

# PHOENIX FUTURES SCOTLAND

## North Lanarkshire ADP Stakeholder Day 2023

Jeanne Rutherford – Head of Operations

Kristen Gaston – Team Manager

Kirsty – Family Member

### OUR PURPOSE

Phoenix Futures is dedicated to helping individuals, families and communities recover from drug and alcohol problems

# Who is a family member?

We will support any adult affected by, concerned or struggling with someone else's alcohol and drug use.

Mother

Father

Sister

Brother

Son

Daughter

Friend

Colleague

Neighbour

Any other relative

# Phoenix Families and Family Connections

Delivering Family Support in North Lanarkshire since 2016

We have just launched our new family support services Phoenix Families and Family Connections

Phoenix Families support adult family members who are affected by a loved ones alcohol and/or drug use. We will offer a range of family support interventions including; 1:1 CRAFT, 1:1 and group support sessions and outreach in the community.

Family Connection in partnership with Barnardos will support Parents and carers who are concerned, affected by or struggling with a young persons (up to 21 or 25 if care experienced) alcohol and/or drug use.

We have family Volunteer Peer Mentors who can provide support to individuals in the community. We provide families with naloxone training and hold community events.

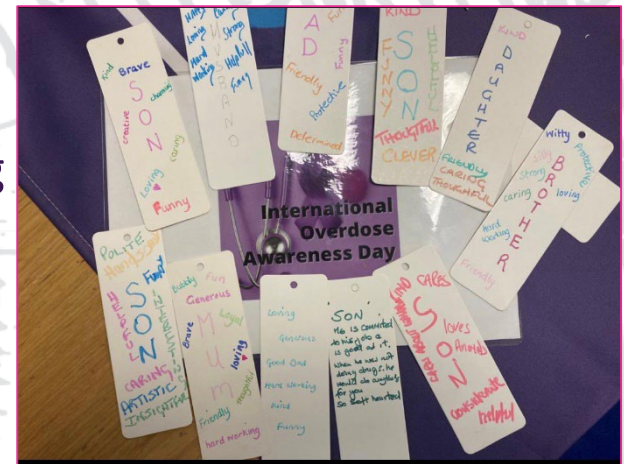


# Family Support in North Lanarkshire

Tier 2 service supporting families and communities across North Lanarkshire

## We offer:

- Initial Assessment and Risk Assessment
- 1:1 Community Reinforcement and Family Training
- 1:1 psychosocial work
- CBT Counselling
- Groupwork Programme
- Peer Mentoring
- Drop in support
- SMART Recovery Family and Friends
- Assertive Outreach
- Recovery Through Nature
- Signposting for family members and their loved ones.



# Our Weekly Group Timetable

<b>Monday</b>	<b>Family Support Group Wishaw Library Community Room 12pm</b>
Tuesday	Drop in Support Phoenix Families Base 11am-1:30pm  6pm Parents and carers support group (starting Jan 2024)
Wednesday	Recovery Through Nature 11am start (referral needed)
Thursday	Evening Family Support group 6:30pm Coatbridge
Friday	Coping skills and self-care group 11am Phoenix Families

# Referral Outputs since April 2023

Referral Type	Number
<b>Total referrals</b>	<b>70</b>
<b>Total 1:1 support sessions offered</b>	<b>354</b>
<b>Groups</b>	<b>82 (172 hours)</b>
<b>Individuals currently open to service for 1:1 support</b>	<b>84</b>
<b>Volunteer hours July-Sept 23</b>	<b>136 hours</b>
<b>Naloxone Distributed in November 2023</b>	<b>5</b>

# Outcome and Impact Measures

## Categories of Distress

0-5 healthy

6-10 low level problems

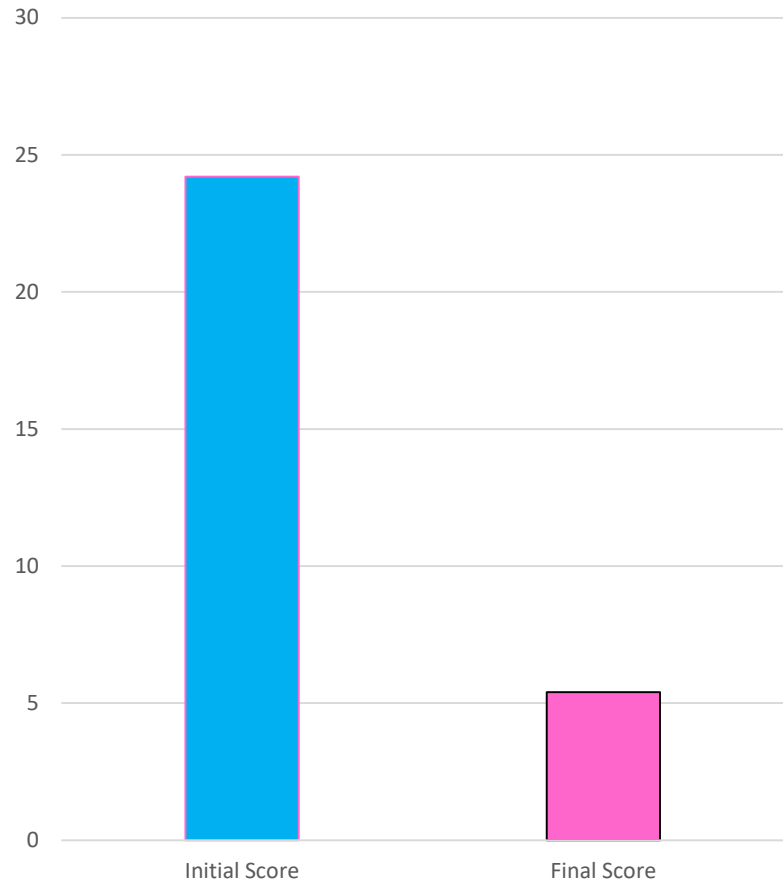
11-14 mild psychological distress

15-19 Moderate distress

20-24 Moderately severe distress

25 and above severe psychological distress

## CORE 10



The background of the image is a detailed, grayscale fingerprint. The ridges and valleys are clearly visible, creating a complex, swirling pattern. Overlaid on this background is the text "Kirsty My Story" in a bold, pink, sans-serif font. The text is centered horizontally and vertically, with "Kirsty" on the top line and "My Story" on the bottom line.

# Kirsty My Story



# Phoenix Purple Heart

