



Adfam

IMPACT REPORT

2022-2023

About Adfam

Adfam is a national charity tackling the effects of substance use on family members and friends. We do this by:

- empowering families and friends affected by drugs, alcohol or gambling to get the support they need.
- building the confidence, capacity and capability of frontline practitioners to provide effective services.
- influencing decision-makers to understand the needs of thousands of people coping with the negative effects of the substance use of a family member or friend.

Our reach

We have connected with more people on social media than ever before.



7059 followers



1787 people like our page
27% increase since 2021



1326 followers
3% increase since 2021



433 followers
41% increase since 2021



478,726 page views on our website including:
25,000 views to our forum.
20,000 views to our 'Useful Organisations' page.

We supported over 700 family members affected by substance use through referrals to our services

Adfam @ Home:

In 2022-23, Adfam expanded its Adfam@Home service. The service offers six support sessions with a professional support worker to adults affected by a loved one's drug or alcohol use. The sessions are delivered via Zoom or over the phone.

Of those who have received support through Adfam @ Home:

- 97% of clients have said they were either very satisfied or satisfied with the service.
- 82% of clients have said the support helped them to cope with their situation.
- 84% of clients said the support increased their knowledge and understanding
- 81% of clients said they had a clearer sense of the way forward following the support

When asked to rate the support or counselling that clients have received from Adfam@Home, the service received an average of 4.9* (out of 5).

Quotes

“

For a long time I have been uncertain on the best forward in my relationship with my adult daughter and these sessions really helped me make sense of it and see how to go forward in a way that can work for both of us.

“

I am so glad that I took the step and made contact with Adfam. My support worker was absolutely amazing, no judgement from her about my situation, just open conversation that helped me gather my thoughts together as well as practical information so that I feel equipped to deal with my future, whatever that looks like.

“

My support worker was great at listening and offering advice. She made me feel comfortable and reassured I was not on my own. She provided me with useful ways of dealing with the situation. It was so good not to feel alone.

- Adfam @ Home service users

Adfam also offers dedicated services to families in particular local areas or affected by particular issues

We supported families via our Adfam East Sussex service. Supporting families caring for those with substance use problems.

We offer 1:1 and group support to kinship carers affected by substance use in Cambridgeshire.

In partnership with Changing Lives, Adfam provided one to one and group support to adults in York and North Yorkshire who are affected by someone else's substance use.

In partnership with the NHS Midlands Gambling Clinic, we offer support to families of people experiencing gambling-related harm.

Adfam Family Services



We support family members of both serving and former members of the UK Armed Forces struggling with their substance use.

We also deliver a dedicated remote Adfam@Home service to families living in the following areas: Gateshead, Greenwich, Lambeth and Southend-on-sea

We offered support to families in Lancashire whose loved ones have come into contact with the criminal justice system.

“

[My support worker] was really nice and friendly. She was listening carefully to what I was saying and she was understanding. She made me feel comfortable and her support was adjusted to my personal needs. I am very thankful to her. She gave me very helpful guidance.

Strategic Engagement and Activity

Adfam worked with 300 strategic partners in 2022-23 to achieve positive change for families affected by substance use. Some of these engagements include:

- Facilitating the Alcohol and Families Alliance, and Alliance of Family Support Organisations.
- Representing Adfam on the steering groups of the Drugs Strategy Workforce Development Taskforce, Anti-Stigma Network, Kinship Care Alliance, London Joint Working Group on HIV, Relations Study and Recovery Street Film Festival.
- In East Sussex representing Adfam on the Hastings Voluntary Action Board, and the drug-related deaths, LGBTQ+ and substance misuse, Suicide Prevention, Mental Health Action, Partners in Recovery, Project Adder working groups.
- Meeting and engaging with commissioners, service partners and local networking and engagement groups in our other service delivery areas, including York/North Yorkshire, Cambridgeshire and Buckinghamshire.

Members of our team also spoke about our cause to key audiences at a number of events including:

- House of Commons Home Affairs Select Committee Drugs Inquiry
- English Substance Use Commissioners Group
- NHS Addiction Providers Alliance Conference
- DHI Reach Out Conference
- Share Shrewsbury Alcohol Conference
- Phoenix Futures drug-related deaths workshop
- Cruse Bereavement Care East Sussex Conference
- York/North Yorkshire family awareness events and several other local networking and publicity events.
- Staff working at Commerzbank on the impact of substance use on families in the workforce.

Some of our other strategic activities included:

- Adfam launched the first ever Families Awareness Week campaign, raising awareness of the five million people in GB affected by someone else's substance use.
- We published 'Substance Misuse: Through the lens of the family', a report which examines how the drugs strategy could better consider families.
- We jointly published the 'Reporting of substance media toolkit' with Scottish Families Affected by Alcohol and Drugs, a resource for journalists on how to report on substance related issues and avoid stigma.
- In response to the Government's 'Commissioning quality standard for drug and alcohol treatment and recovery', Adfam developed guidelines to applying the guidance for services supporting families.

We organised training and events for practitioners attended over 1000 times

- Adfam delivered training to 268 professionals, including the following courses: Families, Drugs and Alcohol; Foetal Alcohol Spectrum Disorder; Parental Substance Use; Blue Light for Families; Child-Parent Abuse; Substance Related Bereavement and Understanding Family Dynamics.
- Adfam facilitated 11 forum events attended by 790 people. Topics included prevention, kinship care, the cost of living crisis, alcohol marketing.
- Adfam held a virtual Festive Celebration led by Patron Fi Glover, to announce the winners of its annual Family Voices creative writing and poetry competition for families, and Gary Seaman Award for outstanding practitioner, attended by 84 people.
- Adfam published a toolkit for practitioners on supporting family members affected by gambling.
- In collaboration with Addiction Professionals, we launched a new professional competence-based certification scheme specifically for professionals working with families affected by substance use.

Thanks to our funders and partners



Martin Geddes Charitable Trust

Sidney Ivor Luck Counselling Trust

Simon Gibson Charitable Trust

Get in touch



adfam.org.uk



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