



EARLY INTERVENTION WITH RISKY DRINKING PARENTS

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LEVELS OF ALCOHOL USE

Low risk levels – 14 units of less/week; 2-3 units per day

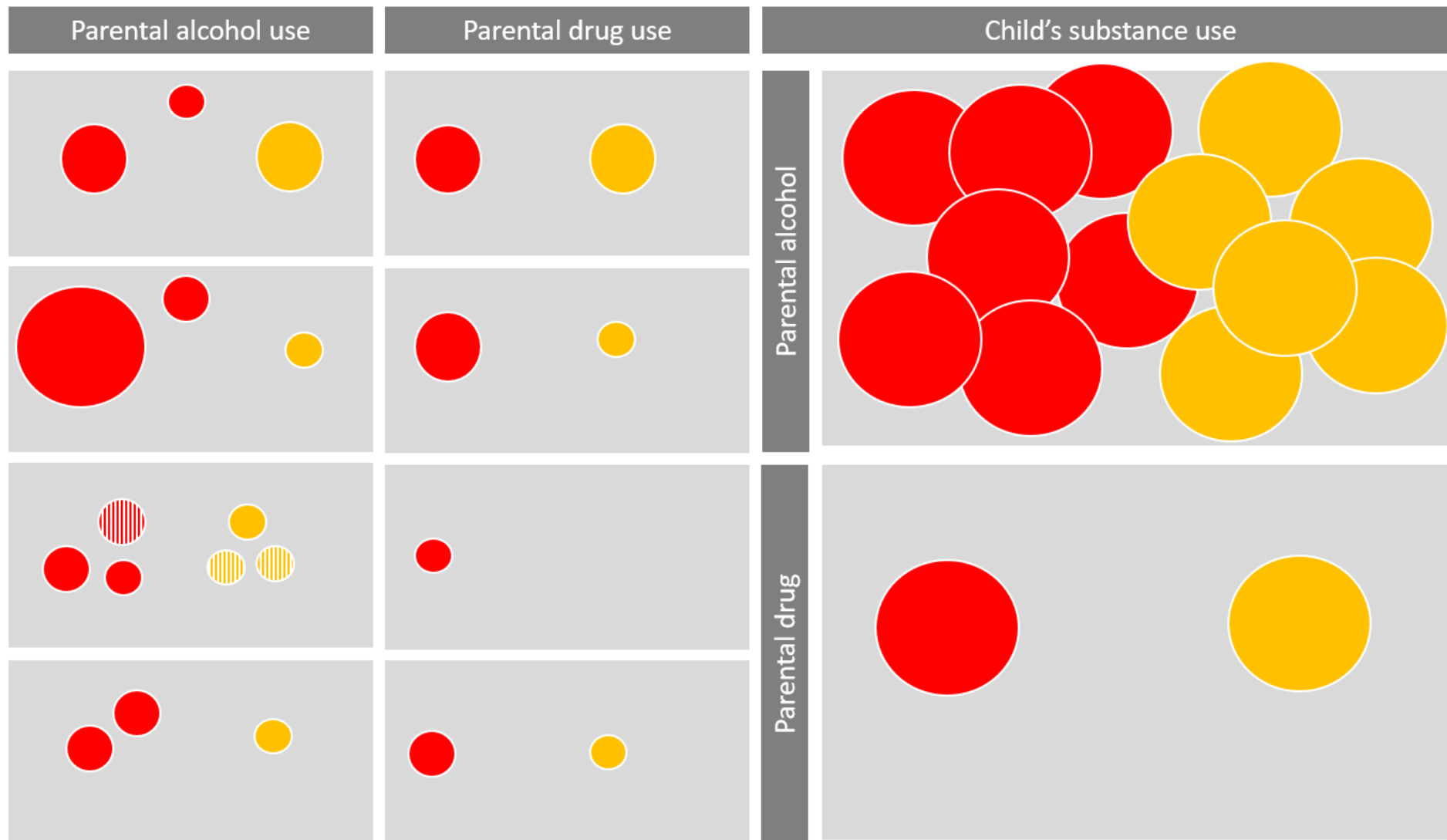
Binge drinking – twice the daily recommended amounts

Hazardous drinking – a pattern of drinking which increases the *risk* of harm

Harmful drinking – a pattern of drinking which has *caused* physical or psychological problems

Dependent drinking – moderate and severe

EVIDENCE OF HARM



Addressing the impact of non-dependent parental substance misuse upon children

A rapid review of the evidence of prevalence, impact and effective interventions

McGovern, R., Gilhany, E., Addison, M., Alderson, H., Carr, L., Gejer-Simpson, E., Hrynas, N., Lingam, R., Minos, D., Smart, D. & Kanar, E.

Produced on behalf of Public Health England
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Public Health England | Northumbria, Tyne and Wear | Newcastle University

REVIEW CONCLUSIONS

Parental alcohol misuse impacts upon children

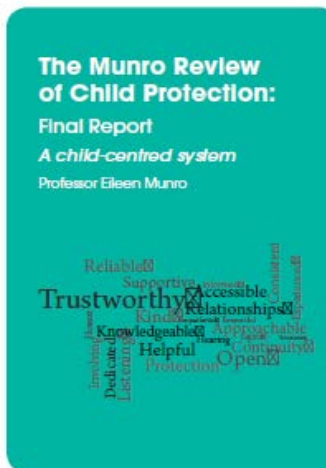
The evidence is largest relating to children's substance misuse and psychological impact

Being exposed to parental drinking may increase the impact upon the child

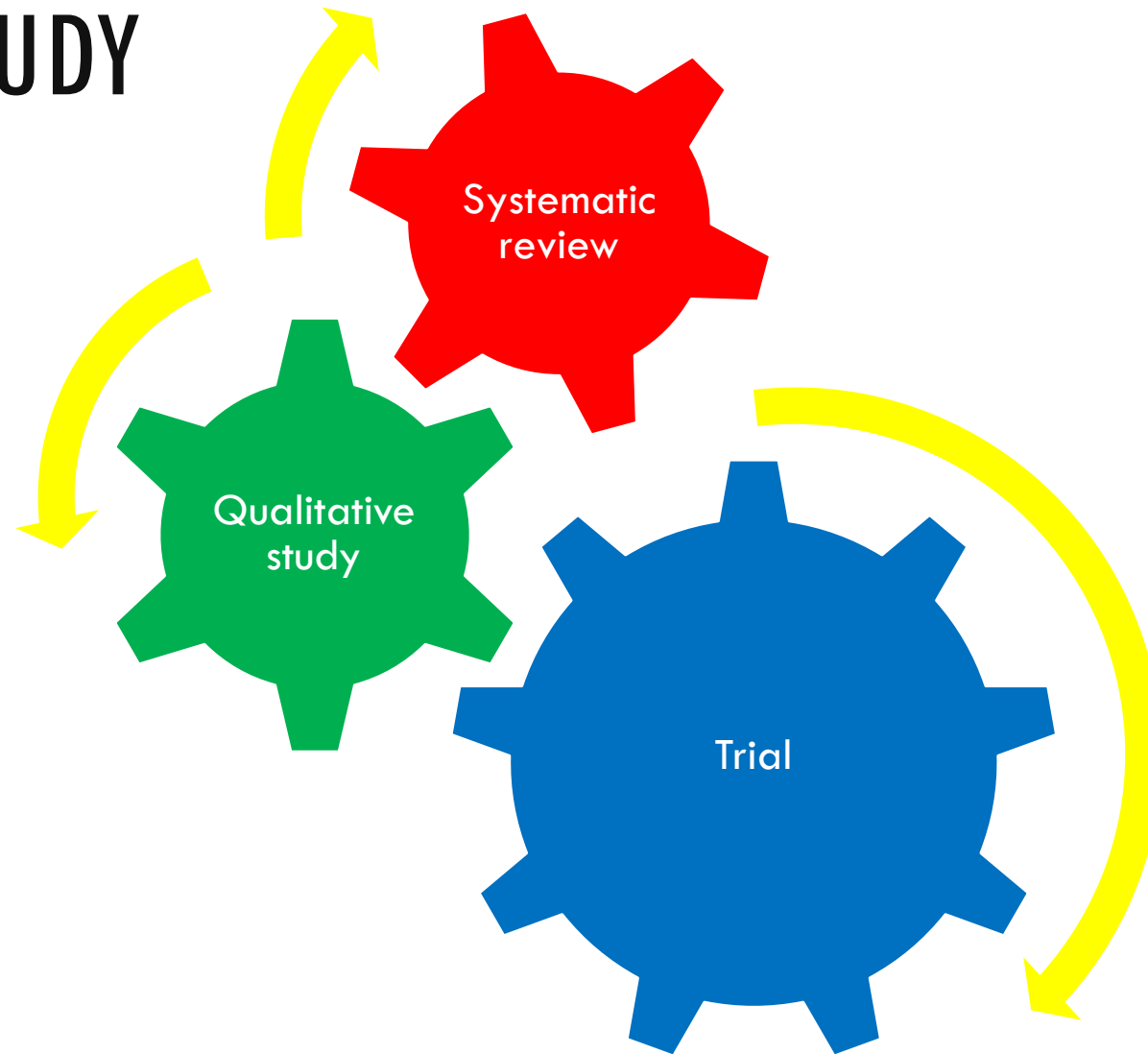
The evidence is unclear whether maternal or paternal alcohol misuse impacts most upon children

Having two parents who misuse alcohol increases the likelihood of adverse impact upon the child

Factors can protect children from adverse impact



PARENTS STUDY



NICE National Institute for Health and Care Excellence

Alcohol-use disorders: preventing harmful drinking

Issued: June 2010

NICE public health guidance 24
guidance.nice.org.uk/phg24

NICE

Cochrane Library
Cochrane Database of Systematic Reviews

Effectiveness of psychosocial interventions for reducing parental substance misuse (Protocol)

McGovern R, Addison MT, Newham JJ, Hickman M, Kaser EFS

McGovern R, Addison MT, Newham JJ, Hickman M, Kaser EFS.
Effectiveness of psychosocial interventions for reducing parental substance misuse.
Cochrane Database of Systematic Reviews 2012, Issue 6. Art. No. CD83263.
DOI: 10.1002/CD83263

www.cochranelibrary.com

Effectiveness of psychosocial interventions for reducing parental substance misuse Protocol
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WILEY



ASKING ABOUT ALCOHOL

Parents

Social care practitioners are *legitimate* in asking about their alcohol use

Parents often had *not* been asked about their alcohol use

would like to be asked about their alcohol use

Practitioners

Asking parents about alcohol can be difficult

Often rely on observable signs before asking

Routine and structured conversations can be helpful in identifying parents who are risky drinkers

WHY YOU ARE THE BEST PERSON TO INTERVENE

The relationship is the work

[Worker's name] and I did have a really good bond, a really good relationship...it was like, "Actually if she is mentioning it then maybe I need to sort it out as well" (mother)

The work helps the relationship

They weren't proper help, they just... I don't know they just wanted to refer you to someone else, refer you to someone else, refer you to someone else. I just shook my head and thought I can't be bothered with you (father)

HELPING THE PARENT TO CONSIDER HOW MUCH THEY DRINK



How brief can a brief intervention be?

Once [worker's name] had said to me, "Have you been having a party?" It was conscious in my mind, "She knows that I have had a drink." It is in your head, so that for me was enough to see. That clicked in my head and that was enough for me to say to myself, "you are going to sort your drinking out." (mother)

The importance of tailoring

He gets his bottles of beer that he normally drinks and he was like, "These ones are three for £5 and these ones are a box of ten for £10". We were sitting working out the units on the alcohol bottles because he had never looked at a bottle to see how many units were in them. He was like, "I can understand where you're coming from and why I'm a risky drinker now but I tend to go for them because they're cheaper" (practitioner)



CHILDREN AS THE MOTIVATING FACTOR

The importance tangible benefits

I think parents have got that many stresses in their life that they use alcohol to numb whatever stress it is. What they don't realise is the kids are there and they can see it (mother)

The teachable moment

I think that would be a huge thing for them to realise that it affects the kids. I think a lot of them probably think it doesn't, the kids are in bed or they don't even realise (practitioner)

One of the first things to discuss is about the risks to the health, the risk to the children growing up watching you do this (father)



THE IMPORTANCE OF THE APPROACH

Strengths-based

I don't like having my parenting role being criticised, and I probably haven't been a good role model for my kids, drinking. Probably haven't. But then, I could be taking drugs, couldn't I, or smoking? What am I supposed to do? Am I not supposed to be doing fuck all? I could be bringing blokes home. I don't. I could be having house parties (mother)

Non-judgemental

Everything [practitioner's name] asks you, you never feel like he's judging you. You don't feel like you're being criticised, you don't feel like you're doing something wrong. He just listens (mother)



PILOTING THE BRIEF INTERVENTION

BRIEF ADVICE



Parents drink alcohol for many different reasons:
 - To socialise & at celebrations
 - To have 'time-out' and relax
 - To help them cope
 But drinking alcohol can cause problems too.
 Particularly if they drink above what is recommended.

It is recommended that adults do not drink more than **14 units per week or 3 units per day.**

14 units is 1.5 bottles of wine or 7-8 cans of lager or half a bottle of spirits per week.

3 units is 1 large glass of wine or 2 cans of lager per day or 3 measures of spirits (75ml)

PARENTS



Protective factors

- Good relationship between parent and child
- Good communication between parent and child
- Child has a good relationship with another family member or adult
- One parent who does not drink above what is recommended
- Child does not see parent under the influence
- Parent does not condone child's alcohol use
- Child is doing well at school
- Good routine within the home
- Parent provides consistent boundaries, support and praises the child

Risks for parent

- Bad for health
- Lets energy
- Feeling hungover and more irritable
- Violent, anti-social & offending behaviour
- Increased risk of injury
- Problems in relationships and with friends
- Low mood, depression, anxiety & stress
- Possible dependence

Risks for child

- Feel sad, angry or worry about their parents
- Behaviour problems
- More likely to drink or use drugs
- School problems including punctuality, attendance and performance
- More likely to be injured or need medical care

Impact on activities outside the home

- Less energy to do activities with children
- Less enjoyment in activities
- Feeling stressed when doing activities
- Less money for activities
- Spend more time in the house
- More time spent on alcohol-related activities

Risks for household

- Arguments
- Less time spent on family activities
- Problems in household routine
- Costs money and may increase debt
- Housing problems
- Domestic violence
- Child protection

What are the risks for you, your child and your household?

Risks for your child/ren



Risks for you



Protective factors



Risks for your household



Impact upon activities outside of the home



What do you think about this information?

Parent Plan

Plan Type (please tick): to change drinking Safety plan

Aim:

Action:

Negatives for parent:

Benefits for parent:

Negatives for child:

Benefits for child:

Negatives for household:

Benefits for household:







Times that might be difficult:


Things or people that could help:

Start date:

MODIFYING THE BRIEF INTERVENTION



BRIEF ADVICE		PARENTS 	
Describe a typical day in your family	Protective factors 	Risks for you 	Risks for your child/ren 
Describe a typical day when you drink	Risks for your household 	Impact upon activities outside of the home 	
What is the day after you drink typically like?			

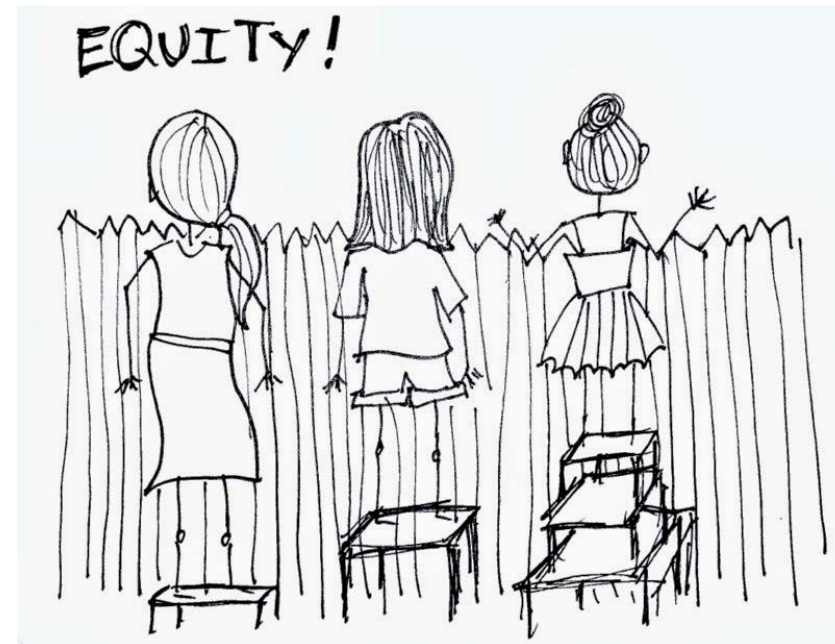
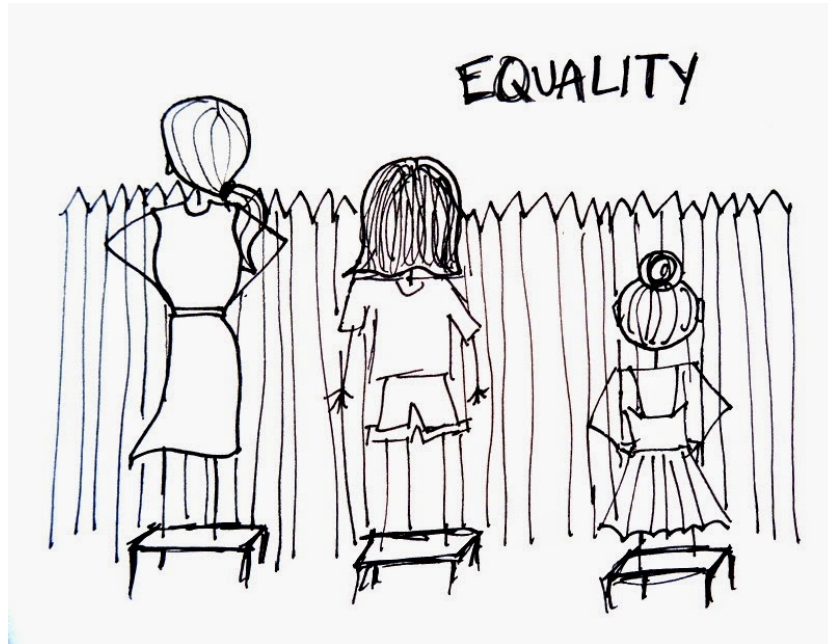
BRIEF ADVICE		PARENTS 	
Making the most of the good things			
What small change could you make?	What would be the not so good things that could come from this?		
What would be the good things that could come from this?	Set yourself a plan (when & how? Who & what will help)		

HOW SHOULD WE IMPLEMENT ALCOHOL INTERVENTIONS?

If you could only choose ONE out of the two options, which would you prefer?

	Scenario A	Scenario B
Risk level	Any risky drinking parent	Parents whose drinking is the main safeguarding concern
Who	Parent only	Parent and child
When	During on-going casework	During assessment phase
Length	60 minutes	10 minutes
frequency	6 sessions	single session
Content	Structured advice	Semi-structured discussion
Organisational support	Discussed in supervision	Supervision & organisational monitoring
Training	Full day training	Half day training
Which scenario do you prefer?	Scenario A	Scenario B

EQUALITY VERSUS EQUITY



THANK YOU – QUESTIONS?

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