

You don't have to be addicted to suffer from addiction!

What is Moving Parents and Children Together (M-PACT)?

M-PACT supports families where a parent has or has had an alcohol or drug problem and where there is at least one child aged 8-17 years old. It is a free service and during the 9 consecutive weeks each session covers a different topic, it combines separate group work with children and adults, working with family units and the whole group enabling the families to build on their understanding, strengths and goals to better support each other.

M-PACT promotes a whole family approach ensuring children and young people living with parental substance misuse are safe, visible and their voices are heard.

M-PACT aims to:

- **Support children and young people**
- **Raise parents' awareness about the impact of their misuse**
- **Reduce shame and stigma**
- **Improve coping strategies and raise self esteem**
- **Improve communication within the family**
- **Explore families values and beliefs**
- **Interrupt repeating patterns of harmful behaviour**
- **identify additional needs of both parents, children and young people**

How does M-PACT help?

M-PACT promotes a whole family approach ensuring children and young people living with parental substance misuse are safe, visible and their voices are heard. It looks at the impact of substance misuse to family life and the effects on children and young people and it aims to reduce the shame and stigma whilst focusing on supporting families to make positive changes in a friendly, non-judgemental environment. The programme helps build resilience and coping strategies by promoting positive and honest communication. It improves parental recognition of children's health and supports appropriate referrals for drug and alcohol treatment

Who can attend?

Families who have been affected by parental substance misuse, where there are children aged between 8 –17.

"It was different to be with people who know about addiction because in the house it was unspoken and hidden away"



For further information contact:

M-PACT Sligo Leitrim West Cavan
Sligo Development Centre
Cleveragh Road
Sligo
07191 50578
Sligoleitrim@alcoholforum.org

Here are some actual comments from past M-PACT participants:

"It was better to get things off my chest it made me feel a lot better"

"You feel more confident in yourself"

"It has helped us get closer, talk about things we don't normally talk about, quite hard for me to hear"

"I honestly think without M-PACT I don't think we would be where we are now ...we were just at complete breaking point ... it was just enough for us to push us in the right direction"

"You get to know the other people there are just like you, they're in the same situation as you ... you bond with them but in a way that you wouldn't bond with someone else"

"That was the first time we had spoke about his addiction ...and how it has an impact on him, myself, the family and how much we've gone through with it"