

# **Assessing the impact of Alcohol Use on Children and Families**

## **Signposting guidance for practitioners who work with Parents and Carers**



### **Blackpool Safeguarding Children Board**



# Assessing the impact of Alcohol Use on Children and Families

The consumption of alcohol by parents or carers is a frequent feature of our work with children and families. Research shows that an estimated 2.6 million children in the UK live with a parent whose drinking puts them at risk of neglect and 705,000 live with a dependent drinker (Source: *Journal of Public Health, Victoria Manning et al 2009*).

Whilst we mustn't assume that all children will have problems because they grow up living with a parent/carer where alcohol is having a negative impact on their lives, it is important that we're equipped to identify potentially problematic drinking in a family and consider the impact on a child's safety and well-being, their life and that of others.

## 1. Assessing Problematic Drinking

**Adults:** Assessment tools can help to identify when drinking may be hazardous and pose a risk to others. A widely recognised tool to identify adults with dangerous and harmful patterns of drinking is;

- **AUDIT: The Alcohol Use and Disorders Identification Test (World Health Organisation)**  
([http://whqlibdoc.who.int/hq/2001/who\\_msd\\_msb\\_01.6a.pdf](http://whqlibdoc.who.int/hq/2001/who_msd_msb_01.6a.pdf))

**Is the person a parent, carer or expecting a child?** It is extremely important that professionals working with adults and/or families consider whether an individual's drinking presents as a risk to them, another adult and/or children in the family. Ask yourself:

- Does the parent/carer's, or their partner's drinking, have a negative affect on the children?
- How discreet is the alcohol misuse?
- Do the children witness the behaviour or have they stumbled on it by accident?
- Does the alcohol lead to financial problems that mean children have to go without?
- Who looks after the children when alcohol is being sought or consumed?
- Are there incidents of violence or physical threats as a result of alcohol misuse?

A highly useful tool to support a more detailed assessment of parent/carers' drinking and the negative impact on children is;

- **Parental alcohol misuse and the common assessment framework (The Parenting Fund: Alcohol Concern: Making Sense of Alcohol)**  
(<http://www.alcoholandfamilies.org.uk/briefings/13.6.pdf>)

Based on the Common Assessment Framework, this tool offers a range of guidance including how to set the scene for assessment and how alcohol can negatively impact on children according to their developmental stage.

## Professional intervention when parents/carers deny they have a drink problem

In circumstances where a parent/carer denies they have a drink problem when there is evidence to strongly suggest they do, the provision of 'Assertive Outreach' through the Horizon Project should be sought. (*Assertive Outreach is pro-active engagement/treatment by a Substance Misuse Worker and Horizon can be contacted on 01253 311431*).

### 2. Appendixes

- **Alcohol Support Services in Blackpool** Alcohol Support Services in Blackpool are offered through one integrated treatment system known as the Horizon Project – a leaflet explaining the range of support available and how to access it is attached to this document.
- **Units of Alcohol Guide:** This document offers a quick reference to Department of Health Guidelines for safe drinking and details the average unit of alcohol in a variety of drinks. It can be used with individuals to help them identify if their drinking exceeds the recommended guidelines and generate discussion about the potential impact on them, their lives and that of others.
- **Safety Planning for People Experiencing Domestic Abuse:** Alcohol is often a feature of Domestic Abuse. This document offers Safety Planning Advice to victims of Domestic Abuse.

Blackpool Safeguarding Children Board  
October 2012

## Needle Exchange Scheme's

- ACT, 102 Dickson Road
- Assura, Moor Park Health Centre
- Boots, Bank Hey Street
- Co-op, Langdale Place
- Crossleys, Lytham Road
- Grange, Chepstow Road
- Hbs, Newton Drive
- Lloyds, Egerton Road
- Lloyds, Talbot Road
- MedicX, Whitegate Drive
- Moore's Pharmacy, Westcliffe Drive
- Tesco, Clifton Retail Park
- Whitworths, Waterloo Road
- Whitworths, Whitegate Drive

## Overdose Awareness

People can overdose from mixing a variety of different things including prescription drugs such as tranquillizers and anti-depressants, alcohol and opiates or stimulants. These types of mixtures are dangerous even if taken over the course of several hours as they build up in the body.

If you are worried about someone, stay with them and make sure they're OK

If you have any doubts — call an ambulance as soon as possible.

**For overdose awareness training; please contact the Access & Choices Team on 01253 311431**

### Access & Choices Team

102 Dickson Road  
Blackpool  
FY1 2BU

☎ 01253 311431

### The Hub

261 Whitegate Drive  
Blackpool  
FY3 9JL

☎ 01253 476010

### Moving Forward

45-49 Cookson Street  
Blackpool  
FY1 3ED

☎ 01253 752100



### Criminal Justice & Complex Care

Hope House  
162 Whitegate Drive  
Blackpool  
FY3 9HG

☎ 01253 651440

### Recovery Service

39 Springfield Road  
Blackpool  
FY1 1PZ

☎ 01253 292100

Lancashire Care   
NHS Foundation Trust

ADS

Addiction Dependency Solutions

ttp  counseling

addaction



the hub



Drug and Alcohol treatment has now been integrated into one treatment system.

**The partnership is known as HORIZON**  
- Blackpool's Integrated Treatment System.



## Horizon's key focus is to support clients in achieving recovery.

Recovery is what the individual wishes to attain in order for them to be fully integrated within the community. The treatment system is also there to help support clients resolve their housing issues, employment, training, educational needs and to be able to support their family or integrate back with their family or community.

The treatment system is now working closely with community groups and centres to ensure easier access to mainstream services.

Young adults up to the age of 25 are able to access more age appropriate services which in turn offer a more holistic care package.

There has been a huge cultural change for both the workforce and clients, and the message of recovery is beginning to become reality.

## Access & Choices Team (ACT)

t: 01253 311431

This service provides a central point of contact for initial introduction to treatment for all drug and alcohol users over the age of 25 years old. The aim of the service is to enable new and existing drug/alcohol users who want advice, information and support, to access a range of services that will help them address problems associated with their drug/alcohol use.

- Clients will be triaged.
- Treatment will start for both prescribed and non prescribed clients.
- Limited to 12 weeks (5-6 weeks for alcohol only clients).
- Support for ACCE (Alcohol, Cannabis, Cocaine, Ecstasy) clients
- Harm Reduction and Needle Exchange services.
- GP and community venue outreach.
- Supported self detox programme (non medicated) for heroin users only.

## The Hub

t: 01253 476010

This service provides a central point of contact for initial introduction to treatment for all drug and alcohol users under the age of 25 years old. The aim of the pathway is to enable new and existing drug/alcohol users who want advice, information and support, to access a range of services that will help them address problems associated with their drug/alcohol use.

- Work from various locations.
- Cognitive Behavioural Therapy (CBT).
- Prescribing/reduction/detox support.
- Access to residential treatment services.
- Harm Reduction.
- Transition to Adult Services when client reaches the age of 24.

## Moving Forward

t: 01253 762100

This service provides the route of treatment for drug and alcohol users over the age of 25 years old. The Moving Forward Service aims to offer focused and time-limited clinical and psychosocial interventions within the International Treatment Effectiveness Programme (ITEP) framework for those individuals who are seeking to achieve recovery from drug and/or alcohol dependency.

Clients are transferred from ACT, The HUB and the Criminal Justice Service and can receive direct referrals from the Alcohol Liaison Nurses at the Hospital after an initial phase of treatment dependent on the individual need.

All clients entering treatment at the Moving Forward Service do so within specified time scales. Having had an initial phase of treatment, the client will work towards abstinence or occasional user / drinker status during an 18 month period. Within this period the client will work to an individual recovery plan which will detail intense therapeutic psychosocial support, key work sessions and substitute medication where required.

## Recovery

t: 01253 292100

This part of the system provides the route of treatment for those clients who are abstinent from drugs and alcohol or have reached either occasional user or controlled drinking status and need further psychosocial and wrap around support.

The service guides the client towards the end of the treatment journey and into one of volunteering, education, training and employment. This service is for all drug and alcohol clients who have completed structured treatment in the community or structured treatment in a Tier 4 (residential) setting, and will be transferred to the Recovery service for further psychosocial interventions, group work and ongoing support to help reintegration into the community and the workplace.

## Criminal Justice & Complex Clients

t: 01253 661440

This service provides the route of treatment for individuals who have been identified through the criminal justice system and drug and alcohol use is a significant factor in their criminal activity.

This service is for all drug and alcohol users 18 years old and over who access treatment for their substance misuse via the criminal justice route due to their criminal activity.

The aim of this prescribing pathway is to provide substitute prescribing for opiate users over the age of 18 whilst reducing the harm their drug use causes to themselves and the community.

Along with the initial phase of substitute medication, all individuals will continue to receive harm reduction advice and information to ensure minimum harm is caused to the individual.

This pathway provides the route of treatment for opiate users who wish to begin a prescribing regime but not within specified time scales. Individuals may have complex needs which may include physical and/or psychiatric co-morbidity which makes the achievement of stability problematic.

## Detoxification

The Horizon treatment system also offers Community and Residential Detoxification. This is open to clients who wish to detox from Alcohol and/or Drugs. A preferred provider list of Detoxification units has been established which can be accessed via their key worker at any part of the treatment journey.

## Residential Rehabilitation

This part of the treatment system is open to clients who are abstinent from Alcohol and Drugs, for those requiring further interventions in an inpatient setting, rehab allows the client to reintegrate back into the community safely. A preferred provider list of Residential Rehabilitation units has been established.

# Units of Alcohol Guide



PINT CIDER: ABV 5.3%  
**3 UNITS**



RED WINE (125ML): ABV 12.5%  
**1.6 UNITS**



SAMBUCA SHOT: ABV 42%  
**1 UNIT**



BOTTLE LAGER: ABV 5.2%  
**1.7 UNITS**



ALCOPOP: ABV 5%  
**1.4 UNITS**



HALF PINT CIDER: ABV 5.3%  
**1.5 UNITS**



SINGLE GIN & TONIC: ABV 40%  
**1 UNIT**



DOUBLE COGNAC: ABV 40%  
**2 UNITS**



CHAMPAGNE (175ml): ABV 11.5%  
**2 UNITS**



DOUBLE WHISKY & COKE: ABV 40%  
**2 UNITS**



HALF PINT LAGER: ABV 5.2%  
**1.5 UNITS**



COSMOPOLITAN COCKTAIL  
**2 UNITS**



PINT BITTER: ABV 5%  
**2.8 UNITS**



ALCOPOP: ABV 5%  
**1.4 UNITS**



PIMMS: ABV 25%  
**1.3 UNITS**



DOUBLE WHISKY: ABV 40%  
**2 UNITS**



WHITE WINE (175ml): ABV 13%  
**2.3 UNITS**



PINT LAGER: ABV 5.2%  
**3 UNITS**



BOTTLE OF WINE: ABV 13.5%  
**10 UNITS**

## Department of Health Guidelines for safe drinking

**Men:** 3-4 units per day (maximum 21 units per week) with 2 alcohol-free days during the week.

**Women:** 2-3 units per day (maximum 14 units per week) with 2 alcohol-free days during the week.

**Binge Drinking** is defined as 8 units or more for men and 6 units or more for women in one sitting.

## Safety Planning for people experiencing to Domestic Abuse

**If you are planning to leave home or have to leave in an emergency consider gathering together the following:**

- Important papers, including passports, birth certificates, injunction and/or legal documents (keep them in one place so they can be taken if you need to leave suddenly)
- Benefit books, bank/cheque books and bank statements
- Essential medication/child health records
- Spare keys to property, cars etc
- Address book, phone number of friends, family and services you may require (Freephone 24 hour domestic violence helpline 0808 2000 247)
- Money for taxis, buses or other essentials
- Bag of essential clothing, including underwear
- Toiletries
- Baby milk/food and other essential baby items
- Photos/, child's cuddly toy or other sentimental items
- Find somewhere you can safely use a phone
- Plan a safe escape route

**If you are still in a relationship and there is Domestic Abuse you need to consider yours and your children's safety. Here are some ideas to think about:**

- Places to avoid when abuse starts (such as the kitchen, bathroom or anywhere with potential weapons or no escape routes)
- People to turn to for help or to let know you are in danger
- Asking neighbours or friends to call 999 if they hear anything to suggest you or your children are in danger
- Places to hide important phone numbers, such as helpline numbers
- How to keep children safe if abuse starts
- Teaching the children to find safety or get help, perhaps by dialling 999 or alerting a neighbour
- Keeping important personal documents in one place so they can be taken if you need to leave suddenly
- Letting someone know about the abuse so it can be recorded (important for cases that go to court or immigration applications, for example)

**Local Domestic Abuse Helpline: 01253 596699**  
**National 24 Hour Domestic Abuse Helpline: 0808 2000 247**  
**Fylde Coast Women's aid: 01253 596699**

**NB If you feel the client is at high risk, consider completion of the CAADA-DASH Risk Identification Checklist (RIC) with referral to MARAC if necessary.**