

Brighton Oasis Project



CATT programme

Children and Adults Talking Together

A programme for families affected by substance misuse

Background to the CATT project



- Funded by Interreg and part of city-wide CAFTA project (Communities and Families Tackling Addiction)
- Half of all local authority placements are due to substance misuse
- Kinship carers play significant role in caring for children
- Impact on children of parental substance misuse
- Critical role played by family in recovery and prevention of problems arising in children
- Lack of support available for families



The CATT programme



An eight week programme including:

- **A psycho-educational group for adults**
- **A parallel creative/arts/drama group for children and young people**



CATT topics



Understanding the impact on children

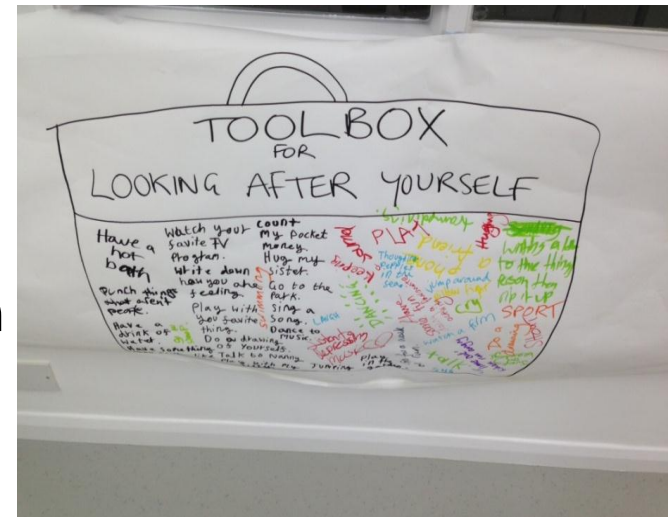
Substance misuse – domestic violence

Reflection on own family

Communication and dealing with difficult emotions

Addiction and the treatment system

Protective behaviours – resilience and looking after yourself



Children and adults together



Creative session with both groups together



Success of the model



- **People felt better informed and supported after attending the group**
- **Evaluations showed improvement in children's well-being**
- **Linked family members into services**
- **Children accessed one to one therapy**

"I don't know what I would have done with out it"

Kinship carer

