Supporting families whose lives are affected by alcohol or drug use

Richard Velleman
Emeritus Professor of Mental Health Research, University of Bath

Reference list
Refs marked with * and in bold are especially relevant
In each of these sections below, I have first listed work by the UK Alcohol, Drugs and the Family Group, which I am a part of, and then work by others.

<table>
<thead>
<tr>
<th>1. The effects on Adult Family members</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) The work of the UK Alcohol, Drugs and the Family Group – Selected references on the effects on Adult Family members</td>
<td></td>
</tr>
<tr>
<td>b) Other work on the effects on Adult Family members</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2. Interventions with Adult Family members</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>c) The work of the UK Alcohol, Drugs and the Family Group – Selected references on the effects on Adult Family members</td>
<td></td>
</tr>
<tr>
<td>d) Other work on the effects on Adult Family members</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3. The effects on Children</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td>e) The work of the UK Alcohol, Drugs and the Family Group – Selected references on Children and Parents</td>
<td></td>
</tr>
<tr>
<td>f) Other work on the impact of Substance Misuse on Children</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4. Interventions with Children: Resilience: Breaking the links between Childhood Trauma and Negative Outcomes</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>g) The work of the UK Alcohol, Drugs and the Family Group – Selected references on Resilience</td>
<td></td>
</tr>
<tr>
<td>h) Other work on Resilience</td>
<td></td>
</tr>
</tbody>
</table>

1. The effects on Adult Family members

The work of the UK Alcohol, Drugs and the Family Group – Selected references on the effects on Adult Family members, leading up to the development of the Stress-Strain-Coping-Support Model

Reviews:


Research Reports:


Policy Documents: (all of the UKDPC documents are available from: http://www.ukdpc.org.uk/publications.shtml#Families_report)


Other work on the effects on Adult Family members


Weisner, C., Parthasarathy, S., Moore, C. and Mertens, J.R. (2013) Addiction in the family is a major but neglected contributor to the global burden of adult ill-health. Social Science and Medicine, 78, 70-77.


2. Interventions with or including Adult Family members

The work of the UK Alcohol, Drugs and the Family Group – Selected references on interventions with or including Adult Family members

Reviews


Velleman, R. & Templeton, L. (2003) Alcohol, Drugs and the Family: results from a long running research programme within the UK. European Addiction Research, 9, 103-112.

Research Reports testing the 5-Step Method


Research Reports testing Social Behaviour and Network Therapy and UKATT


Other work on interventions with or including Adult Family members


3. The effects on Children

The work of the UK Alcohol, Drugs and the Family Group – Selected references on Children and Parents


**Other work on the impact of Substance Misuse on Children**


### 4. Interventions with Children: Resilience: Breaking the links between Childhood Trauma and Negative Outcomes

**The work of the UK Alcohol, Drugs and the Family Group – Selected references on Resilience**


Other work on Resilience


As well as all of this above, there is a Supplement to *Drugs: Education, Prevention & Policy* (2010, volume 17, supplement 1) which came out at the end of 2010 given over entirely to the SSCS model and the 5-Step method (a few of the papers are listed above as well), the contents of which are shown below.

<table>
<thead>
<tr>
<th>The 5-Step Method: a research based programme of work to help family members affected by a relative’s alcohol or drug misuse</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A special supplement of Drugs: Education, Prevention and Policy (DEPP, 2010, 17, Supplement 1) on the work of the UK Alcohol, Drugs and the Family (ADF) collaborative research group</strong></td>
</tr>
<tr>
<td><strong>Contents</strong></td>
</tr>
<tr>
<td><strong>List of contributors</strong></td>
</tr>
<tr>
<td><strong>Section I: Introduction and Policy Context</strong></td>
</tr>
<tr>
<td>An introduction to the supplement</td>
</tr>
<tr>
<td>The ADF Group</td>
</tr>
<tr>
<td>The policy context: reversing a state of neglect</td>
</tr>
<tr>
<td>Richard Velleman</td>
</tr>
<tr>
<td><strong>Section II: The experiences and costs of being an affected family member</strong></td>
</tr>
<tr>
<td>Family members affected by a close relative’s addiction: the stress-strain-coping-support model</td>
</tr>
<tr>
<td>Jim Orford, Alex Copello, Richard Velleman &amp; Lorna Templeton</td>
</tr>
<tr>
<td>The experiences of affected family members: a summary of two decades of qualitative research</td>
</tr>
<tr>
<td>Jim Orford, Richard Velleman, Alex Copello, Lorna Templeton &amp; Akanidomo Ibanga</td>
</tr>
<tr>
<td>The impact of addiction on the family: estimates of prevalence and costs</td>
</tr>
<tr>
<td>Alex Copello, Lorna Templeton &amp; Jane Powell</td>
</tr>
<tr>
<td>Methods of assessment for affected family members</td>
</tr>
<tr>
<td>Jim Orford, Lorna Templeton, Richard Velleman &amp; Alex Copello</td>
</tr>
<tr>
<td><strong>Section III: The 5-Step Method in Practice</strong></td>
</tr>
<tr>
<td>------------------------------------------------</td>
</tr>
<tr>
<td>The 5-Step Method: principles and practice</td>
</tr>
<tr>
<td>Alex Copello, Lorna Templeton, Jim Orford &amp; Richard Velleman</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Section IV: Extensions to the work</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Meeting the needs of children with the 5-Step Method</td>
</tr>
<tr>
<td>Lorna Templeton</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Web-based 5-Step Method for affected family members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Akanidomo Ibanga</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Working with teams and organisations to help them involve family members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jim Orford, Lorna Templeton, Alex Copello, Richard Velleman &amp; Akanidomo Ibanga</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Section V: The 5-Step Method: implementation, delivery and next steps</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>A commentary from the perspective of family members</td>
</tr>
<tr>
<td>Viv Evans</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>A practitioner’s commentary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Richard McVey</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Applying the 5-Step Method to children and affected family members: opportunities and challenges within policy and practice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Judith Harwin</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>An international perspective: constructing intervention strategies for families in Mexico</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guillermina Natera, Jazmín Mora, Marcela Tiburcio &amp; Perla Medina</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Conclusion: The 5-Step Method: future directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alex Copello, Lorna Templeton, Jim Orford, Richard Velleman &amp; Akanidomo Ibanga</td>
</tr>
</tbody>
</table>

Richard Velleman,  
May 2014