

# Pharos Service

A Barnardo's service supporting children, young people and their families affected by problematic substance use by parents



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Changing lives.**

## About the service

Barnardo's Pharos Service supports families and children affected by problematic parental substance use. Many parents experience problems with alcohol, drugs and medication. We understand this can result in serious challenges for children, parents and families.

Pharos is committed to helping families cope with the stresses and difficulties they face to reduce the harm caused by parental substance use and promote good parenting, better relationships and improved family life.



## What we offer

Pharos interventions are designed to meet the specific support needs of each family. Sessions are delivered at locations convenient to service users and can involve individuals, couples, and family groups.

### *Our tailored programmes offer:*

- parenting advice and support
- therapeutic work with children
- increased understanding of the impact of parental substance use on children, parents and families
- increased knowledge of problematic substance use and addiction
- therapeutic family work
- recovery and relapse support
- help engaging with other support services and networks

## Our approach

Pharos workers are qualified Social Workers and experienced practitioners, and trained in various intervention methods such as:

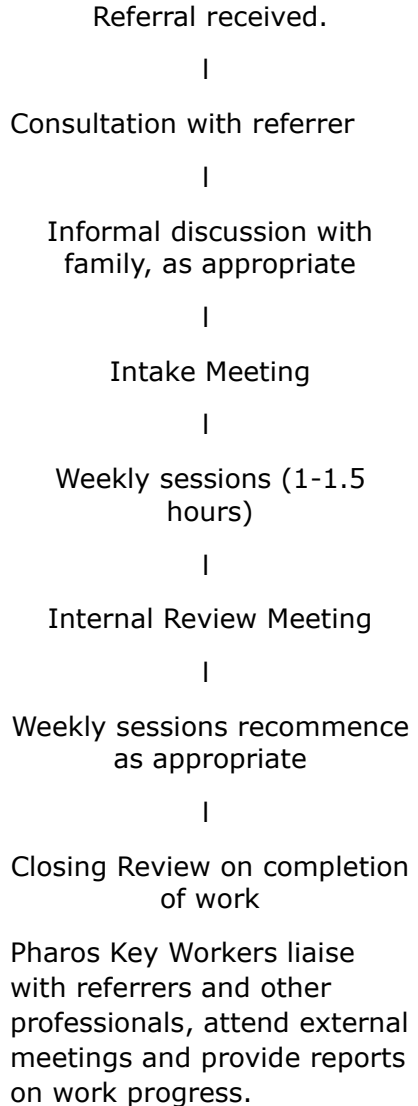
- Systemic Family Therapy
- Motivational Interviewing
- Cognitive Behavioural Therapy
- Trauma-informed Practice
- Group work

## Process

Families are referred to Pharos by Social Services and Addiction Services. Each family is assigned a Key Worker who will meet with them and the referrer at an Intake Meeting to agree Pharos work. Review meetings to monitor progress are then held every 10-12 sessions.



## Service pathway



# Contact Us

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*To download a referral form, please see our website:*

[www.barnardos.org.uk/what-we-do/services/pharos-eastern-board](http://www.barnardos.org.uk/what-we-do/services/pharos-eastern-board)

The Pharos Service is funded by



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Barnardo's Registered Charity Nos. 216250 and SC037605