

GUIDE

Facilitating the
1:1 experience
to help prepare people for
parenting support

About

The resource called 'My journal: reflections and next steps' is designed for those affected by addiction who have families. It provides them with a stepping stone for getting further support through the Family hubs in Torbay. We want this resource to help to break down some of the fears and barriers that might exist relating to getting further support in family life.

There are many different resources available for parents in the area and this booklet, completed in the safety of a one-to-one relationship with a trusted person, can help people to decide what information, courses, and groups aimed at parents they'd like to access.



1:1 sessions

The journal is simply laid out to ensure that people can draw, doodle, or write as they work through each stepping stone and reflect on the questions.



Although the booklet is simple, the reflections may be complex, so it is important to pace the experience, creating space for talking and to know your own limits.

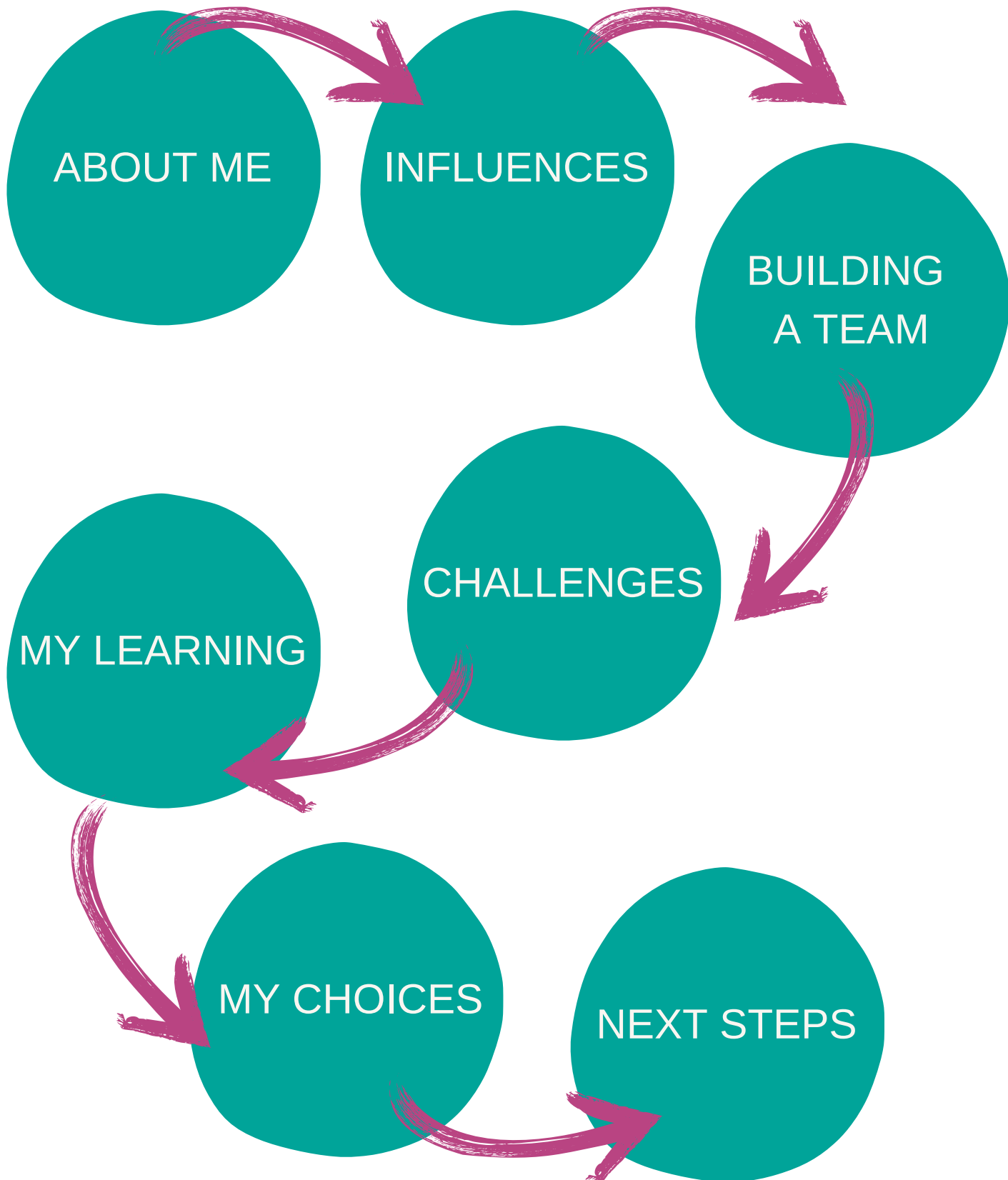
The resource is designed to be flexible for you to use in the way that best suits each individual. Some people will want to complete some reflections at home and then discuss it with you at a 1:1 session, whereas others will need more support with each section.

You should decide how many times you want to meet to work through the journal and for how long. Generally speaking, an hour is a good time frame for a session.

Tips

- Parenting is hard for everyone so it's important to emphasise the normality of getting support.
- The sections are there as reflection opportunities and prompts to have conversations. This may lead to other conversations about the impact substance misuse has had on their family.
- Know your limits and professional boundaries. As a trusted person it is likely that there will be a level of safety experienced when talking with you, this potentially means things may be disclosed as the reflections occur. If anything comes up that requires specialist support beyond your role, make sure this is appropriately signposted.
- The 'my learning' and 'my choices' pages will help people to decide what and how they would like to access support. Looking at the familyhub website together may be a useful exercise (<https://torbayfamilyhub.org.uk/>).
- It's good for people to access information, courses or groups in a way that is going to benefit them at this stage. For some people it will be tiny steps at a time which should be encouraged.
- Connect with the Early Help and Family hub team to offer the best joined up support.
- It might be helpful to visit a Family hub or host a 1:1 session in a hub as a gentle introduction to the friendly environment.

The journal



Notes

TORBAY COUNCIL



NHS
Torbay and South Devon
NHS Foundation Trust

**The
Children's
Society**

**TORBAY
COUNCIL**

0 to 19 Torbay supports the health, development and wellbeing of children, young people and families in Torbay