Thrive Group



This group is led by the TACS Health Visitors. The group runs every Thursday 9:30 until 10:30. Our Thrive Baby Group is an important part of your FDAC journey. It offers a relaxed and friendly space for parents to learn more about their baby's health, development, and early needs. Each session includes practical tips on feeding, routines, bonding, play, and understanding your baby's cues. It's also a great opportunity to meet other parents, share experiences, and build confidence as you support your baby's growth and wellbeing.

Health Visitors

Health Visitors in FDAC are here to support you and your child's health and development. They offer friendly, practical advice on routines, feeding, bonding, keeping your child safe and supporting your parenting journey. They take time to get to know you and your child, check how your baby/preschool child is developing, and help you build a strong and positive relationship together.

Thrive Practitioner

Our Thrive Practitioner supports parents to understand their child's emotional needs and strengthen their relationship. The Thrive approach is delivered to the children through personalised support time with our Thrive practitioner to help them feel safe, understood, and better able to express their feelings. Parents are supported to respond in calm, nurturing ways, build positive routines at home, and create a stable environment where their child can feels safe, grow and thrive.

Post-FDAC Clinics

TACS provide a post-FDAC testing and check-in clinic at Bearlands following your attendance at court every two weeks. Two members of the TACS Team will facilitate the clinic and it's an opportunity for a check in with you after court and to ensure you have plans in place for the coming weekend to keep you safe

Additional Opportunities for Building Recovery Capital

TACS can support you to access further support from other agencies as needed.

VIA

VIA provide Gloucestershire's drug and alcohol specialist service. You will be allocated a key worker and invited to attend groups to support your recovery.

Individual Placement Support (IPS)

IPS is an employment support team who assist people in recovery from addiction and mental health issues with re-entering employment.

Mutual Aid

Mutual aid groups are a source of structure and continuing support for people seeking recovery from alcohol or drug dependence. The evidence base shows that clients who actively participate in mutual aid are more likely to sustain their recovery. Meetings enable groups of people at different stages in their recovery journeys to get together, discuss experiences and share support. There are a range of face-to-face and online meetings in Gloucestershire, including SMART Recovery groups, and 12-Step Programmes such as Alcohol Anonymous (AA), Cocaine Anonymous (CA), Marijuana Anonymous (MA) and Narcotics Anonymous (NA).

You will have your own allocated Team who you can contact when you need to.

Turn Around for Children Service

(TACS)

FDAC

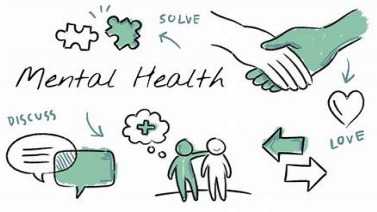
The problem-solving court

The Family Drug and Alcohol Court (FDAC) is a therapeutic, problem-solving court approach which offers a better way of conducting care proceedings for parents with drug or alcohol problems. Parents are supported to overcome the substance misuse, mental health and domestic abuse problems which lead to their children being at risk of serious harm.

The process involves fortnightly informal reviews with the Judge and an intensive intervention plan involving regular testing (urine, breathalyzer, saliva, blood and hair strand) to help understand patterns of use and progress. You will have a Family Team including a Social Worker, Substance Misuse Worker, Mental Health Practitioner, Health Visitor, Family Support Worker, Speech & Language Therapist and Consultant Psychiatrist.

CRA group

The Community Reinforcement Approach (CRA) focuses on the management of substance-related difficulties by providing information and strategies to work towards abstinence and recovery in the longer term. This weekly 12-session, rolling programme is designed to help you discover and adopt a fulfilling and healthy lifestyle that is more rewarding than a life using alcohol or drugs. The sessions are interactive and involve discussions, video clips, examples and role play. Your active participation and involvement is welcome and helpful, but there will be no expectation that you share more than you are comfortable with.



Mental Wellness Group

This weekly group is based on principles from the Cognitive Behavioural Therapy (CBT) and Dialectical Behavioural Therapy (DBT) Approaches, and focuses on strategies for improving emotional wellbeing and re-discovering joy in every day life. The sessions involve discussions, video clips, examples and games. You are encouraged to join in and participate as best you can, and complete homework practicing the skills you are learning.

1:1 Appointments

You will be offered 1:1 sessions with various members of the TACS team, as needed throughout the FDAC process. These sessions can be helpful in discussing personalised care plans, setting goals and an opportunity to think about how things are progressing. We are also able to offer the Safer Relationships Programme: a 10-session domestic abuse programme, which takes a collaborative, non-judgmental and solution-focused approach supporting parents to develop greater insight to reduce risk and promoting healthier relationship functioning.

Consultant Psychiatrist Appointments

Every FDAC parent is invited to appointments with the TACS Consultant Psychiatrist, who specialises in mental health and the treatment of addictions. This is an opportunity to discuss physical health and mental health needs, and consider treatment options including medication review.

Occupational Therapy

Successful recovery requires a lifestyle change, and this can be difficult to adjust to. An occupational therapy approach can help individuals re-evaluate what they want their day-to-day life to look like without drugs and alcohol. Sometimes parents need support to discover or re-discover what they enjoy doing. Although TACS provide an intensive planner, there can be hours in the day/ weekend that are unfilled.

The Cavern



TACS run the Cavern Coffee Morning for FDAC parents, every Thursday from 10:30-12N. The Cavern gives you the opportunity to meet informally with other FDAC parents in a relaxed setting for a hot drink, a chat and to play some games! TACS professionals will be there too to support and be available for a chat, and everyone gets one free hot or cold drink.





CRAFT

The Community Reinforcement and Family Training (CRAFT) approach provides support to the family members of parents in FDAC, to encourage and support their loved ones into abstinence and recovery in the longer term. It is a skills-based programme delivered across two half-day sessions, that focuses on helping family members better understand addictions, and to reinforce the skills learned in the CRA. Family relationships are often strained and negatively impacted by substance misuse, and these sessions help families work together to improve relationships.

Additionally, there are external support groups available for family members, including Families Anonymous, Al-Anon and CODA (Co-dependents Anonymous) which provide an opportunity for peer support.

Families Anonymous
Recovery Fellowship

