Substance Misuse Conference

CHILDREN AFFECTED BY PARENTAL SUBSTANCE MISUSE: GETTING IT RIGHT FOR EVERY FAMILY

8 March 2011
Radisson Blu Hotel
Edinburgh, Scotland
Children are one third of our population and all of our future.

Select Panel for the Promotion of Child Health, 1981
Dear Colleagues,

We are delighted to invite you to our conference on the subject of children affected by parental substance misuse. In the Scotland there are estimated to be between 40,000 and 60,000 children affected by parental drug misuse, and between 80,000 and 100,000 affected by parental alcohol misuse.

Parental substance misuse in all its forms can cause considerable harm. Children are at risk of emotional and physical neglect as they grow up. They also risk developing emotional and social problems later in life. Both outcomes are of growing concern for policy and practice.

It is particularly appropriate that this conference should be held in Edinburgh as in terms of action on the ground, Scotland is in the forefront in the UK. Delegates from elsewhere in the UK can learn a great deal from their Scottish counterparts and delegates from Scotland can learn and build on current practice. Adam Ingram MSP, Minister for Children and Early Years, will make clear the commitment of the Scottish Government to this agenda.

A major theme of the conference will be about building resilience within families by building on their strengths and on community assets. The difficult balance of risk assessment will be discussed as will the importance of partnership working in managing risk. We will raise awareness of what matters to these children and the people that care for them and look at ways to meet their expressed needs.

There are examples of children living with great adversity, but also examples of great courage and personal growth from children, their parents and the kinship carers who often hold these families together. We will also hear of the work of organisations who help families to recover and the evidence which reinforces the message that recovery oriented initiatives are effective in transforming the lives of those who were dependent on drugs and alcohol and do also transform the lives of the children that they care for. The evidence is strongly in support of family focused approaches.

We wish you a stimulating and productive conference and our hope is that the conference will play a part in shaping future thinking and that it will make a positive difference to the many young lives affected by substance misuse.

Welcome by the Chair

Anne Houston
Chief Executive, Children 1st
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## 1. Programme

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<td>09.25</td>
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<td><strong>Adam Ingram MSP</strong>&lt;br&gt;Minister for Children and Early Years&lt;br&gt;&lt;br&gt;<strong>Policy overview - progress made and priorities for future work</strong></td>
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<td><strong>Joy Barlow MBE</strong>&lt;br&gt;STRADA: Centre for Drugs Misuse Research, University of Glasgow&lt;br&gt;&lt;br&gt;<strong>The impact of parental substance misuse on children and young people.</strong> Identify, assess, record, manage risk</td>
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<td><strong>Professor Sarah Cunningham-Burley</strong>&lt;br&gt;Senior Research Fellow, Applied Social Sciences, University of Stirling&lt;br&gt;&lt;br&gt;<strong>Young people growing up in families affected by substance misuse and their transition to adulthood</strong></td>
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<td><strong>Dr. Anne Whittaker</strong>&lt;br&gt;Substance Misuse Directorate, NHS Lothian&lt;br&gt;&lt;br&gt;<strong>Pregnancy and early years</strong> Substance Misuse Directorate</td>
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<td><strong>Rowdy Yates MBE</strong>&lt;br&gt;Senior Research Fellow, Applied Social Science, University of Stirling&lt;br&gt;&lt;br&gt;<strong>The role of recovery in improving outcomes for children and families</strong> The role of recovery in halting intergenerational transference of addiction and improving outcomes for children.</td>
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2. Seminars & Workshops

Seminar 1: Family focused interventions
Grant Sugden
Operational Manager, Circle

Seminar 2: What young people say about living with alcohol misusing parents – and what would help them
Louise Hill
University of Edinburgh

1st workshop choice

Workshop 1: Best practice in testing for parental drug use
Liam Feasey
Customer Education Manager, Concateno
There is much controversy about the circumstances around testing parents. The Scottish Government has come down on the side of not supporting a nation-wide policy, but has left the decision on when and how to test to individual localities. For those areas which choose to test, it is important that they know how to do it sensitively and effectively to enhance the lives of the children affected by parental drug use.

OR

Workshop 2: The voices of children and young people
Ian Turner
Director of Children & Family Services South, Aberlour Child Care Trust
We will hear directly from young people and carers what is most and least helpful in their lives and what, in particular the Aberlour Child Care Trust has done to help them. The Trust is the only one in Scotland which has a family focused residential unit and the model will be discussed.

2nd workshop choice

Workshop 3: The role of fathers
Dr. Anne Whittaker
Substance Misuse Directorate, NHS Lothian
Flagged up as a gap in the Scottish Executive research paper ‘Looking beyond risk’ the role of fathers has had more recent exploration. Anne will discuss the evidence we have for the importance of taking into account the role of fathers in our work with families and the evidence it lends to support family focused approaches.

OR

Workshop 4: The role of the school in supporting children and young people affected by parental substance misuse
Sandra Sweeten
Service Manager, Aberlour Glasgow Bridges service
This workshop will examine the important role that schools can have in identifying children affected by the substance misuse of others, the support that they can give and the school role in building resilience in both individual children, their families and the community at large.
Adam Ingram was born in Kilmarnock in 1951 and was educated at Kilmarnock Academy. He graduated from Paisley College with a BA (Hons) in Business Economics.

He has a local family business background coupled with professional training and experience as an economist and prior to his election he worked for ten years as an economic development consultant.

He was elected to the Scottish Parliament as a list member for the South of Scotland in 1999. In the Parliament he has convened the Cross Party Group on Mental Health and has been a member of the education committee and the subordinate legislation committee.

He is married with four children and lives in Kilmarnock.

Policy overview - progress made and priorities for future work

This session will highlight Scottish policy concerning children affected by parental substance misuse, recent progress and plans for future work.
Joy is responsible for the overall management of Scottish Training - Drugs and Alcohol (STRADA), a joint initiative between Centre for Drug Misuse Research, Department of Adult and Continuing Education (University of Glasgow) and DrugScope. She was formerly a Research Fellow involved in the study of parental drug dependency. She is an experienced research consultant in the field of drug misuse and HIV/AIDS and the impact on women and children. She has published widely in these areas, particularly in the areas of needs assessment, monitoring, evaluation and training. She was formerly a member of the Home Office Advisory Council on the Misuse of Drugs and continues to serve on its Prevention Working Group. She also serves on the Scottish Advisory Committee on Drug Misuse and the Scottish Social Inclusion Network.

Joy Barlow MBE
STRADA: Centre for Drugs Misuse Research, University of Glasgow

The impact of parental substance misuse on children and young people.

Protocols covering identification, assessment, information and managing need and risk. The role of all agencies and relationships with families.
Young people growing up in families affected by substance misuse – latest evidence on promotion of resilience

This presentation will report on research that has focused young people’s experiences of growing up with parental substance misuse. Many young people felt that their childhoods had been shortened and that they had had to assume premature responsibility for themselves and others. Despite difficult circumstances, family continues to be important as do a range of other relationships. Young people display both resilience and adaptation but it is important to emphasise the role of context. There are many paths to independence and having some control over one’s life and there is a clear need for supportive environments to enable this.
Dr. Anne Whittaker
Substance Misuse
Directorate, NHS
Lothian

Dr Anne Whittaker PhD BSc (hons) Post Grad Dip RNMH, RMN Nurse Facilitator Drugs, alcohol and blood borne viruses.
Anne has over 20 years experience working in substance misuse Services in Lothian, most recently with the Primary Care Facilitator Team, where she currently works as Nurse Facilitator for drugs, alcohol and blood borne viruses. She is involved in research, training and education, policy development, service improvement, writing good practice guidance and facilitating inter-agency working.
Anne has over 15 years experience in training and education, both within health and social care departments and within Higher Education Institutions. She has taught a wide range of professionals including doctors and medical students, nurses and midwives, social workers, voluntary sector staff, university & college students.
Anne has a specific interest and expertise in the care of pregnant women with drug and alcohol problems and the care of families affected by problem substance use.

Qualifications:
PhD, Dundee University; BSc (Honours) Psychology, Open University; Post.Grad.Dip. Alcohol & Drug Studies, Paisley University; Cert. Community Care Studies, Dundee University; Accredited Counsellor/Psychotherapist, COSCA; Nursing qualifications: RNMMH & RMN

Pregnancy and early years - A framework for care

This plenary will look at the framework for care which has been developed for best practice working with pregnant substance misusers and their families in Lothian. A community focused approach will be discussed along with the results of a recent evaluation of interagency guidelines.
Grant Sugden
Operational Manager for Circle

Seminar 1: Family focused interventions

This seminar will look at the specific issues and needs of kinship carers in terms of social, emotional, economic, legal and practical support needed and will also look at the stigma and hardships which families experience in being identified as families who are affected by both substance misuse and also often families with family members in prison. There will also be discussion around what support is useful and acceptable for such families and how to build family resilience.
Seminar 2:
Getting to know us: Children living with parents who misuse alcohol

Louise Hill will take delegates through her recent research on how children and young people’s experiences of living with parents (or carers) who misuse alcohol. Louise shares ways in which children may share their knowledge about parental alcohol use and the importance in recognising the emotional consequences. Trust was found to be central to seeking support and Louise considers the implications of this for practitioners.
Liam Feasey MSc. BSc. (Hons) has been with Concateno Tricho Tech for 8 years and has gained extensive experience within the drug and alcohol hair testing field. Drawing from his scientific background in the laboratory, he now manages a team who provide advice and guidance on the most appropriate options available for drug and alcohol hair tests.

Liam Feasey
Customer Education Manager, Concateno

Workshop 1:
Best practice in testing for parental drug use

There is much controversy about the circumstances around testing parents. The Scottish Government has come down on the side of not supporting a nation-wide policy, but has left the decision on when and how to test to individual localities. For those areas which choose to test, it is important that they know how to do it sensitively and effectively to enhance the lives of the children affected by parental drug use.
Ian Turner joined Aberlour Child Care Trust as Director of Children and Family Services in February 2007. Ian is a Social Worker with more than 25 years experience in social care in Scotland. He worked in local authority social work in the West of Scotland for 16 years before moving to the voluntary sector in 1997. Since then, Ian has developed and managed services in a range of voluntary child care organisations. His main interests are in keeping young people safe and ensuring that the voices of young people inform service delivery and social policy in Scotland.

**Ian Turner**  
*Director of Children and Family Services South, Aberlour Child Care Trust*

**Workshop 2:**  
**The voices of children and young people**

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Dr. Anne Whittaker
Substance Misuse Directorate, NHS Lothian

Workshop 3:
The role of fathers

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Sandra Sweeten  
*Service Manager, Aberlour Glasgow Bridges service*

Hazel Rae  
*Education Worker, Glasgow Bridges*

Evelyn Gibson  
*Head Teacher, Saracen Primary School*

**Workshop 4:**  
The role of the school in supporting children and young people affected by parental substance misuse

This workshop will examine the important role that schools can have in identifying children affected by the substance misuse of others, the support that they can give and the school role in building resilience in both individual children, their families and the community at large.
Rowdy Yates is Senior Research Fellow and facilitator of the Scottish Addiction Studies group in the Department of Applied Social Science, University of Stirling. He has worked in the drugs field for more than thirty-five years and, prior to this appointment, he was the Director and co-founder of the Lifeline Project; one of the longest established drug specialist services in the UK. He has published widely on addiction issues; including an edited book (with Barbara Rawlings) on drug-free therapeutic communities, a handbook on the purchasing and management of drug and alcohol services and a chronicle of drugs, music, and popular culture since the 60’s. He is currently editing a book recalling the lives and legacy of a group of European pioneers of the therapeutic community movement. He is the current Executive Director of EWODOR (the European Working Group on Drugs Oriented Research), Vice-President (Teaching & Research) of the EFTC (European Federation of Therapeutic Communities) and Chair, Addictions Advisory Group, Royal College of Psychiatrists (Community of Communities). In 1994 was awarded the Order of Member of the British Empire (MBE) for services to the prevention of drug misuse.

The role of recovery in halting the intergenerational transference of addiction and improving outcomes for children

There is evidence that people who have been in recovery for 5 years or more have improved quality of life and are in a better position across a number of aspects of life including health, employment etc. There is also emerging evidence that the children of such people who are parents also benefit in similar ways and that there is a reduction in the likelihood that they will misuse substances when older. This evidence for ‘protective factors’ will be discussed along with the implications for practice.
4. Reflective Practice Record

Please write your own reflections on the conference as a whole or on one particular presentation, workshop or discussions with colleagues. This can then be kept in your reflective practice portfolio.

1. What have I learned from this learning activity that maintains or developed my professional knowledge and competence?

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2. What was the key learning point for me from this learning activity and how will I apply it to my work?

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3. What do I know or can I do now that I could not do before attending this learning activity?

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4. What can I apply immediately to my own practice and client care?

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5. Is there anything that has come out from my attendance at this learning activity which needs to be discussed with others in order to change systems for the better?

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6. Was there something that I would like to learn more about or clarify and how might I go about this?

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7. Has attendance at this learning activity flagged up further learning needs for me? If so what ideas have I got for meeting those needs?

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Upcoming conferences:

Laryngeal Nerve Symposium
CURRENT CONCEPTS IN THE PREVENTION AND MANAGEMENT OF UNILATERAL AND BILATERAL LARYNGEAL NERVE INJURY
11 - 12 March 2011
NH Grand Hotel Krasnapolsky, Amsterdam, Netherlands

Stroke Conference
NEW FRONTIERS IN STROKE: MULTI-DISCIPLINARY ADVANCES ACROSS THE STROKE PATHWAY
10th June 2011
Congress Centre London, United Kingdom

1st Gynecological Surgery Conference 2011
THE INAUGURAL MINIMALLY INVASIVE GYNECOLOGICAL SURGERY UPDATE CONFERENCE
23-25 June 2011
Kellogg Conference Hotel at Gallaudet University Washington DC

This conference is organised by:

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