



Information for family and whānau

CADS actively encourage family whānau and other support people to become involved in the service we provide to our clients or to attend in their own right. Positive outcomes are more likely 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
- Attending a CADS Family and Friends group to learn about alcohol and other drug issues, to get useful skills that increase the likelihood of the person you care about entering treatment, and improve the relationship you have with them.



We can offer you support in a number of ways

- 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 (depending on individual circumstances we may have to tell your relative that you have contacted us if they are already a CADS client)
- 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 whānau 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. People who identify as Pacific can access Tuḅu the specialist Pacific alcohol and other drug service. Interpreters are available.

While all staff are trained to work effectively with Rainbow communities, we also have clinicians available with a specialised interest in sexuality and gender diversity.

Some things that can help

- We encourage you to keep talking with the person you care about.
- People often take time to feel comfortable with the idea of including others in their treatment and it may be a process of patience and negotiation. We encourage you to access our Family & Friends groups and CADS Counselling Service.
- 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 **0800 845 1818** or visit www.cads.org.nz