

From the Editors

Greetings from AFINet! We hope you enjoy reading this issue, our 14th newsletter.

We would like to thank our Trustees for their robust and creative approaches to the continuing COVID19 pandemic. The virtual International Conference in September was a huge success; and the institution of our monthly lunchtime Webinar series provides an opportunity for AFINet members from around the world to share and discuss their research on families.

Our website has been transformed this year too, with all the conference and webinar presentations available for members to view, so please do access the website and explore all the information and resources available.

We have truly evolved into an international research network!

As we look forward to a new year, please remember that the quality of our newsletter is dependent upon member contributions. Please consider sending the editors a summary of your research for inclusion in our 2022 newsletters, scheduled for July and December.

We would be delighted to receive. Please see the guidance on submissions in this newsletter.

Your editors,

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Updates for Members

From the Chair of Trustees

A few weeks ago, I was able to attend a conference near Berlin that brought together practitioners from the German addiction treatment system and volunteers from self-help group organizations (including groups for family members affected by addiction). A key issue in the session on family and addiction in which I participated were the effects of the COVID19 pandemic, and many AFMs who were there reported how it has become increasingly difficult to be heard and to approach others for support. On the other hand, digital meetings seem to have the capacity to attract AFMs who are overwhelmed by feelings of shame and who fear an in-person meeting. Therefore, I hope we will be able to combine the best working strategies to support family members once we return to normal and learn from the experiences since the pandemic began.

As you have noticed, AFINet has also increased its online presence, and the feedback we received shows us that our reach among practitioners and researchers has grown. The Webinars have attracted increasing numbers of participants, and our virtual conference was a great success, as described by Richard Velleman's report in this Newsletter. Therefore, AFINet will continue to organise Webinars on a regular basis, even after the pandemic is over. Webinars have become a lively forum for exchange and debate where people from all over the world can meet without spending a substantial amount of time and money for travelling (although they can also lead to restrained sleep, depending on the time zone the participants live in!). We have also decided to host another virtual International Conference in September 2022 (see 'save the date' notice below), with a possible 'in-person' conference in June 2023 in Rotterdam (we will keep members updated).

We look forward to optimising our reach. Therefore, we believe that AFINet needs a wider communications strategy, both using social media (e.g., Twitter, Facebook, Instagram) but also to reach out to influencers, such as health journal editors, government ministers, drug and family policy units, key health institutes, and other influential people online, as well as other colleagues interested in AFINet-related topics. We hope that we can find volunteers among our AFINet members with social media technical skills who can support this initiative! We are planning to organise an informal virtual meeting for volunteers in early 2022 – if you would like to contribute your knowledge and skills, please send me an email gallus.bischof@uksh.de

Finally, all trustees would like to thank Minna Ilva who decided to step down as both secretary and Trustee, after she started a new job. Minna has been an invaluable support for AFINet for many years, and with her competence she substantially contributed to the success of our Webinars and the conference! We are very happy to welcome Alix Helfer from the A-Clinic foundation, who volunteered to take over from Minna and has already successfully organised one Webinar and one Trustees meeting: A big "Thank you" to both for keeping AFINet going!

Updates for Members

I wish you all a healthy and safe festive season and I hope to see you all at the planned Rotterdam conference, the sooner the better!

Kind regards,

Gallus Bischof, gallus.bischof@uksh.de

Chair of Trustees, AFINet



AFINet International Conference 2022, September 29 – 30.

**Two half-day sessions via video conferencing with
a programme of presentations, discussion and
debate! – please keep an eye out for the call for
abstracts in early 2022.**

Updates for members

Invitation to become a MEMBERSHIP SECRETARY for AFINet

In AFINet we now have 358 members from 42 different countries (6 African countries, 5 countries from the Americas (north, central, south), 11 countries from Asia, 2 countries from Australasia, and 18 countries from Europe). It is both easy and free to become an AFINet member, but each application is considered by one of the Trustees (we have a rota where 5 Trustees take turns to look at all applications for that month), just to check that the applicants appear to have a genuine interest in the aims of AFINet. If we are unsure (for example, if they have not told us why they wish to join), then we write back to the person and ask them. Most spurious applicants do not respond. But this happens rarely – maybe once every 2 months.

Over the last few months the numbers of applications have grown – in fact, over the past 6 months we have had an average of between 15 and 20 new members each month. So we are now looking for someone to take over the rota, and become the Membership Secretary – that is, to look at all applications as they come in and

Updates for Members

(if they look appropriate) then to write back (we have a standard e-mail which we slightly personalise each time), copied to the Website Administrator, which means that he can then send them their log-in details.

Alternatively, if you don't want to become the Memberships Secretary but WOULD like to join the rota and take a turn once every 5 or 6 months to look at new applications, that would also be very welcome.

If you are interested in either of these, please contact me at r.d.b.velleman@bath.ac.uk

Richard Velleman, Treasurer and Trustee

Reflections on the AFINet Virtual Conference: 9 – 10th September 2021

AFINet held its 2nd International Conference in September. We had hoped to mount a 'live' event, in Rotterdam, Holland, but because of Covid19, we had to postpone that – hopefully in 2023! So this Conference was a virtual one, with all of the speakers and participants logging on 'remotely' via Microsoft Teams.

On all measures, this conference was a great success.

- We had a wide range of international speakers: 18 speakers from 14 separate countries.
- 133 people registered from 26 countries (17% England, 8% New Zealand, 8% Finland, 8% South Africa, 8% Ireland, 7% USA), all other countries were 1-5%.
- 82% were members. Although we offer free membership, 18% chose to register and attend but not to become members.
- Because this was both a virtual and an international conference we had people both speaking and attending from all over the globe. We timetabled the conference so that Day 1 was easier for participants from the West of the world to attend (i.e., from the West Coast of Canada and the USA, through all of the rest of North, Central and South America, and all of Africa and Europe); and Day 2 was easier for participants from the East of the world to attend (i.e., from New Zealand through Australia, China, Malaysia, India, the Middle East, and again all of Africa and Europe).
- We had very good attendance over both days, with people joining, leaving, and re-joining throughout each day, depending on both the time in their time-zone and their other commitments.

The conference was free for members, but we asked for a small attendance fee for non-members. Because we have few other sources of income, we also asked participants who were members for a donation, if they felt able to make one. Participants were extremely generous, PayPal worked well, and AFINet raised enough money from these donations to mean that we can continue to run both our website and our membership system for the next 12 months.

Updates for Members

Some highlights from the conference

The conference showcased important research and innovations in practice from across the world, with presentations from New Zealand, Australia, Malaysia, South Africa, Zimbabwe, Holland, Germany, Italy, Norway, Scotland, Ireland, Canada and the USA.

We had two excellent Keynote Presentations, one on each day. These were given by Dr. Jeff Foote from the USA who spoke about '*The Invitation to Change Approach - Evidence-Based Principles and Practices for Helping a Loved One Change*' and a joint presentation by Professor Katherine Sorsdahl from South Africa and Dr Chido Rwafa-Madzvamutse from Zimbabwe who spoke about '*The Role of the Family in Substance Use Treatment in sub-Saharan Africa: Our past, present and proposed future*'.

Numerous themes re-occurred over the 2 days.

- 1) The importance of partnerships and collaborations, between researchers on the one hand, and service providers – either family-led or 'professional'-led organisations. These collaborations often provide the data necessary for services to then argue for funding.
- 2) The importance of availability (of gambling, alcohol, drugs, over-the-counter medications) in fuelling (or temporarily reducing e.g. because of Covid19) the addiction problems of their relatives.
- 3) The worldwide range of the serious and significant harm reported by Affected Family Members, of having a relative (or close other – a neighbour, friend, school pupil, etc.) with an alcohol or drug or gambling problem. Over the conference this was reported by speakers from New Zealand, Zimbabwe, South Africa, Italy, Scotland, Malaysia, Germany, the USA, Canada, Holland, Ireland and Norway.
- 4) How longstanding so many people's experiences are, in being an Affected Family Member – and related to that, how even if things start to change, anxiety does not diminish, and often gets worse, due to the anticipation that things will relapse.
- 5) How one of the key set of things that AFMs want is "no stigma, no assumptions, no judgement".
- 6) The extraordinary commitment that so many service providers have to ensuring that their services run and provide help to those who need it.

As well as these recurring themes, other issues stood out:

- How many people are affected by someone's alcohol, drug or gambling problem – erring on the side of not exaggerating, we often speak of 1 person affected by each 'user', or maybe 2 – Justine Murray's presentation showed that on average, it was ELEVEN who were affected.

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- How those who come into contact with people with alcohol, drug or gambling problems, be it AFMs or those with a professional role, need training and skills in how to deal with their own feelings of upset, anxiety, depression, guilt etc.
- And how one cannot deal with a relative's alcohol, drug or gambling use on its own, but need to develop interventions that acknowledge and deal with the person's role as (e.g.) a parent or as (e.g.) a partner.
- How so many people accept technological solutions (e.g. Zoom delivery) and recognise that there are circumstances where these are either necessary or better; yet how many also far prefer physical face-to-face interactions.
- Related to technology, several presentations mentioned ways of using Facebook, Telehealth, Smart Phones etc. to reach out to AFMs directly; and others talked about the need to get material directly to AFMs versus influencing professionals' behaviour.

Finally, one key issue raised was the balance to be struck between a 'top-down', policy-driven approach to helping AFMs, and a 'bottom-up', family-member-driven approach to 'making noise' and insisting on more top-down help (e.g. money, policies).

All **presentations** are available to be viewed on the [AFINet website](#) and the full programme is also downloadable from that same link.

Overall: A successful conference attracting speakers and delegates from across the world and a good opportunity to network. The conference also enhanced the reputation and reach of AFINet, which we hope will also lead to more people attending the Webinars and (hopefully) to increased donations as a result of that, to allow us to continue to run and expand our website and membership system.

One comment from a participant *"well done to everyone on a great conference: I found it really interesting and very informative with really good blend of topics and I think the positivity from the presenters was refreshing."*

Professor Richard Velleman

Treasurer and founder Trustee, AFINet

The AFINet monthly Webinar Series

AFINet has been holding monthly Webinars since October 2020. This has proved highly successful, with an exciting and varied programme of speakers from all over the world (so far we have had speakers from Brazil, England, Finland, Germany, Northern Ireland, Scotland, and the USA, and in the next 6 months we have speakers from Australia, Canada, England, Holland, Malaysia, Scotland and Spain).

Updates for Members

The next Webinar will be on Tuesday 14th December 2021, given by Justina Murray, the Chief Executive Officer of Scottish Families Affected by Alcohol & Drugs, who will talk about their exciting '*Ask the Family!*' project, which enabled them to develop family perspectives on '*Whole Family Support and Family Inclusive Practice*' in Scotland (more details are in the programme).

The Webinar after that will be on Tuesday, 25th January 2022, given by Dr. Dini Farhana Baharudin from the Universiti Sains Islam Malaysia in Malaysia who will talk on '*Addiction and the Family in Malaysia*' (this will be our first speaker from Malaysia, and Dr. Baharudin is a key researcher in Malaysia who works in the area of Affected Family Members).

The programme of future Webinars is on the [website](#), there are Webinars scheduled for each month until June 2022 – Speakers from June onwards will be confirmed nearer the time.

Recordings (and the slides shown) of all previous Webinars are also available on the [AFINet website](#). Occasionally the recordings are embargoed until the data has been published or permission received from the grant-awarding body. Over the past 10 months we have had webinars on a wide range of topics, including:

- **In Their Own Right: Family Members Affected by Alcohol and other Drug Misuse or Gambling**, which examined the evidence-base showing how family members of people with alcohol or other drug or gambling problem are affected and discussing the creation of the 'Stress-Strain-Information-Coping-Support' Model and the '5-Step Method', one evidence-based method to help Affected Family Members.
- **Evidence and Implementation of family-based interventions in the addiction field**, which reported the results of a systematic review on the evidence of interventions for AFMs; and on the availability of services for AFMs in 12 countries.
- **Fragile Childhood': Help for the children on problem drinkers in Finland**, which described the history and current projects of this programme (running since 1986) and examined what organisations in other countries could take away to possibly replicate.
- **Teleintervenção fundamentada na entrevista motivacional para famílias que convivem com um parente com problemas por consumo de álcool e outras Drogas** [delivered in Portuguese: English translation: *Motivational intervention for family members living with a relative with a substance-related disorder*], which described a project investigating the extent to which a motivational intervention for AFMs worked and discussed its implications for both research and clinical practice.

Updates for Members

- **Seeing the Bigger Picture: Some Ways Ahead for AFINet**, which suggested some ideas about how AFINet might address some key issues, such as how to reach more affected others, and earlier; and how to help family members campaign for policy change.
- **The findings from the PuP4Dads feasibility study**, which reported on the results of a feasibility study looking at the PuP4Dads project. The Parents under Pressure (PuP) programme is a parenting intervention specifically designed for children and families with one or more parents who are dependent on alcohol or drugs. PuP4Dads component focused on involving fathers who were on opioid substitution therapy.
- **Introducing and embedding the 5-Step Method across a national non-statutory health and social care organisation in England: the journey of Turning Point**, which described how Turning Point, one of the largest providers of addiction and mental health care across England, decided to utilise the 5-Step Method across their services, and how they have implemented and developed the Method over the past decade.
- **Reaching Family Members in Large Numbers – Using the internet as a tool to enhance conversations with family members**, which explored the findings from one of AFINet's International Projects: *Reaching Family Members in Large Numbers*. One of the outcomes of this project was the publication of *The Pocket Guide for Family Members* and the development of a Youtube clip with key messages from the booklet. This Webinar will explore the development of these tools and their use in enhancing conversations with family members
- **We were alone in these waters that we hadn't meant to charter" - Insights from a qualitative study of loved ones impacted by addiction**, which described preliminary results from a recently completed qualitative study, which looked at family members and loved ones impacted by addiction.
- **AFMs and 'study success**, which described an ongoing research project examining how a relative's addiction (to alcohol, drugs, sleeping pills, opioid painkillers and gambling) affect the quality of life and level of 'study success' of young adult Affected Family Members (AFMs), all students at Rotterdam University of Applied Sciences.

Participation in each webinar is free, but because we are a small charity, if you can donate a small amount (say Euro25, \$25, or £20) for each webinar that you attend, this would be really appreciated. We look forward to continuing to welcome AFINet members and others to all of our future Webinars.

Research Updates

Low adherence to treatment on Affected Family Members (AFMs)

Brazilian Researchers from the Federal University Health Science of Porto Alegre have recently published an investigation of the factors that may interfere with adherence to a motivational intervention through telemedicine to decrease the codependency between family members and psychoactive substance users. As we know, intervention adherence is an important factor for users and family members, regardless of treatment. The identification of factors of non-adherence to treatment can facilitate the development of new strategies to increase the engagement of family members and, consequently, outcomes such as changes in their behavior, improving their quality of life and their capability to help the drug user. The sample consisted of 133 affected family members, primarily women and mothers of drug users. The instruments used to evaluate adherence were the Behavioral Adherence Scale and for codependency, the Holyoake Codependency Index. Among the investigated factors, alcohol as the substance involved in the problem showed a significant association with AFM's non-adherence to the telemedicine treatment.

Citation: [Baptista HP; Bortolon CB; Moreira TC; Barros HMT. \(2021\). Investigation of factors associated with low adherence to treatment of codependency in family members of psychoactive substance users. *Estudos de Psicologia*, 38, e200023.](#)

For more information contact: Cassandra Borges Bortolon cassandra@acurarte.com.br

Does integrated treatment programmes for mothers with substance use problems prevent out-of-home child placements?

Researchers from King's College London have recently conducted a systematic review and meta-analysis to determine whether integrated treatment programmes for mothers with substance use problems are effective in reducing the loss of care of their children (i.e., out-of-home placement, non-reunification) and influencing other maternal factors including patterns of substance use, treatment completion and parenting behaviour. Despite their broad inclusion criteria, only 6 studies were identified, of which 5 were conducted in the USA and only 2 used randomised controlled trial design. While the findings suggest that mothers who participated in the integrated programmes could potentially achieve favourable childcare outcomes (no losing the care of their children) and other maternal factors, the lack of rigorous scientific examination of the integrated programmes suggests that presently they are being utilised with unclear or unsupported benefit from a scientific standpoint. The review highlights the need to improve the methodological quality of the studies in this field as is the need for greater investments that could overcome the challenges of developing trials. Without such investment, challenges will remain to demonstrate and persuade health and public policy on the far reaching value of these programmes.

Research updates

Citation: [Neo SHF, Norton S, Kavallari D, Canfield M. \(2021\) Effectiveness of integrated treatment programmes in reducing the loss of child care among mothers with substance use problems: A systematic review with meta-analysis. Journal of Child and Family Studies.](#)

For more information contact

Martha Canfield, martha.canfield@kcl.ac.uk

Results and final report of the PuP4Dads feasibility study

A [‘first look summary’](#) of the results of the PuP4Dads feasibility study is now available on the National Institute for Health Research (NIHR) journal library. The study was conducted in Scotland and examined the feasibility and acceptability of implementing the Parents under Pressure (PuP) parenting programme, delivered to families with fathers/male caregivers prescribed opioid substitution therapy (OST) with children aged 0-8 years. The programme aims to improve parent-child and coparenting relationships, child development and child welfare. PuP4Dads was delivered as a ‘whole family’ intervention and included mothers/partners and the children. The results of the study were very encouraging and indicated that a larger evaluation of PuP4Dads is feasible. Recommendations included a main study to examine the effectiveness of the programme, transferability, sustainability and implementation at scale. The final (full) report of the study is ‘in press’ and will be published in February 2022 in the NIHR Public Health Research (PHR) journal.

For more information, contact: Professor Anne Whittaker, NMAHP Research Unit, University of Stirling, Scotland Anne.Whittaker@stir.ac.uk

From the field

Thrive: a supportive network for family and friend caregivers of older adults who use substances or alcohol

Based in British Columbia, Canada, the ‘Thrive’ program was created to help address the unmet needs of family and friend caregivers of older adults who are using substances. Thrive, through its partnerships, works to increase knowledge around substance use in older adults in various ways. For example, in collaboration with the ‘Deprescribing Network’, **Thrive** has created a workshop on the potential harms of using multiple prescription medications in older adults, as well as providing monthly remote support groups for family and friend caregivers throughout British Columbia, and monthly support groups to those who care for an older adult who may be at risk of harm associated with problematic prescription medication use, as well as other services. The aims of this service include the creation of a supportive network where family members and friends can connect with people who have similar experiences, offering practical skills and education (e.g., decisional balance tools, motivational interviewing) and referrals to additional resources. A more detailed description of the intervention is provided [here](#).

From the field

For more information, contact
Michee Hamilton, Thrive Programme Coordinator.
Michee.hamilton@ubc.ca

Scottish Families Award Winning Online

Naloxone Service

The Scottish Families Affected by Alcohol and Drugs (SFAD) 'Click & Deliver Naloxone Service' is now award winning! This life-saving new service, implemented as a strategy to prevent drug-related deaths in Scotland, won the 'Pioneering Project of the Scottish Charity Awards 2021' in October.



The service delivered 348 naloxone kits in its first year of running: 129 kits have gone to families and friends. Most families coming to our service are requesting their first-ever supply of naloxone which means we are getting naloxone into the hands of people who never before had that opportunity to save a life.

Quote from a family member: *'Thank you for being here for me and making sure I have the skills and tools I need to keep my son alive. I know I can't force him into treatment but hopefully one day. I just need to keep him alive until that day comes and this wee kit will help me do that.'*

Anyone who lives in Scotland can order a naloxone kit through Scottish Families and can complete online training if needed. Kits are sent as home deliveries – see details on the [SFAD website](https://www.sfad.org.uk).

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

Family Drug Support Aotearoa New Zealand

Family Drug Support Aotearoa New Zealand continues to train 5-Step Method Practitioners to build capacity within this not-for-profit organisation. Within the 3 years since its founding by Executive Officer and Founder, Dr Pauline Stewart, 15 practitioners have been trained and completed accreditation or are working toward accreditation. Many are trained counsellors, psychologists, registered nurses or other family /whanau professionals. A total of 14 hours training is provided over one weekend, followed by the supervised accreditation process which is begun immediately following the training. Pre and Post data collected using the Family Member Questionnaire (FMQ) shows that the 5-Step programme delivered by the trained practitioners is reducing the Total Family Burden for Impacted Family Members by over 40%, with the 5 sessions of 5-Step support. These results have been achieved by both Maori and Pakeha Family Members. High levels of supervision continue to be provided to Accredited Practitioners following the accreditation process.

From the field



Latest 5-Step practitioners

For more information, contact:

Gill Velleman, gillvelleman@gmail.com



Journal Corner

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

As readers of this column will know, I keep a list of all the AFINet-related papers that I come across. Since the June 2021 Newsletter, a further 81 papers have come to my attention (up from my last 6-monthly report where there were 73 new papers) – so added to the 630 AFINet-related papers in these lists, we now have almost 800 papers on this topic. Of these 81 ‘new’ ones, most (55) are from 2021, with 26 from 2000 and earlier years. These lists of papers are situated on the new updated [website](#).

I have added this list of new (to me) papers there under this title: ‘*Updates to AFINet papers 4th June - 7th November 2021*’. Each of the more recent updates are also there – all with the same title format: “Updates to AFNet paper ...” (and then the date range these updates cover).

There is also a list there of the complete list of all of the papers I know of, which were published between 2000 and 2021, under this title ‘*AFINet-related papers, 2000-2021, 7th November 2021*’.

As always, I have copies of almost all 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.b.velleman@bath.ac.uk) and I’ll add them, so we can continue to build this more comprehensive list of who is publishing what in our area.

More than simply papers

As well as all of these new scientific papers in scientific journals, my 6-monthly updates also cover new websites or new major reports that I have come across. There are four of major interest here, all from the UK (I would happily mention material from elsewhere, if people could please tell me about it!)

These are:

The Strengthening Families section of the SCIE [Social Care Institute for Excellence] website. This site hosts the ‘Strengthening Families’ journal, and also additional material related to the (English) Department for Education (DfE) programme named “Strengthening Families, Protecting Children” – a five-year programme set up to support local authorities improve their work with families, and thus enable more children to stay at home in stable family environments, so that fewer children need to be taken in to care.

The Scottish programme named “Ask The Family: Family Perspectives On Whole Family Support and Family Inclusive Practice”. This was set up with the support of the Scottish Government, and one of our AFINet partners was heavily involved – [Scottish Families Affected by Alcohol or Drugs](#) (SFAD). The national Whole Family Approach/ Family Inclusive Practice Working Group was established in 2020 to review current practice in relation to families affected by alcohol and drug use. As a result of this work, the Working Group drafted a set of *Whole Family Approach/ Family Inclusive Practice Principles* to apply to all services supporting families affected by alcohol and drugs. This included family support services, and also treatment and care services supporting families’ loved ones. And then SFAD was commissioned by the Scottish Government to lead a family engagement project to test out these draft Principles, in partnership with Action for Children, All in the Family and Circle. The result is a hugely interesting Report, [available here](#), which the CEO of SFAD, Justina Murray, talked about at the AFINet Conference: and she is giving a more in-depth look and discussion in the [AFINet Webinar](#) on 14th December 2021

The Adfam toolkit, for family members affected by someone’s co-existing problems – coexisting mental health and substance use. Details are in the update.

Also in collaboration with Adfam, Peter Cartwright has produced a series of [online support video sessions](#) for families affected by a loved one's substance use. *“If you are the family member or friend of someone with a substance use problem, these videos are for you. Each video is around 15 minutes in length, and across the 14 sessions, Peter will take you through a range of different themes and topics, providing valuable information and guidance on how to cope with your loved one's substance use.”*

Finally, this month I am not going to focus on a particular theme. Instead, I am going to list out a series of phrases taken from the titles of recent papers, as I think that they give a real flavour of the range of central, Affected Family Member experiences.

Children:

- Almost everything we need to better serve children of the opioid crisis we learned in the 80s and 90s.
- The ripple effect: The impact of the opioid epidemic on children and their families.
- Youth growing up in families experiencing parental substance use disorders and homelessness: a high-risk population.
- Mothering in the context of fathers’ problematic alcohol use.
- *“When my children see their father is sober, they are happy”*: A qualitative exploration of family system impacts following men's engagement in an alcohol misuse intervention in peri-urban Kenya

- When a house is never a home: Housing instability among youth affected by parental drug abuse
- Promoting resilience for children of parents with opioid use disorder
- Mothering, substance use disorders and intergenerational trauma transmission: an attachment-based perspective

Partners:

- Relationships on the rocks: A meta-analysis of romantic partner effects on alcohol use.
- Sexual assertiveness in women with and without substance-dependent partners
- When a Man Loves a Woman: experiences of male partners in relationships with addicted women

Family members in general:

- *"I didn't see it as a problem, I thought it was going to be taken away"*: narratives from family members of users in rehab
- *"He is lovely and awful"*: The challenges of being close to an individual with alcohol problems
- An unknown invisible intrusion - Impact of an adult family member's problematic substance use on family life
- Substance use disorder: a model of atmosphere within families living with SUD
- Caring for persons with drug use disorders in the Yangon Region, Myanmar: Socioeconomic and psychological burden, coping strategies and barriers to coping
- Family resilience

Stigma:

- *"We Weren't Raised that Way"*: using stigma management communication theory to understand how families manage the stigma of substance abuse

Bereavement:

- Sounds of silence - the 'special grief' of drug-death bereaved parents
- The journey of grief following a drug related death - a family perspective
- Bereaved mothers' engagement in drug policy reform
- 'Special death': Living with bereavement by drug-related death
- Post-Traumatic Growth after the drug-related death of a loved one: understanding the influence of self-compassion and hope
- How do drug-death-bereaved parents adjust to life without the deceased?

Richard Velleman, November 2021

APPENDIX

GUIDANCE ON CONTRIBUTIONS TO THE NEWSLETTER

Since AFINet began in February 2014, the membership has grown considerably and now includes researchers, practitioners, service managers, and policymakers from many different countries around the world.

This is a good time to ensure our newsletter remains relevant to the membership and aligned with the goals of AFINet, so we have developed guidelines for contributors, which we hope the membership find helpful. These have been agreed with the AFINet Board of Trustees.

AFINet aims to foster a better understanding of the impact of addiction (alcohol/drugs/gambling) on the family and effective ways to help and support affected family members. Our goal is to create a global network where members can share and collaboratively develop:

- Research relevant to addiction within the family
- Evidence based practice relevant to families affected by addiction
- New ideas, approaches, interventions and services to help families affected by addiction, and
- Where possible, to influence policy and practice relevant to families.

Newsletter purpose and content

The main purpose of the newsletter is to provide an opportunity to share relevant information, ideas and approaches and to learn from each other so that research, policy and practice can be applied across countries. This includes sharing of ideas and approaches that did not work, or cultural considerations that affect implementation.

Ideally, contributions to the newsletter should relate to addiction (alcohol, drugs, gambling) and its impact on the family and fit into one of the following categories:

1. **Research:** descriptions (or updates) of research in any of the following areas: policy, practice, service delivery, training/education, and theory/approaches. Suggested format for submission: Title, Purpose/Aim, Methods, Findings (if study completed), Start/End dates, Lead Organisation, and Contact details (email) of at least one investigator for further information.
2. **Service evaluations or audits of practice,** service delivery, or training which can demonstrate learning and a wider relevance for an international audience Suggested format: Title, Aim, Approach/Content, and Impact.
3. Service delivery/Practice/Interventions/Policies which represent new or novel approaches
4. **Critical appraisals/reflections** on any of the above topics, with an emphasis on what other countries can learn from the contribution.
5. **Notices of conference or events** that would be of interest to AFINet members.

Inclusion in the newsletter will be decided by the Newsletter editors based on the above contribution categories and we plan to structure the Newsletter so that contributions are presented in line with these categories. Feedback on the guidelines and new format are welcomed. Please send comments to Eileen Farrar efarrar200@aol.com For further information on AFINet, visit the website: <http://www.afinet.info/>