

## **CONFLICT IN RELATIONSHIPS AND ALCOHOL Project**

### **FAQ for couples / individuals taking part**

#### **Background**

Charities Adfam, Tavistock Relationships and OnePlusOne are working on a project aiming to reduce the impact of inter-parental conflict on children in families affected by alcohol misuse.

Following on from strong evidence that one of the most powerful routes to effecting individual change is through work as a couple, the charities are developing a multitiered service model to support affected couples, and the practitioners who work with them.

#### **❖ What is the project?**

The charities are working together to create an online programme for parents, which aims to increase couples' capacity to cope with stress associated with alcohol dependency through a series of techniques that improve communication and increase emotional and problem-focused support.

The programme will be available on a digital platform 24/7 to support couples and individuals at times when it is impossible to refer to or get advice from a trained professional.

#### **❖ What is the objective of the project?**

The project aims to reduce the impact of inter-parental conflict on children in families affected by alcohol misuse. It will help parents understand how conflict and alcohol can affect children. It also aims to reduce destructive conflict and increase constructive conflict alongside a reduction in hazardous drinking.

#### **❖ Why are you contacting me?**

We are looking for parents who would be happy to share their story talking about how alcohol misuse has affected them as a couple, eventually leading to conflict. We would be grateful for any learnings and tips for others in a similar situation. The stories will be audio recorded and animated for the online resource.

#### **❖ Who can take part?**

We are looking for parents of children 0-19, covering different age ranges (pre-school, school age, adolescent), where one or both partners is a hazardous drinker, and where there is or has been an intense or poorly resolved conflict.

#### **❖ Do I have to take part?**

No. You are under no obligation to take part. The process will help you find out more about whether this is something you would like to be involved in.

❖ **What are the benefits of me taking part?**

By sharing your story, you will be contributing to a project that aims to improve outcomes for children in families affected by similar experiences to yours.

As a thank you, we are offering a £50 voucher to each couple interviewed for the audio recording.

❖ **Will what I tell you be kept confidential?**

Your story will be heard by a journalist who conducts interviews, and project staff at Adfam and OnePlusOne who will review the recordings. Your real names will not be used, and the stories will be depicted by animated characters who will bear no resemblance to you.

However, your voice and your story may be recognisable, and the stories will form part of a publicly accessible online resource.

❖ **Will you definitely want to include my story?**

Initially we are speaking to 9 couples and individuals but only some will have their story recorded for animations. In addition to animations, we are looking for couples whose stories could inspire a fictionalised script for production of videos with actors. We may ask to include your story in this different format for the project.

❖ **What happens next?**

Once we have made an initial selection, we will arrange for a journalist to contact you and find out more about your experience. They will then meet you for an interview at a location convenient to you.

❖ **What if my partner doesn't want to or can't take part?**

We are looking for a range of stories, so a proportion of interviews are likely to be with just one member of a couple.

❖ **Will I be able to listen back to my story to check I am happy?**

Yes. There will be an opportunity to listen back to your edited interview. Your feedback will be taken on board and further edits made. You will then have the opportunity to listen to the final version and watch the animation.

❖ **What happens if in the future I don't want my story to be online anymore?**

The animated video with your recorded story will feature as part of a wider programme comprising interactive content, graphics, video, quizzes and exercises – it is therefore designed to be available online permanently.

❖ **How will parents access the online programme?**

The parents will be referred to the programme by frontline practitioners. They will also be able to find it online by typing in the web address.

❖ **How will you know if the project is useful or not?**

OnePlusOne, who are a relationship research charity, will be evaluating the whole project. We would also like to hear what you thought about being involved.

❖ **Will I be able to find out how successful the project is?**

Yes. The project is funded until end of March 2020. During this time, we can update you on how it is going.

❖ **Is there anywhere I can go to get advice on alcohol misuse and relationships?**

Yes. The three charities are here to help:

- Adfam – [www.adfam.org.uk](http://www.adfam.org.uk)
- Tavistock Relationships – [www.tavistockrelationships.org](http://www.tavistockrelationships.org)
- OnePlusOne – [www.oneplusone.org.uk](http://www.oneplusone.org.uk), [www.clickrelationships.org](http://www.clickrelationships.org)