



Supporting recovery
Reducing harm
Rebuilding lives

Does someone
you care about
have a drug or
alcohol problem?



Who are we?

SIAS (Solihull Integrated Addiction Services) is a partnership of five organisations, commissioned by Solihull Council, that work seamlessly together to deliver treatment, awareness-raising and support services designed to reduce the negative impacts of addiction on the lives of those who live, work or go to school in the Borough.

Supporting family members

Having someone with a drug or alcohol problem in your family is possibly one of the most stressful experiences you can have: your feeling of helplessness as your family member gradually succumbs to a force they cannot control and you cannot influence; the breakdown of trust that results from lies and manipulation; the possibility of domestic violence; your ignorance of the immediate and long-term health risks; your lack of understanding of the nature of addiction; your feelings of isolation, guilt and shame as other members of your family, and society in general, silently accuse you of being responsible for the situation.

You are not alone. There are thousands of people just like you in Solihull. There are things you can do to help yourself, to help the person with the drug or alcohol problem and to help your wider family. You are part of the treatment and you can help your family member on the road to recovery. If the person you care about is not ready to enter treatment, we can still enable you and other family members to improve the quality of your lives.

The road to recovery

The good news is that many of those with drug or alcohol problems eventually make a full recovery and move on. This journey may take a considerable time and there may be many setbacks on the way. As a family member, carer or friend you are in a position to promote recovery through the way you behave and what you say. It may be helpful for you to be involved in the treatment of your family member or friend, provided that they agree to this. At the appropriate point on their road to recovery we would seek to reach an agreement between all parties on the way information could be shared between one another and how you could be involved in their recovery programme.

Confidentiality

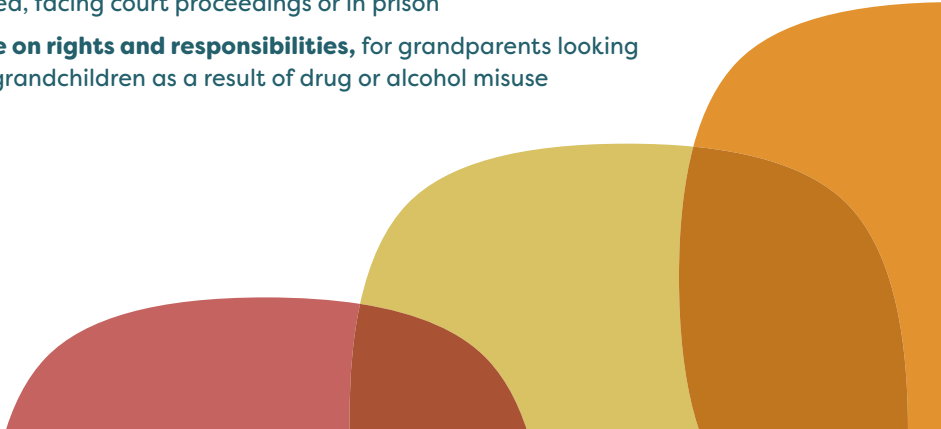
Any contact you have with our service, or any information you give to us, will be treated as confidential and will not be passed on to the person with the drug or alcohol problem, or any other party, without your agreement. Similarly, the agreement of the person with the drug or alcohol problem will have to be obtained before information about them is passed to a family member, carer or friend.

What we do

We offer a range of free, confidential and non-judgmental, services for adult family members, including:

- **Guided self-help** through face-to-face meetings or by telephone
- **Recovery planning**, consisting of up to five confidential sessions with a family support worker
- **Family and friends information programme**, consisting of a structured set of facilitated workshops
- **Family and friends clinic**, in which the medical and psychological aspects of treatment options can be discussed with a consultant psychiatrist
- **Peer support and volunteering**, for and from people who have been through their own life experience of living with a family member in addiction
- **Counselling**, which provides a confidential and emotionally safe place to discuss issues that are bothering you and explore solutions
- **Continued outreach** in which regular contact is made by a family support worker, by telephone or through home visits, for as long as it is needed
- **Family support group**, which provides an opportunity to share experiences and common concerns and learn from others in a similar situation
- **Social events**, which provide a few hours respite and another opportunity to meet people in similar situation.

Our more specialist services include:

- **Drug overdose management** for family members, carers and friends of drug users who inject opiates
 - **Blood borne virus clinic**, offering testing, vaccination and treatment for Hepatitis A, B and C and HIV and advice on how to avoid blood borne viruses
 - **Criminal justice system advice and support** for family members, carers and friends of drug or alcohol users who are arrested, facing court proceedings or in prison
 - **Advice on rights and responsibilities**, for grandparents looking after grandchildren as a result of drug or alcohol misuse
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Understand how to help rather than enable

If you can answer 'yes' to one or more of the following questions then, even though you do not realise it, you could be enabling your family member or friend in their addiction.

- Do you bail them out with money issues?
- Do you cover up for them?
- Do you forgive unacceptable behaviour?
- Do you neglect other family members?
- Do you buy drugs or alcohol for them?
- Do you use drugs or drink with them?
- Do you help them use drugs or alcohol without meaning to?

Our Family Support Service can help you learn how to support your loved one without supporting their addiction and to look after yourself at the same time.

To access our Family Support Service, please call:

0121 301 4141

SIAS is a partnership between Birmingham and Solihull Mental Health NHS Foundation Trust, Welcome, Aquarius, Changes UK and Urban Heard and is commissioned by Solihull Council.

We work closely together to offer easy access to appropriate support and treatment for individuals whose drug or alcohol use, or gambling has become problematic. We also offer support to their families and friends.

Find out more

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