Support and guidance

- We can provide you with lived experience on what our addictions were like, as well as our personal experience of FDAC and Family Court.
- We can help you find mutual aid groups and other support.
- We can attend appointments or court with you if needed.
- We can give you support around relapse.
- Be a listening and understanding ear if you find it easier to talk to us than other professionals.
- We will never be judgmental; we have been in your shoes and we know how emotionally turbulent it can be.



Contact us

Birmingham & Solihull
Family Drug and Alcohol Court (FDAC)
Raemeadow Centre
5 River Brook Drive
Stirchley
Birmingham
B30 2SH
07860 906073
Enquiries@Bham-SolFDAC.co.uk

Local and national support organisations

There are many local and national organisations which will be able to help and support you throughout this process and beyond. We have listed some below with contact numbers.

Alcoholics Anonymous (AA)
0800 9177 650
Narcotics Anonymous (NA)
0300 999 1212
Cocaine Anonymous (CA) - Central UK Area
0800 789 4732
Drink Line
0300 123 1110
Change Grow Live (CGL)
01212275890
Changes UK
0121 796 1001
Solihull Integrated Addiction Service (SIAS)
0121 301 4141

BIRMINGHAM AND SOLIHULL FDAC The problem-solving court

Family Drug and Alcohol Court

How a parent mentor can help you



BIRMINGHAM AND SOLIHULL FDAC The problem-solving court

What is FDAC?

The family drug and alcohol court (FDAC) service aims to help parents stabilise/stop using drugs/alcohol and to keep families together where possible.

The aim is for everyone to work towards the best possible outcome for your child/ren.

What is a parent mentor?

- We are volunteers that have overcome drug and/or alcohol problems in our lives and remain abstinent (clean).
- We have also been involved in care proceeding with our child/ren.
- We are there to provide support, reassurance encouragement and we are not here to judge you.

Graham's story

"I first appeared in the family court ten years ago, totally deluded as to the impact that addiction was having, notably on my son.

Six years later, I attended another family court hearing. I now had not only one estranged child, but two. I was heartbroken and desperately wanted to stop using alcohol and drugs but didn't know how to.

Eventually, I did manage to stay clean for periods of time, but I kept starting again. Through the help of the family court and other support, I've now been clean for two and a half years and able to be a father."

The significance of being in recovery

The importance of being abstinence/clean and how this has led to positive change:

- Putting the substances down wasn't necessarily easy, although remaining clean was the hardest part.
- Honesty: without honesty, we couldn't become abstinent or maintain it. Without abstinence, we couldn't be honest. Whilst honesty didn't come naturally to us, with it comes a sense of wellbeing and freedom because there is no longer anything to hide.
- Freedom from obsession and compulsion, not being reliant on the substance or drink like we used to be.
- Actually being present as a parent to our children and not a shadow of the person we're capable of being.
- Being abstinent provides a better life for us and our children. We're able to be there emotionally, physically and financially. It's a far better way of life.
- We now have stronger relationships with our children than we ever did when we were in active addiction. We can put them first.

BIRMINGHAM AND SOLIHULL FDAC The problem-solving court

Lived experience quotes

Lived experiences through FDAC and family court:

"The thought of being in front of a judge was very frightening; I didn't realise the impact it would have on my child's life."

"FDAC offered me freedom from drug use without judgement."

"FDAC offered me support with my mental health that no previous doctor had given me."

"My judge was easy to talk to. They took time to get to know me and my child, which made being in court easier."

"My child's best interests were put first."

Charley's story

"I didn't realise the impact my drug using was having on my ability to be a parent. I didn't understand why the consequences kept getting worse.

I didn't know how to get clean or remain clean. I had my son removed from my care and that still wasn't enough for me to stop. When I was issued an FDAC, it was a blessing in disguise and the reality check I needed.

After 17 years of drug abuse, I am now over a year completely abstinent from drugs and alcohol."