



Case Study (Parent)

The Family Drug and Alcohol Court (FDAC) adopts a problem-solving therapeutic approach that aims to improve outcomes for children involved in care proceedings, by supporting parents to address their substance misuse and related problems.

The FDAC service delivers a trauma informed approach which aims to provide parents with an understanding of the problems that have put their children at risk of serious harm as well as supporting them to engage with a tailored package of interventions and support to overcome their problems within the Children's Services and Court's timescales.

Each Parent is assigned a keyworker who meets with them for regular 1:2:1 sessions (twice weekly), offering practical support, strategies and tools to build resilience and manage lives, drug testing, advocacy and support with court proceedings.



"It's helped me come a long way, changed my thought process and helped me understand my emotions. It's helped with my confidence and managing difficult situations. It's also helped me stay abstinent."

What we are doing

Mother and Father, separated, with two children aged 5 and 12. Children initially resided in the care of mother but had to be removed to a kinship placement and then foster care due to issues with substance misuse, neglect, emotional and physical abuse. Father was initially in prison, coming back out in to the community and engaging in Care Proceedings approximately 6 weeks in to the Care Proceedings process.

The outcome:

- FDAC made a positive recommendation due to Father's sustained abstinence from drugs and alcohol and engagement with services and support.
- Father engaged fully with drug treatment support, mutual aid and additional recovery groups including providing Peer Support for group work and attending open days. Father successfully discharged from treatment services.
- Father is now undertaking Peer Mentoring training, volunteering and looking at gaining Information Advice and Guidance Training Level 3 to support access to employment.
- Father was able to be highly reflective, and engaged with key work sessions.
- Father engaged in challenging conversations with professionals and look at areas of support around listening, people pleasing, and ensuring the children come first in decision making.
- Father completed parenting 1-2-1 sessions and group work program.
- Father accepted all referrals and has worked well with other agencies.
- Father was able to maintain abstinence from alcohol and class A substances.
- Father was able to show understanding of the impact of substance misuse, offending, domestic abuse and unhealthy relationships on children.
- Father was able to take responsibility for harm caused to the children and identify alternative behaviours.
- Father accessed his own property, now managing budgeting and house hold bills and organisation.
- Father reports improved emotional wellbeing with reduced feelings of stress and worry.
- Children have successfully been rehabilitated home and now living with father outside of Leeds.
- Children now have 100% attendance at school, reported to be developing well and catching up on their missed learning.
- Reported improvements in both the children's behaviour and presentation.
- Children are able to have supervised contact with Mother who is now attending more regularly.
- Children have a positive and supportive relationship with paternal grandparents
- Robust aftercare planning and support in place through CSWS, the children's schools, local Children's Centre with weekly visits, Probation and newly developed social support network.
- Mother has increased commitment to contact and has had contact with housing regarding alternative accommodation and arrears.
- Mother continues to be able to access her GP for physical and emotional health support.
- Mother remains known to treatment services and other community services.

FDAC Family Drug and Alcohol Court

Team