



## How can you be included? Info for family and support people

*CADS actively encourage family and other support people to become involved in the service we provide to our clients or to attend in their own right. More positive outcomes are attained when we work together with the client and/or the people close to them.*

Your participation can take different forms such as:

- Coming to appointments with the client
- Attending an appointment for yourself with/or without other support people
- Going to CADS Family and Friends groups to learn about alcohol and other drug issues, to get skills we know work to increase the likelihood of the person you care about entering treatment and help improve the relationship you have with them

We can offer you support in a number of ways including:

- We can talk with you on the telephone or face to face about what services CADS provides for you and/or the person you are concerned about
- You can tell us about any concerns you have. (We may have to tell your relative that you have contacted us if they are already a CADS client; this will depend on individual circumstances)
- We can provide information and education about the effects of alcohol and other drugs
- You are welcome to access individual counselling as support for yourself and your family or to participate in the Family and Friends groups

People who identify as Maori are welcome to engage with Te Atea Marino the Maori alcohol and other drug service.

Also available are Tupu the specialist Pacific Alcohol and Other Drug service, CADS Rainbow service, and CADS Asian service. Interpreters are available.

### Some things that can help

- We would encourage you to keep talking with the person you care about.
- People often take some time to feel comfortable with the idea of including others in their treatment and it is often a process of patience and negotiation. We encourage you to access our Family & Friends groups and CADS counselling services.
- Sometimes people may not want the direct involvement of other people. If that is the person's wish we are not able to give out any personal details or information without their consent unless there are serious safety concerns.
- You can access CADS for support whether or not the person you are concerned about is a client of CADS.

For more information phone (09) 845 1818

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