

Supporting REALITY

My journal - reflections and next steps



Reflect and discuss the following questions relating to the reflective journal resource.

In what ways might someone who has sought support for substance use be nervous about accessing support for their family?

What tips do you have for getting alongside someone in this scenario?

As a parent, how does it feel to ask for and get help?

How might using this resource help a parent impacted by substance use to think about moving forward in their family life?

Twinkle, Twinkle Arti reflections

SPHR researchers from Fuse co-produced a freely available children's picture book. Produced as part of a SPHR Impact Accelerator Award, the book will help facilitate conversations between trusted adults and children who experience parental alcohol or drug use.

The key messages in the book are:

- It's OK to have mixed feelings about a parent who uses substances
- They are not alone with their feelings
- There are people who listen to them and help them

At the back of the Twinkle, Twinkle Arti book, there are prompts to start conversations with children; these are for teachers, parents, caregivers, and other trusted adults to use in group or one-to-one discussions.

You can see the story being read here: <https://youtu.be/s3V-js4zxnw>



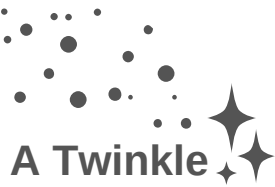
Reflect and discuss the following questions relating to the Twinkle, Twinkle Arti storybook.

What did you like about the storybook?

Linking feelings to the story



What different emotions are associated with the following elements introduced in the story?



A Twinkle



A Yozzle



Dust

As a table group, complete the emotions wheel exercise together.
The wheel can be used with others to help expand emotional vocabulary.

Bringing a Twinkle to Torbay

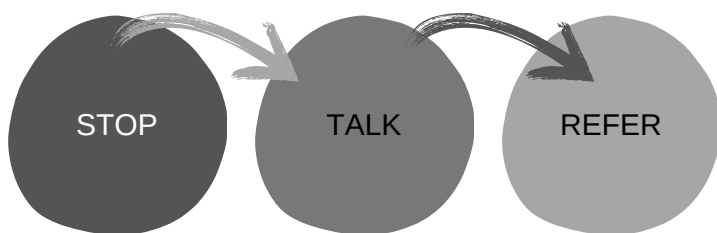


This resource opens up an opportunity to have conversations with children about difficult subjects, providing a safe space to discuss feelings. By using the characters and fictional words such as 'a yozzle', the book creates a context for children to relate the story to their world.

In what contexts do you think this book could be used in Torbay?

What concerns would you have about using the storybook to create a place to start conversations with children impacted by parental substance use?

How can these concerns be addressed and overcome?



As you encounter children, young people and families in your professional role, use this simple, three-element tool to support conversations, give you confidence, and access relevant resources.

STOP

If someone wants to talk to you about an issue outside your remit, firstly ***Don't panic.***

If they've been brave enough to raise an issue with you, make sure you take some time to ***listen.***

Try to discern what their main concerns are, and note any specific details. Think about any further ***information*** that could be helpful to them.

TALK

People often just want to have a ***conversation*** with someone about their concerns. You don't have to be an expert to have an initial chat.

A quick chat with another professional may give you the ***confidence*** you need.

Look at the available ***resources*** and pass on any relevant information to the person as a starting point.

REFER

Visit the ***learning platform*** to find out who best to engage about support.

If you have any ***safeguarding*** concerns, follow standard safeguarding procedures.

If the universal resources and the various conversations haven't been enough, follow standard ***referral*** processes.

Try to follow up with families/young people you've referred. This doesn't need to take long, but touching base may help to reassure them that they matter.

Starting supportive conversations with adults



It can feel daunting to initiate conversations, especially when they may open up subjects that feel less familiar and where we may not have the answers. However, there is something significant in creating a safe space to listen and to help people not feel alone in their struggles. Open questions that show interest, care and support can have a significant impact on the other person's feelings of worth and hope.

Remember, you don't need to have all the answers so focus on creating a space that can increase someones feelings of not being alone and potentially reduces the power of the fears they are living with.

Simple questions are the best starting point, such as:

- What is causing you concern at the moment?
- Are there any circumstances that feel out of your control?
- How are the family dynamics at the moment?
- What would you love to change?
- Who do you feel is on your side?

What opening questions could you use to start conversations?



Join the learning platform for access to further learning and information.

The power of listening

<https://www.youtube.com/watch?v=8VBzB4hPoVU>

The power of listening | William Ury | TEDxSanDiego

<https://www.youtube.com/watch?v=saXfavo1OQo>