

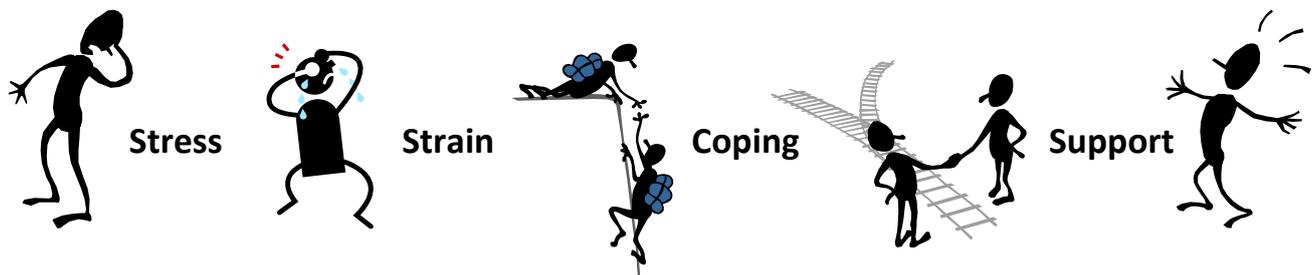
The 5-Step Method Intervention

Five Steps to Support Family Members affected by Substance Misuse

The 5-Step method is an evidence based intervention for family members affected by a relatives drug and /or alcohol use. The approach recognises that impact of addiction on family members can be a highly stressful experience, but that with support and knowledge, family members can develop their capacity to cope and respond.

'5-Step' is a non-judgemental, non-directive problem solving intervention, which recognises that family members are experts in their circumstances and can play a central role in the course and outcome of their loved one's alcohol or drug problems.

Family members are the centre of this intervention, and collaboratively explore their experience and responses with the support worker through 5 steps based on the '**Stress, Strain, Coping, Support**' model of addiction.



Each step is generally delivered over one session, but sessions can be combined if required or delivered in a single interaction. The programme is delivered in one-to-one or one-to-two format, or in a group, via in person sessions or an online platform.

* The 5-Step Method was developed by Addiction and the Family International Network (AIFNet-UK), www.afinetwork.info/

Working through the 5-Step Method Programme:



Step 1: How the problem affects you & your family

Understand and think about how your relative's behaviour affects you and your family.

Step 2: Getting information

Increase your knowledge and understanding through relevant information. Clarify any fears or misunderstandings you may have.

Step 3: Ways of responding

Explore how you and your family currently respond to your loved one's behaviour and identify the responses that are best for you.

Step 4: Getting Help from other people

Looking at who can help you and your family in living with this stressful environment.

Step 5: Further Help

Identify whether you or your family need further help. This is also a good point to explore further help for your relative with drug or alcohol issues.

Several agencies deliver the 5-Step Method programme in Cork, including CODAAP, Cork City Partnership. CODAAP staff can provide the programme or put you in touch with a trained person who can work through the 5-Steps at a time and place that suits you.