CASUS Stepping Stones Project
Supporting young people living with someone’s drink and drug use

When someone has a problem with alcohol or drugs it affects everyone around them. The people most affected are those closest to that person, living with this level of stress it is often seen as “normal” by young people who don’t realise the impact it might be having on them.

Young people living with someone’s alcohol or drug use may feel ...

- Panicky, confused, mixed up
- Bottle up feelings
- Try to hide it
- Angry and upset at the way the other person behaves, especially when they have been let down or have promises broken
- Feel helpless and angry at them self because they can’t change things
- Try to take on responsibilities that should be the other person’s
- Feel guilty that somehow they are to blame. Which they are not!

So many people living with addiction feel so alone and isolated. If 4 million people across the UK and Ireland are dependent on alcohol or other drugs, you can be sure you someone you are working with who is living with this problem.

The Stepping Stones Project at CASUS can help with all the stress and worry that living with someone’s drug and alcohol use can bring:

- The 5 Step programme enables them to talk it through with someone they can trust and who knows about alcohol and drug issues to help them make sense of what they are going through.
- Access a group of other people in similar situations or be supported on a 1-1 basis.
- Building support networks they can use.
- Teach ways to cope
- Teach about addiction and drug use and treatment
- Help them understand they are not to blame for a parent or family member’s drinking or drug use
- Encourage self care and nurturing
- Work in a family focused approach to encourage and support access to drug and alcohol treatment services where appropriate

For further information please call
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