

AFINet Conference



The second AFINet conference will be held in **Rotterdam from September 9-11, 2020.**

Conference deadlines: **February 1st: Call for Abstracts**

May 1st: Abstract form to be submitted.

Additional details will be posted on the AFINet website as they are determined.

From the Editors

Welcome to the 10th issue of the AFINet newsletter! As you may recall, we have adjusted the format of the newsletter to reflect the growing diversity of our membership (which now includes researchers, practitioners, service managers, and policymakers from many countries around the world).

We welcome your feedback on these changes!

Your editors,

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From the Chair of Trustees

Making affected family members' experiences more visible

Looking at the journals ranked high in the addiction field and at policy measures (at least in Germany) regarding the impact of addiction on families can be quite frustrating sometimes, since changes apparently are happening in very small steps despite the evidence we have gathered so far. However, I remember that when I started working in the addiction field in the early 90s, Motivational Interviewing (MI) just arrived in Germany and initially was strongly opposed by representatives of "old-school" approaches on how to work with individuals suffering from addiction. Although it took almost 20 years before training in MI became a prerequisite for working in the addiction field in Germany, neglecting the views of the clients nowadays would be regarded as unprofessional conduct.

When it comes to affected family members (AFMs), I still hope that we are moving in the right direction and need to be aware that changes take time, but the positive growth of AFINet is very encouraging. We are now approaching 200 members, and we are very happy that there are more and more new members joining us from outside Europe, making AFINet a truly international network in the best sense of the word!

Networking includes exchanging ideas, experiences and research. We look forward to receiving feedback and information on your work for the website. This gives us an opportunity to "see the whole picture", i.e. looking at the experiences and needs of AFMs in a range of different cultures and treatment systems. Of course, using the website as a forum cannot substitute for personal contact. Therefore, we are extremely happy to announce that in 2020, the second Conference of AFINet will take place in the Netherlands from Sep. 9-11 in Rotterdam, and I am very thankful to Dorine van Namen who has volunteered to organize the conference. More detailed information will be available on the AFINet-website in early 2020. The first conference in Newcastle 2018 was a huge success (and personally the nicest conference regarding interpersonal exchange I have ever been to), and I am looking forward to seeing you all next year in Rotterdam!

Gallus Bischof, gallus.bischof@uksh.de

Chair of Trustees, AFINet

RESEARCH UPDATES



The social representations of drug use in women living with family members who are dependent on psychoactive substances

The aim of this study was to explore social representations of drug use in the subjective experience of women living with substance use disorder in the family. Participants included a convenience sample of 20 women recruited from a mutual help group centre in South Brazil.

Methods: semi-structured qualitative interviews and Bardin content analysis.

Results: four categories were identified: understanding about psychoactive substances; possibilities of intervention and treatment in psychoactive substance dependence; the emotional impact upon learning of the family member's chemical dependence and; behavioural attitudes through news of psychoactive substance use by a family member.

Conclusion: The women verbalised the suffering, difficulties and conflicts they experienced because of substance use within the family. This study highlights the importance of professional

intervention in this area, and the critical need for support and a listening space for women as affected family members.

Reference: Kuse, A.M., Bortolon, C.B. (2019). [Investigação Científica nas Ciências Humanas. As representações sociais do uso de drogas em mulheres que convivem com dependentes de substâncias psicoativas.](#) Atena Editora, page: 116-129.

For more information contact:

Cassandra Borges Bortolon

Cassandra.bortolon@gmail.com

Support of Affected Family Members in Bavarian Addiction Counselling Centres

Up until now, there was no data available on the care offered to family members affected by addiction in Bavaria, Germany. That is why the Bavarian Academy for Addiction and Health Issues (BAS) conducted a study to analyse available support in specialised addiction counselling centres and to describe what kind of health services are currently available for affected family members. Employees of Bavarian outpatient addiction counselling centres were asked about their resources for working with family members and about family members

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using their resources. A total of 158 professionals, most of them social workers, responded via a web-based survey.

Findings: Mostly partners and parents of addicted people looked for help and there were more counselling sessions for family members of people with gambling, gaming or alcohol problems than for people with other addiction problems e.g., illegal drugs or prescribed drugs. Counsellors described family members as living in highly stressful situations. In counselling, they mostly used systemic and psychoeducational concepts and group interventions, but also the concept of "co-dependency". All in all, the study findings indicated that more research and support for family members is needed. With that goal in mind, professional support networks and specific training for counsellors are important contributions in improving care for affected family members.

References: Sabine Härtl, Pawel Slecza, Beate Erbas, Ursula Gisela Buchner. [*The Support of Concerned Significant Others of People with Problematic Addictive Behaviour in Bavaria. Explorative Survey of Employees in Bavarian Outpatient Addiction Care in a Convenience Sample.*](#) *Suchttherapie*. DOI: 10.1055/a-1001-5923

For more information, contact Sabine Härtl, Bavarian Academy for Addiction and Health Issues (BAS) sabine.haertl@bas-muenchen.de

"Pepe-Kids": Development of a psycho-educative prevention program for children and adolescents with parents in detoxification treatment in Germany

The goal of this project is to develop a psycho-education intervention for children and adolescents whose parents are currently in detoxification treatment. The materials developed focus on strengthening children's psychosocial resources, coping strategies and enhancing stress management and problem solving skills. To meet the needs of different developmental stages of children and adolescents, the materials were separately designed for a) children between the age of 8 and 12 and b) adolescents between the age of 13 and 16. A printed brochure was developed for the younger group and online modules for the older adolescents.

The practicability and acceptance of the developed materials in a clinical setting are being explored. Questions related to the prevalence and characteristics of those service users attending detoxification treatment who are

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parents and the characteristics of their children, are also being explored.

The project started in May 2018 and is due for completion in April 2021. The research is funded by the Innovation Committee of the Federal Joint Committee in Germany.

For further information, please contact the “Pepe-Kids” research team: Michael Klein, Janina Dyba & Michelle Rohde. German Institute for Addiction and Prevention Research Catholic University of Applied Sciences, pepe-kids@katho-nrw.de

Many students living with a family member with an addiction are in poorer health

In 2019, all 36,304 students of Rotterdam University of Applied Sciences received a survey with questions about their own use of alcohol/illegal drugs, sedative and stimulant medication and about substance use of their family members: (step)parents, (step)brothers/sisters, and partners. RESULTS: 5,662 students filled in the survey (15.6%), of whom, 881 (15.6%) reported to have at least one family member with substance use problems. These students reported poorer physical health (19.2%) and especially poorer mental health

(32.6%) than students who did not report substance use problems in their families (respectively 11.0% and 16.9%, $p < .001$). They also reported more frequent study delay (20.9% vs 16.4%, $p < .001$), more tobacco smoking (21.3%, vs 12.9%, $p < .001$), more stimulant medication use (23%, vs 14.1%, $p < .001$) and illegal drug use in the last 30 days (30.9%, vs 25.7%, $p < .001$).

Student Michelle (not her real name) is one of them. She grew up with a stepfather with an alcohol addiction. He humiliated and offended her for such a long time, calling her ‘stupid, so stupid’ every day. She didn’t start to study until she was 31 years old. The biggest problem, she said, was that she started to believe she ‘was indeed stupid’.

Further research among these young adults, especially on the effects of addiction within the family on study success, will be part of a PhD, undertaken by AFINet-member Dorine van Namen.

For more information contact: Dorine van Namen, Rotterdam University of Applied Sciences d.m.van.namen@hr.nl

Online self-help intervention for friends and family members – ‘Samen Nuchter’

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In 2019, a student of the University of Amsterdam, The Netherlands, conducted a study for her master thesis on the Jellinek online self-help programme, called *Samen Nuchter*. The study examined the online intervention based on Community Reinforcement and Family Therapy (CRAFT), which aims to improve the quality of life of friends and family members of individuals with a Substance Use Disorder (SUD) and to get the individual with a SUD into treatment. Thirty participants agreed to take part in the study which included baseline and follow-up measures two months later. FINDINGS: Feelings of depression, anxiety and stress amongst participants were low at baseline and did not significantly change over time. As expected, participants experienced less burden after the intervention and treatment engagement of the person with the SUD significantly improved over time. Unexpectedly, relational functioning decreased due to lack of consensus. This might not necessarily be a negative finding, one could speculate. Practicing with new behaviour, for example being more assertive, might influence the relationship which might temporarily result in a lower degree of consensus. Additional research with a control group is needed. Nonetheless, the present study found promising first results in that the intervention seems to

trigger a shift within the relationship, friends and family members experience less burden and are able to play a role in getting the individual with a SUD into treatment.

Reference: Wilken, L. 2019. The Effectiveness of the Online Intervention Samen Nuchter; the First Online Intervention Based on Community Reinforcement and Family Therapy (CRAFT). *University of Amsterdam*.

For more information contact: Tamara de Bruijn Tamara.de.Bruijn@jellinek.nl

Families of Veterans with Substance Use Problems

AFINet member Lorna Templeton (Senior Research Fellow, University of York) is working with colleagues at the University of York and Adfam, with funding from the Forces in Mind Trust, to develop a new peer support intervention for families of veterans with substance use problems. This is a hidden population about whom little is known and for whom little support is available. To help develop the new intervention, the project is undertaking a UK wide online survey of families, conducting interviews with families, veterans, and professionals, working with project partners to run local professional discussion events, and

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undertaking a literature review. Study findings should be available in early 2020.

For more information, contact Lorna

Templeton, Independent Research

Consultant ltempleton72@googlemail.com

Supporting adults bereaved through substance use with the 5-Step Method

Bereavement through substance use appears to be a particular bereavement and one which requires a specific type of response, yet there is little specific support for the large numbers of adults in the UK who are bereaved in this way. A recently completed pilot study (led by Lorna Templeton and Aquarius Action Projects, funded by Alcohol Change UK) demonstrated the potential for an adapted version of the 5-Step Method, delivered by skilled practitioners who are part of a substance misuse treatment service. The study was small scale but the findings are encouraging with scope for further work to be undertaken. The Family Bereavement Support Service at Aquarius, which was established specifically for this project, is continuing with a further cohort of practitioners being trained. Opportunities are also being explored to access further funding for both service delivery, research and evaluation.

For more information, contact Lorna

Templeton, Independent Research

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Mothers in treatment for substance use: using electronic records to understand individual and treatment characteristics associated with childcare and maternal outcomes

Many families receiving child welfare services are affected by maternal substance use, yet there is little information about the relationship between substance use treatment and childcare outcomes. AFINet member Martha Canfield is leading a project funded by Nuffield Foundation (UK) that uses electronic patient records to describe the individual and treatment characteristics of mothers attending substance use treatment services– and specifically to investigate the relation between these characteristics and childcare status. A linked database formed between the SLAM Case Registry Interactive Search (CRIS) electronic health registry, Hospital Episode Statistics (HES) and family court dataset (Cafcass) is being analysed to achieve this aim.

The project started in November 2019 and is due for completion in June 2021.

For more information, contact Martha Canfield, Research Associate, King's College London martha.canfield@kcl.ac.uk

Governing parental opioid use: a new study starting in the UK

A new three year multi-methods study on the governing of parental drug use, funded by the Economic and Social Research Council (ESRC), will start on the 1st January 2020. The project, led by Professor Anne Whittaker at the University of Stirling (AFINet member), includes an International team of health and social scientists from the UK, Canada, Australia and the USA.

The **MAIN OBJECTIVES OF THE STUDY** are to:

1. Collaborate with parents who use drugs* and their families, and other key stakeholders for the duration of the project (using [learning alliance methodology](#)) to exchange ideas and experiences, discuss and review study findings, and co-produce study outputs. Public engagement will be supported by the Drugs Research Network for Scotland (DRNS).
2. Conduct a RELATIONAL ETHNOGRAPHY (drawing on [Matthew Desmond's 2014 approach](#)) across two contrasting sites in England (London) and Scotland (Lothian),

to systematically observe and critically examine policies and practices which govern parents who use drugs and their families. Four full-time researchers will conduct field work with a purposive sample of 30 families and 12 health and social care services over a 21 month period.

3. Undertake a CRITICAL POLICY ANALYSIS (drawing on [Carol Bacchi's 2009 analytic approach](#)) by identifying national and local policies and guidelines instrumental in governing parental drug use and employed in everyday practice, to interrogate representations of, and responses to, parental drug use.
4. COMPARE AND SYNTHESISE FINDINGS from within and across the two study sites to contextualise and theorise on the governance of parental drug use and the impact on families.
5. IDENTIFY ALTERNATIVE AND INNOVATIVE RESPONSES TO PARENTAL DRUG USE and implement a knowledge exchange and translation strategy that maximises impact on policy and practice in the UK and internationally.

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The ethnography will begin in June 2020 and a study website and blog will be set up to provide information on the project and its progress over the three years.

*The term “parents who use drugs” is used to indicate mothers and fathers (biological/non-biological, resident/non-resident), and pregnant women/expectant fathers, who take psychoactive drugs, primarily illicit opioids (e.g. heroin, fentanyl) and/or opioids prescribed for the treatment of addiction (e.g. methadone, buprenorphine), including polydrug use.

For further information contact:

Anne Whittaker Anne.Whittaker@stir.ac.uk

FROM THE FIELD: EVALUATIONS, TRAINING, SERVICE DEVELOPMENTS AND UPDATES

An Update on the 5-Step Method worldwide

The 5-Step Method is a brief semi-structured evidence-based intervention focused on helping and empowering family members affected by a relative’s addictive behaviour (alcohol, drugs, gambling, etc). It was developed by a number of AFINet’s founder Trustees and is being implemented in a number of countries around the world.

In some countries, one major National organisation has taken the lead in introducing it.

- In the Republic of Ireland, the [Irish National Family Support Network](#) introduced it in 2014, and now are completely self-sufficient in the Method – they have their own Accredited 5-Step Method Trainers who run training courses across Ireland, they have their own Accredited 5-Step Method Assessors who assess practitioners’ competence in the Method once they have been trained and have practiced using the Method, and they now have a network of Accredited 5-Step Method Practitioners

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implementing the 5-Step Method across Ireland.

- In New Zealand, *Matua Raki*, the National [Addiction Workforce Development Agency](#), introduced it in 2017 and are progressing well. There are now a number of Accredited Practitioners, as well as Accredited Trainers across New Zealand, and they are starting to develop Accredited Assessors, and hence they are well on the way to becoming self-sufficient. Separately, another national NZ organisation has also adopted the Method - see the article in this newsletter from Pauline Stewart: 'Family Drug Support Aotearoa New Zealand'.
- In the Netherlands, the [Jellinek Foundation](#) is leading the introduction across the Netherlands, and new methods are being trialled there to 'fast-track' both Assessors and Trainers, so that practitioners can be both trained in Dutch, and then submit their work for assessment in Dutch, to Accredited Assessors who can maintain standards whilst using the local language.

In other countries, different organisations have taken the lead in implementing the 5-Step Method amongst their own workforces. In the UK, amongst the many organisations who have received training in the method, [Turning Point](#)

have undertaken to run a continuing training scheme so that new workers joining existing teams also receive training; and they are in the process (in partnership with AFINet) of developing an online version of the 5-Step Method for affected family members to work through on their own.

In many other countries over the past years both previously professionally trained (e.g., social workers, psychologists, etc.) and lay people have been trained as 5-Step Method practitioners, including in many agencies across England, Northern Ireland, Mexico, Italy, Australia, India, Canada, and elsewhere. There is interest in receiving training from organisations in other countries, including Brazil, Finland, Sweden, and the USA.

Richard and Gill Velleman: Richard is one of AFINet's founder Trustees and one of the originators of the 5-Step Method; Gill is the Lead International Assessor for the 5-Step Method Accreditation system.

For more information contact: Gill Velleman gillvelleman@gmail.com or Richard Velleman r.d.b.velleman@bath.ac.uk

Starting the 5-Step Method in the Netherlands



Jellinek is one of the larger Dutch health care centres for people with Substance Use Disorders (SUDs). The prevention department of Jellinek aims to prevent problems due to alcohol, drugs, gaming or gambling and has years of experience with research, development, and implementation of preventive and self-help programmes for youth, adults and elderly target groups and focuses mainly on at-risk populations. Main tasks of prevention are early detection and intervention with vulnerable people. Jellinek has been offering supportive interventions for family members of people with substance use disorders for about twenty years.

In 2017, Jellinek started a trajectory to renew the whole family programme. We aimed for a more sturdy and evidence based programme. The new Jellinek family member programme is called: *Sterk Ernaast* (Alongside & Empowered). As the 5-Step method would be a good addition to the *Sterk Ernaast* programme, a team of prevention workers in 3 major cities were trained in 5-Step in the spring of 2019 and are now being accredited as practitioners. In the winter of 2019, Jellinek will start running the first 5-Step groups

in the Netherlands. In 2020, Jellinek aims to set up an evaluation study on 5-step at Jellinek in collaboration with Dorine van Namen, Trustee member of AFINet and researcher at Hogeschool Rotterdam as part of a bigger study that focuses on affected family members.

For more information contact: Tamara de Bruijn Tamara.de.Bruijn@jellinek.nl

Steps to Cope in Northern Ireland

The 6 year *Steps to Cope* project in Northern Ireland, funded by the National Lottery Community Fund, ended recently with a well-attended event. *Steps to Cope* is the 5-Step Method for young people, and the event was a celebration of what has been achieved and an opportunity to outline the project's legacy, both in Northern Ireland and elsewhere. In addition to various presentations from the project partners (including AFINet members and Trustees Ed Sipler and Lorna Templeton), there were keynotes from the Northern Ireland Commissioner for Children and Young people, the Department of Health, and Queen's University. The presentations highlighted the importance of this area of work, summarised the achievements of the project including continued evidence that the intervention builds resilience in young people (see also Sipler, Templeton &

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Brewer, 2019), and introduced a range of resources aimed at further sustaining the project. These include a resource for schools and a website which includes a revised online version of the intervention.

For more information:

1. <https://www.ascert.biz/news-events/news/steps-to-cope-celebrating-a-lasting-legacy>
2. www.stepstocope.co.uk
3. Sipler, E., Templeton, L., & Brewer, E. (2019). [Steps to Cope: supporting young people affected by parental substance misuse and mental health issues in Northern Ireland.](#) *Advances in Mental Health*. DOI: 10.1080/18387357.2019.1645607

The *Steps to Cope* partnership team at the legacy event.



For more information contact: Lorna Templeton, Independent Research Consultant ltempleton72@googlemail.com

#BehindTheNumbers – a new campaign in Scotland

Scottish Families Affected by Alcohol and Drugs (SFAD) launched their new campaign #BehindTheNumbers in July in response to the latest rise in alcohol and drug-related deaths in Scotland. The campaign highlights the hidden and unrecognised contribution by families in saving and preserving life.

The number of deaths in Scotland is shocking, but there is an even larger group of people who remain at high risk of serious harm and death. Many people within this group are still alive thanks to the tireless, unrecognised and unsupported efforts of their families. From meeting their basic needs for food and shelter to helping them engage with an inflexible treatment system to offering them enduring love and hope for the future. Families are playing a central role in saving and preserving life.

So far, the campaign has published four short films where family members tell powerful stories of how supporting and involving families in treatment can improve outcomes for both

individuals and services, and that change is possible when families gain their voice and services begin to listen. All the films can be watched [here](#).

Karen who has taken part in the campaign said:

"The reason I did #BehindTheNumbers was to highlight the fact that people are not numbers, they are our loved ones, and it has encouraged me to keep fighting for change in services. The more families who speak out then services, politicians and the government can no longer stand to ignore us, and make the changes needed to start saving lives."

For more information contact: contact Rebecca Bradley, Communications Officer, rebecca@sfad.org.uk

Family Drug Support Aotearoa New Zealand embraces the 5-Step Method

In November 2018, Family Drug Support (FDS) Aotearoa New Zealand was formed as a registered charity organisation to help family members supporting people they care about with alcohol and other drug problems. The purpose of this nationwide organisation includes:

- To provide support to families and friends of alcohol and other drug users in the most

appropriate way to meet their needs throughout Aotearoa New Zealand

- To assist families to deal with alcohol and other drug issues in a way that strengthens relationships and achieves positive outcomes
- To provide a safe nurturing environment for families to confidentially address alcohol and other drug issues of family members
- To work in partnership with government and other agencies and charities effectively to achieve these objectives.

FDS offers a free Volunteer Support phonenumber from 9am-10pm, 7 days a week within Aotearoa New Zealand, so family members have someone they can call to listen to their story and help find appropriate resources. There is an excellent [website](#) with many resources including webinars.

The need for an exceptionally well researched and best practice family member programme led to a world-wide search for a culturally appropriate programme that could meet the needs of family members irrespective of race within Aotearoa New Zealand. The programme also needed to be delivered one-to-one and in small group format, there needed to be a sustainable programme of practitioner training, delivery of the programme had to be affordable, and most importantly, the programme chosen

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had to lead to increased skills and resilience for family to continue their journey supporting the people they cared about.

The Executive Officer and Founder of FDS, Dr Pauline Stewart, an experienced Counselling and Educational Psychologist, decided that the 5-Step Method met all the criteria above. Pauline flew from New Zealand to Ireland in June 2019, where practitioner training was being offered by the National Family Support Network of Ireland. Following the 2-day training Pauline flew back to New Zealand and within 3 weeks completed the Practitioner Accreditation process with one family member. Such was the positive response from the family member who completed the programme, the family member's partner enrolled in a small group programme, based on the 5-Step Method and designed by Pauline with oversight from Gill and Richard Velleman. The family member evaluated the programme very highly and reported a sense of release from their burden of coping with a child who had a substance use problem. Two weeks later a message was received from the couple about the benefits of the programme and it also mentioned that their child had talked about being sick of their lifestyle and of wanting some help to change.

By July 2019, Pauline also completed the process of becoming an Accredited Assessor with support from Gill Velleman. This enabled 'in-house' assessments of practitioners trained in the 5-Step Method. During July, Pauline then worked with a New Zealand Accredited 5-Step Method Trainer, Steve Staunton, to deliver the 5-Step Method training for 5 FDS practitioners and one practitioner from Australia. Joint planning with Gill and Richard Velleman in England meant that the 14 hours of practitioner training could be videotaped and after assessment, Pauline was granted a 5-Step Method Accredited Trainer Certificate on August 14th, 2019. This built sustainability into the FDS organisation with 5 new practitioners and an in-house accredited assessor and trainer. Pauline reports that an absolute key to the whole process was the wonderful support, encouragement and amazing feedback from the Vellemans, and in particular the hours spent by Gill Velleman assisting in the whole process to gain accreditation. Although Pauline and Gill Velleman were on opposite sides of the world and working in different time zones, through emails, Dropbox and a phone conference call with Richard and Gill Velleman, the process was smooth and clear throughout.

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FDS now has self-referrals from family members coming in at a steady pace and being able to have the programme delivered on a one-to-one basis or in small groups (6-7 people at the most) means the programme can be delivered throughout New Zealand in a timely manner. To have set up a sustainable programme within an organisation within 3 months demonstrates what can be done to help the many family members from all over the world who are

seeking understanding, support and coping to continue on their journey alongside those they care about.

For more information contact: Dr Pauline Stewart, Executive officer and Founder, Family Drug Support Aotearoa New Zealand
paulinestewartphd@gmail.com

Journal Corner



AFINet Trustee Richard Velleman lists recent papers about the impact of addiction problems on Affected Family Members (AFMs).

I have previously mentioned that I keep a list of all the AFINet-related papers that I come across. When I last reported (in the March 2019 Newsletter) I stated that my list had more than 140 papers on it. That list primarily looked at papers from 2017 onwards, but I have now decided to enlarge its scope, so that any paper I come across which is AFINet-related will go onto it. That list therefore now has a 'pre-2010' category, a '2010-2016' one, and then papers are listed by separate successive years. So over the past 9 months I have added more than 300 further papers, from all over the world, into the 'master list', divided into year of publication as outlined above.

This makes more than 450 papers on AFINet-related topics which we have available to us, of which more than 70 are from 2017, more than 100 from 2018 and more than 50 from 2019 so far. They are available on the [website](#). As always, I have copies of most of these papers so if anyone wants a copy of any of them, just ask. And if any of you come across papers which are NOT on the list, please let me know (r.d.velleman@bath.ac.uk) and I'll add them, so we can start to get a more comprehensive list of who is publishing what in our area.

I have NOT put into these lists above all of the papers that my colleagues and I have written over the past years up to 2017 (although I have put some more central ones there), so as well as this list above, I have also placed on the [website](#) a list of publications related to the Stress-Strain-Coping-Support model (which my colleagues Jim Orford, Lorna Templeton, Alex Copello and I have developed over the years to help understand the issues that AFMs have to deal with) and the 5-Step Method which we developed to help these AFMs (see the AFINet [webpages](#) and the update article on the 5-Step Method in this current Newsletter); and to our work on Resilience in children of people with addiction problems.

Finally, as well as published papers and reports, I sometimes come across websites for AFMs as well. Take a look at this [link](#). This comes from a USA organisation which focuses on AFMs, the Center for [Motivation and Change](#), which uses the [CRAFT model](#) as the basis for their help. Although the website does offer to sell their guides (there are two, one for parents, the other for partners), if you click onto the links in the site it takes you to some very helpful summaries of the advice that they provide.

Richard Velleman

The next AFINet newsletter will be published in May 2020, and we will be soliciting submissions starting in early April.