

Zurich Community Trust

Addaction – Breaking the Cycle (BtC)



Background

Addaction is one of the UK's largest specialist drug and alcohol treatment charity. They work with young people, adults and families on a wide range of programmes providing support and advice to 27,000 people each year. At least 1.3 million children in the UK are growing up in families where their Mum or Dad, or both has a chronic drug or alcohol problem.

Zurich Community Trust involvement

In 2003 the Advisory Council on the Misuse of Drugs published an important report, 'Hidden Harm'. The report considered the impact on children of parental problem drug misuse and concluded that for treatment to be effective the whole family needed to have support. At the same time the Zurich Community Trust (ZCT), was researching areas of need where they might like to focus their funding for their latest 'Social Transformation Programme' and were impressed with the proposals made by Addaction on an innovative approach called 'Breaking the Cycle'. ZCT agreed to fund three pilot sites in Tower Hamlets, Derby and Cumbria. Following on from the success of these pilots in Phase 1 of the programme, in Phase 2 the partnership was extended to support the replication of Breaking the Cycle across the UK.

BtC was successfully rolled out to 25 sites across the UK and, in 2015, we commissioned a longitudinal evaluation of the programme. The very positive findings supported the long term positive impact on families of the unique BtC model. Zurich Community Trust subsequently agreed to continue with the partnership in Phase 3 of the programme, (2015-2019), which aims to position BtC as Addaction's main family service.

Key objectives

- Phase 1**
- To develop and evaluate a programme of intervention that can be replicated and funded across the UK.
 - To run a four-year pilot at three sites.
- Phase 2**
- To replicate the model.
- Phase 3**
- To evaluate the long-term impact of BtC.
 - To ensure the sustainability of the programme.

Zurich Community Trust funding

Phase 1 2005-2009	Phase 2 2009-2015	Phase 3 2015-2019
£1,200,000	£655,000	£314,000

Wandsworth: A Young Mother in Need of Help

Alison lived with her partner and young child in a flat which needed constant repairs. Although not short of family support around her, she suffered from depression and negative feelings after growing up with both her parents as substance misusers. Eventually she was taken into the care of her grandfather.

Alison's depression and anxiety spiralled after her baby was born prematurely with a hearing impairment. Amongst other complex health issues, her child had to undergo life saving heart surgery. Unable to cope, Alison was found running into oncoming traffic under the influence of alcohol. She was then referred to Breaking the Cycle (BTC) by Children's Specialist Services as part of a multi-agency support of care.

Recovery: Alison's BtC recovery plan included harm minimisation work, support around prevention of intergenerational substance misuse and attending 'Team Around the Child' (TAC) meetings and supporting client in them.

BtC helped Alison to work on safer drinking strategies and find ways to be free from alcohol, especially at times of stress. The meetings with her support worker were fortnightly, as there were other professionals involved with the family at that time and staff worked together to ensure Alison was able to manage appointments.

Outcome: Alison now rarely drinks and when she does it is within safe limits. She talks about her family's substance misuse and how it affected her own life. She acknowledges the positive ways she parents and how she now communicates more positively with her partner. She is also engaging with different support agencies and says she benefits from their continued help.





Research

Independent research has been commissioned from Bath University's Mental Health and Research and Development Unit, to inform and guide the project's development and a unique method of assessing progress, the Family Unit Outcome Measurement Tool, has been developed. The key indicators used for family functioning competence are:

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| 1. Physical and psychological wellbeing | 7. Parenting skills |
| 2. Family stability | 8. Substance use |
| 3. Social competence | 9. Economic stability |
| 4. Harmful behaviours | 10. Children's healthy development |
| 5. Meaningful occupation | 11. Therapeutic alliance |
| 6. Risks associated with substance use | 12. Housing stability |

Key impacts to date

The Family Outcome Measurement Tool has been used to assess the progress of clients who have received support from the BtC programme with the following results:

- Parenting efficacy improved amongst 85% of families helped.
- Developmental risk decreased with 68% of children.
- Clinical anxiety and depression symptoms decreased with 62% of parents experiencing no clinical symptoms on leaving the programme.

Outcomes of Phase 1 (2005 – 2009)

The three pilot sites in Derby, Cumbria and Tower Hamlets achieved great success working in a holistic way with over 500 family members.

Outcomes of Phase 2 (2009 – 2015)

- 25 BtC projects were set up around the UK helping around 3,600 families.
- In 2012, a high profile Commission funded by ZCT published its findings in a report called "A Better Future for Families" on the importance of family based interventions in tackling substance misuse.
- ZCT extended funding to BtC to research a unique longitudinal study of BtC families, overseen by the University of Bath which concluded that "There is significant evidence that the Breaking the Cycle programme has made a lasting difference to the lives of service users, affected others and families involved in the follow up study".

Phase 3 (2015 – 2019) aims

- To fully integrate all Addaction family services into the Breaking the Cycle framework.
- Continue to expand the BtC model further across Addaction services in UK.



Client perceptions

Clients who have been part of the programme feel they:

- have a clear future
- have goals they are working towards
- are aware that they may relapse, but feel that change is possible and sustainable.



“ Before Breaking the Cycle we were in a bubble and were snapping at each other. Our Breaking the Cycle practitioner was the release valve...”

we learnt to laugh again and get on with our lives.

A mother helped through the programme.