



Mother and Child Recovery Houses

Karen Campbell & Natalie Douglas



[Baby "D" having fun in the paddling pool]



Mother and Child Recovery Houses

- Our Recovery Houses are about keeping families together.
- Challenging stigma and marginalisation within communities.
- Empowering women to take control of their lives.
- We are a service that welcomes LGBTQ+ people.
- Compassionate and understanding of the challenges of addiction.
- We are a national service.

[Mum "A" and baby "B" doing sensory play]



Keep The Promise

[Mum "C" and baby "D" on a park walk]



Falkirk

Dundee



Our Program

Community Assessment

Residential Stay

Community Outreach

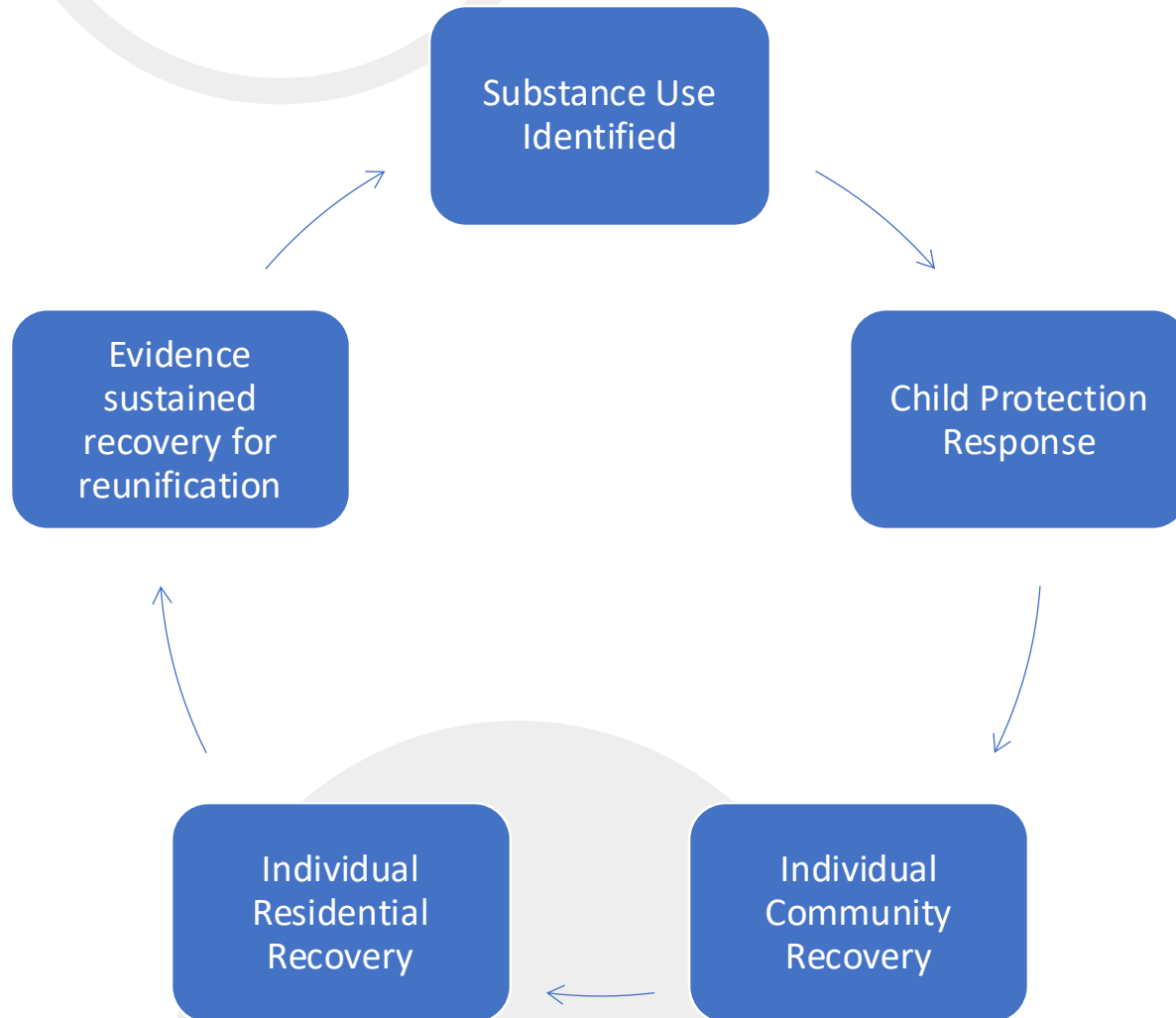


[Baby "E" enjoying some tummy time]

So. What Makes us Different?

- One of the few residential services in Scotland where children can remain in the care of the parent.
- Prioritises the bond between mother and child throughout the recovery process.
- Maintaining the family unit plays a crucial role in long term success.
- Holistic, family-inclusive and trauma informed.
- Focusing on connection, relationships and community.

Traditional Models of Residential Recovery



- Care for mother and child happen in isolation
- Leads to additional trauma, loss, grief and attachment disorders.
- Can impact long term recovery efforts
- Long term emotional and psychological challenges for both mother and child.
- Faced with stigma and marginalisation.
- Critical role that family unity plays in successful, sustainable recovery.

What Have Our Supported Mothers Said About Our Service

“[The House] has gave me the support, belief, confidence and all the right tools and techniques to make sure my recovery has been the easiest it could be ... therefore I’m buzzing to start the next part of my journey at home”
[Mum H – July 2024]

“I see myself as someone who has purpose now and have things to stive for. I see things a lot clearer.
[Mum C – August 2024]

“I like the groups because you learn about other people's journeys and sharing my struggles, so we can all support each other”
[Mum H – April 2024]



[Mum "F" and Baby "G" doing baby massage]



Questions & Feedback

[aberlour.org.uk](https://www.aberlour.org.uk)

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