



Adfam

# IMPACT REPORT

2023-2024

# About Adfam

Adfam is the leading families and addiction charity in England. We are here for all the millions of people affected by someone else's substance use or gambling by:

- providing direct services to support families and friends while ensuring they have the opportunity to be seen and heard
- 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 continued to grow our social media following.



7,011 followers



1,920 people like our page



1,586 followers



562 followers



381,677 page views on our website including:  
149,785 new users  
41,663 views to our 'Finding Support' page.

**We supported over 700 family members affected by substance use through referrals to our services, providing a lifeline to those in need**

## **Adfam @ Home:**

In 2023-24, Adfam continued with its flagship Adfam@Home service, which offers those affected by a loved one's substance use up to six remote 1:1 support sessions with a professional support worker. The sessions are delivered via Zoom or over the phone.

Of those who have received support through Adfam @ Home:

- 85% of clients said the support increased their knowledge and understanding
- 82% of clients said the support helped them to cope with their situation.
- 80% of clients said they had a clearer sense of the way forward following the support
- 69% of clients reported the support helped to reduce their stress / anxiety

Our Adfam@Home service received a 4.9 / 5 rating from people who participated in support

4.9★  
average rating



# Adfam@Home

“

The fact that this service exists absolutely astonished me. From start to finish I was treated with kindness and positivity yet understanding of the gravity of my situation. Adfam helped me navigate an extremely difficult time of my life and I will forever be grateful. I think your service is beyond wonderful.

“

I am so grateful for the opportunity Adfam has given me. My sessions gave me clarity and a plan for my recovery and future well being.

“

I never imagined my family would be in this situation and it was a relief to be able to speak to someone who understood. My support worker was very professional and supportive, helping me understand more about my situation and how I could put things in place to help.

“

Absolutely amazing support from Adfam, I am so impressed and grateful. My support worker was absolutely amazing. She instantly made me feel at ease and that she understood both myself and my addicted partner with compassion. She was invaluable in helping me think things through and was a huge support.

- Adfam @ Home clients

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

We supported families via our hybrid Adfam East Sussex service, offering both in-person and remote support, including 1:1, counselling, peer support groups, info & skills sessions and mental wellbeing workshops.

We provided 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.

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

We launched our self-funded Adfam@Home, for people in a position to pay for their own support sessions.

## Adfam Family Support Services



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

We also delivered a dedicated remote Adfam@Home service to families living in London, as well as specifically Greenwich, Lambeth and Southend-on-sea

In partnership with CGL, we offer remote one to one support to families affected by substance use in Gateshead

## 2024 - the year Adfam turned 40!

2024 marked the year of Adfam's 40<sup>th</sup> anniversary as a charity. Over the course of 2024 we released a series of monthly articles, reflecting on Adfam's forty years, where things have improved for families, and where we still have progress to make.

Throughout the year we facilitated a conversation, where we spoke openly, honestly, and freely about the impact of substance misuse on families, and challenged the stigma.

# Adfam organised training and events attended over 1000 times

We continued to support the development of frontline workers by delivering 57 days of specialist training on families and substance use, with a total of 475 participants.

This included a range of new CPD accredited courses, delivered for the first time:

- Alcohol and parental conflict: the impact on families
- Trauma in Families Affected by Substance Misuse
- Working with Couple Conflict and Substance Misuse
- Resilience Building for Practitioners
- Professional Curiosity

Adfam organised 14 online forums and events, including our Faith, Families and Recovery Forum and Wales Forum with Alcohol Change Wales, attracting 563 attendees throughout the year.

Topics included:

- Family Drug & Alcohol Courts
- Families and cost-of living
- Parental substance use and support for young people
- Discussing alcohol within Muslim communities

We also offered an Online Retreat for Families Awareness Week.

A variety of sessions were offered throughout the day, all led by professionals:

- Creative writing
- Yoga
- Drawing
- Relationship workshops
- Meditation
- Poetry
- Breathwork

# Research and Reports

We continued to provide evidence and research on the effects of substance use on families by publishing three key reports throughout the year

## State of the Family Support Sector 2023

Adfam published its latest State of the Family Support Sector report, providing analysis and insights into current practices within the sector, and explore people's experiences of family support work over the last year. Responses suggest that while Drugs Strategy funding is bringing more people to the attention of treatment services, family provision has not been given the additional funds that it needs to support the family and carers of those individuals.

[Download the report here](#)

## Combating Drugs Partnerships

Combating Drugs Partnerships were established to improve practice and coordination across local delivery partners in relation to substance use. Adfam produced guidance for local CDPs outlining why the voice of families affected by substance use should be included within these multi-agency forums and how they can make steps to involve family members.

[Download the report here](#)

## Alcohol & Intimate Partner Relationships: Research Study

Led by Adfam via the Alcohol and Families Alliance, this report examines the experiences of adults affected by a partner's drinking. It focusses on the relationship tensions, harms, and negative effects caused by drinking, as well as the barriers to accessing services. It offers key recommendations for the government, service providers, healthcare professionals, and researchers to improve policies, service delivery, and understanding of the diverse experiences of affected partners. Key findings show that partner drinking can lead to relationship conflicts, financial strain, increased childcare and household responsibilities, and emotional implications, such as abuse and a breakdown in trust.

[Download the report here](#)



# Thanks to our funders and partners



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**forward**

**CollectiveVoice**



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