

# Zurich Community Trust

## Addaction – Breaking the Cycle

### Background

Addaction is 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 a groundbreaking report, 'Hidden Harm'. The report considered the impact on children of parental problem drug abuse and concluded that for treatment to be effective the whole family needed to have support. This programme relates to the Government's objective of intensive and targeted support among families with complex needs which current services find difficult to cope with. At the same time Zurich Community Trust, was researching areas of need where they might like to focus their funding for their latest 'Transformation Programme' and were impressed with the proposals made by Addaction on an innovative approach called 'Breaking the Cycle'. ZCT agreed to fund 3 pilot sites in Tower Hamlets, Derby and Cumbria.

#### Integrated package

	2005 – 2010
Zurich Community Trust funding	£1,200,000
Value of business expertise to 2008	£2,520
Value of Zurich Community Trust Programme Manager to 2008	£100,000

#### Key objectives (2005 – 2010)

- To develop and evaluate a programme of intervention that can be replicated and funded across the UK
- To treat the family in a holistic way with children's needs being the primary focus.
- To run a 4 year pilot at 3 sites

**“ Breaking the Cycle is an ambitious project that would not have been possible without the generous support of Zurich Community Trust, the service users and the hard-working staff in the projects.”**

**Alan Booth**, Director of Marketing and Public Affairs – Addaction



### Case Study – BtC in Cumbria

Jenny, 40, never had a problem with drugs or alcohol until she turned 36. Jenny's relationship with her partner and father of her three children, had been a violent one and three years earlier, when Jenny was 33, he committed suicide. Jenny suffered from depression after the suicide.

She met a new partner, who had been using amphetamines for years and he introduced her to the drug. She got addicted quickly and started using it daily, spending an average of £140 a week. Jenny's three children, aged nine, 16 and 18 were unaware of the problem.

**“I couldn't leave the house and I had no energy or motivation to do anything,”** says Jenny. **“I lost pride in myself and just wanted to stay at home.”**

Jenny stopped seeing her friends and family. Her children lacked emotional attention because of her drug misuse. Rob, 18, got

into trouble with the police for drinking and Jenny's 16 year old daughter Katie wasn't going to school. Her nine year old daughter Sally worried about her mum and also missed some school.

Jenny was put on probation for unpaid fines for driving without insurance. Her probation officer put her in touch with Addaction, so that she could begin to take steps to reduce her drug use.

Addaction worked with the family, addressing Rob's drinking, helping Katie to catch up on the school she missed and arranging for Sally to get support from a local charity for young carers. They also engaged the local Council to help keep the family in their home.

Now, Jenny has stopped using amphetamines, she is more in control and is taking better care of herself and her family. Jenny hopes to return to her volunteer work soon.



## Key achievements to date

Since 2005 Breaking the Cycle has helped almost 253 parents with drug or alcohol problems and over 465 family members, 75% of whom are children between 1 and 7 years old. Research has shown that:

- 80% of the parents are mothers
- 66% are on benefits as their main income and
- 20% have no income.

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 Measure, has been developed.

The key indicators used are:

Family functioning competence

1. Psychological concerns
2. General well-being
3. Social competence
4. Harmful behaviours
5. Meaningful occupation
6. Risk associated with substance abuse
7. Parenting skills
8. Substance misuse
9. Economic stability
10. Prioritising child development
11. Raising children's awareness of substance use
12. Housing stability
13. Engaging in support.

## Outcomes

- 87% of parents have acknowledged and attempted to reduce their use of drugs, while 62% have made significant improvements.
- 92% of parents have improved their parenting skills, and 62% had demonstrated significant improvements by the time they left Breaking the Cycle projects.
- 87% of parents increased their efforts to prioritise their children's development. Parents were supported to take into account their children's emotional and social needs, as well as focusing on ways to improve developing a healthier lifestyle such as a balanced diet and structured playtime.

## 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.

**Addaction** is the UK's leading special drug and alcohol treatment agency. It provides services for people affected by substance misuse in projects around the country. It works very closely with many other organisations at a national and local level.

Addaction plays a pivotal role in the development of effective treatment for problem drug and alcohol misusers and has been the largest specialist treatment organisation in the UK for the past 40 years.

Addaction is a charity, which tenders for work from local consortium of statutory bodies including the NHS, local authorities, police and Drug and Alcohol Action Teams (DAATS), and raises money from donors to support the development of innovative services.

This model results in a unique relationship with service users, contractors and policymakers that reflects the enduring values of quality, innovation, diversity and distinctiveness.

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