

## Parents and Carers Training (PACT) Programme

During the summer the In Touch Project ran our first 5-day Parents and Carers Training (PACT) programme in a group setting, delivered by Phil Harris. The programme is designed to help 'concerned others' affected by a loved one's problematic substance use. It has assisted concerned others to make significant changes to their own, as well as their loved one's life. Besides teaching new skills it also provides an opportunity to share and learn from others in similar situations. The programme offers a range of skills in order to identify specific issues and develop proven action plans to address them.

What people have said about the programme,

*'Brilliant, informative, supportive, empathic'*

*'Enlightening, educational, encouraging, gave me hope'*

*'The support was invaluable'*

*'One of the most useful and helpful courses/concepts I have ever heard'*

*'Knowledge that the concerned other could be involved, being given tools to possibly get my loved one into treatment'*

*'After 15 years coping with my son's addiction, I regard this course as being the most useful guidance and support I have received'*

*'Keeping myself safe is just as important as my loved one'*

*'If you are a concerned other this course is very educational and will definitely save you, what could be years of distress, through lack of understanding'*

Phil Harris has worked in the addiction field for the last twenty years as a practitioner, manager and trainer. For the last 10 years he has worked on designing and improving treatment services. Implementing innovative approaches across the UK, Europe and Middle East, he is a consultant lecturer at Bristol University and published three books, including *The Concerned Other: How to Change Problem Drug and Alcohol Users Through Family Members: A Complete Treatment Manual*