wish I had done this years ago."

"I would recommend this programme ... I feel it is a vital part of my recovery to receive help and support from specialists in the field of addiction. The benefits are life-changing."

"Having struggled with family members caught up in addiction for years I was still unaware of how much help I needed. This programme has been a turning point - I have been able to look at the past, show my emotions and begin to rebuild my life."

"All the staff were excellent and from the very beginning were welcoming and helpful. I soon felt more at ease."

"The accommodation and the excellent way we were looked after by all the staff made a big difference to the stay - I felt safe"

It is not necessary for a family member or partner to be in treatment to benefit from this programme. A formal evaluation has indicated that this short intervention can make a significant difference to the recovery process for the whole family.

The programme aims to:

- Support family members and/or friends who are affected by someone else's misuse of addictive behaviours (past or present)
- Provide space and respite in a safe, nurturing environment
- Offer the opportunity for change that is unlikely to happen without external help
- Reduce the negative impact of addictive behaviours on the rest of the family and/or circle of friends
- Interrupt repeating patterns of harmful behaviour and reduce risks
- Increase the range of coping strategies and raise self-esteem
- Improve communication
- Strengthen protective and resilience factors
- Provide education around addiction
- Explore values and beliefs that family members/friends carry
- Identify additional needs and strategies for individuals and guide them towards further help.

At the end of the programme, aftercare options are discussed with individuals. They are also invited to an annual reunion and encouraged to continue supporting one another.

The family programme has been evaluated by the Mental Health Research Development Unit (MHRDU). The evaluations received approval from Bath's Research Ethics Committee and Avon and Wiltshire Mental Health Partnership NHS Trust Research & Development.

The Manor House in Warminster offers a relaxed and friendly environment within walking distance of high street shops and cafes, and the train station. Kind and helpful centre staff provide comfortable accommodation and home-cooked meals and there is ample parking.

Please telephone us on 01747 832 015 for further details: also to request an application form.

