

MFMR COURSE AND SELF-ADVOCACY SERVICE



KNOWLEDGE IS POWER

REDUCING STIGMA

SELF-ESTEEM

FAMILY INCLUSIVE PRACTICE

POSITIVE OUTCOMES

UNPAID CARERS

BEING HEARD

CHALLENGING POOR PRACTICE

EMPOWERMENT

HARM-REDUCTION

ANTI-DISCRIMINATION



Going back to the roots of MFMR



Scottish Gov's drug and alcohol treatment strategy – 2018

Human rights-based, public health approach to improving treatment

Identifies a need for whole family and family inclusive approach

- Ensuring human rights are central to policy and practice
- Empowering people to know and claim their rights
- Increasing ability of public sector to fulfill human rights
- Creating accountability for when rights are violated

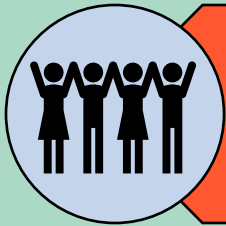
- **Outcome:** Children and families affected by drug and alcohol use will be **safe, healthy, included, and supported**



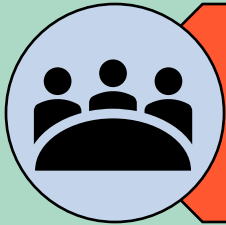
Written in policy...



access to **support** and
inclusion in treatment



access to services via **whole**
family approach

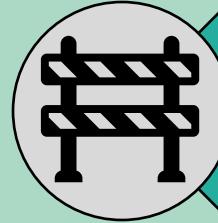


involvement in service design
and delivery

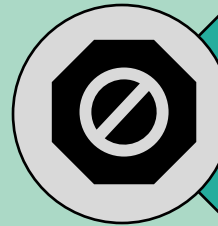


human rights— **including for**
families

Happening in practice



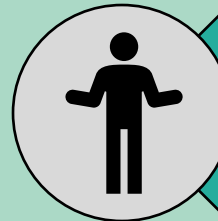
Still barriers to families
accessing support



families not included – **even**
when decisions made affect
them



family involvement = **box-**
ticking exercise



human rights breaches
without accountability

My Family My Rights Course



Co-designed with 5 family members

Human Rights and advocacy skills embedded through the topics we cover

Useful charters and policies are highlighted throughout sessions

folder containing all course materials are sent out to all participants

The concept of My family My rights was created with the 'Rights , respect and recovery' in mind



Overview of the Course



Week 1- Introduction to Advocacy

Week 2- Empowerment

Week 3- Cycle of Change- Understanding Addiction in Relation to Advocacy

Week 4- Introduction to Human Rights

Week 5- Health

Week 6- Treatment Services

Week 7-Your Home and Community Safety

Week 8- Safeguarding Vulnerable Adults

Week 9- Criminal Justice



Week 10- Carer's Rights

Week 11- Case Studies



Looking at MFMR Impact



Course
Questionnaires

Interviews

Measuring Impact
Survey



Questionnaires



Families are more aware of rights



Families are empowered to use their rights



Families understand loved ones' rights



Families have the ability to advocate for themselves



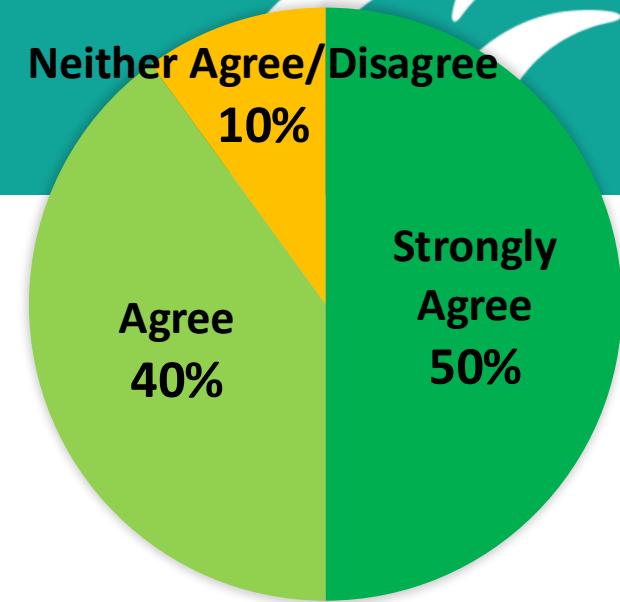
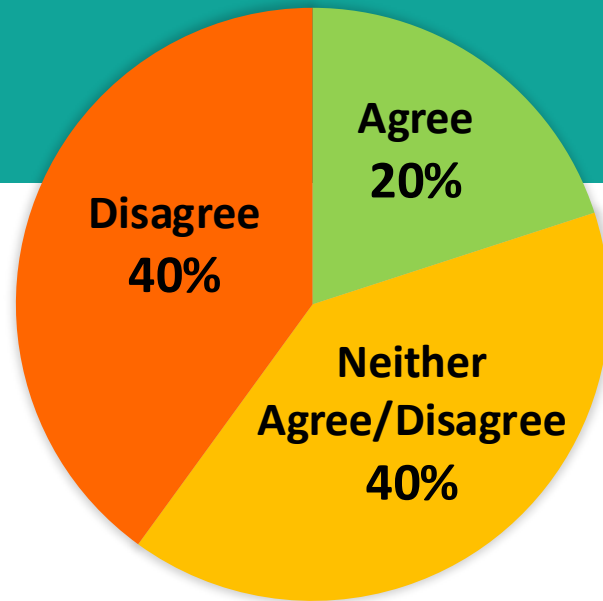
Rights feel real for families on the ground



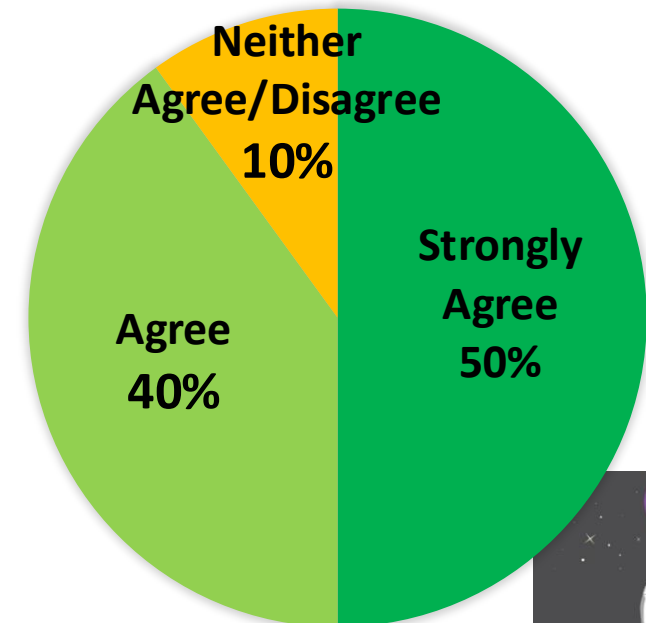
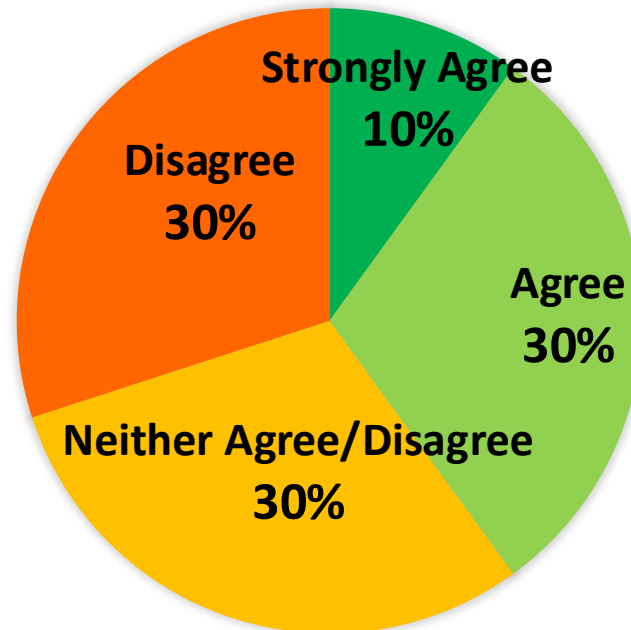
Services uphold families' rights.



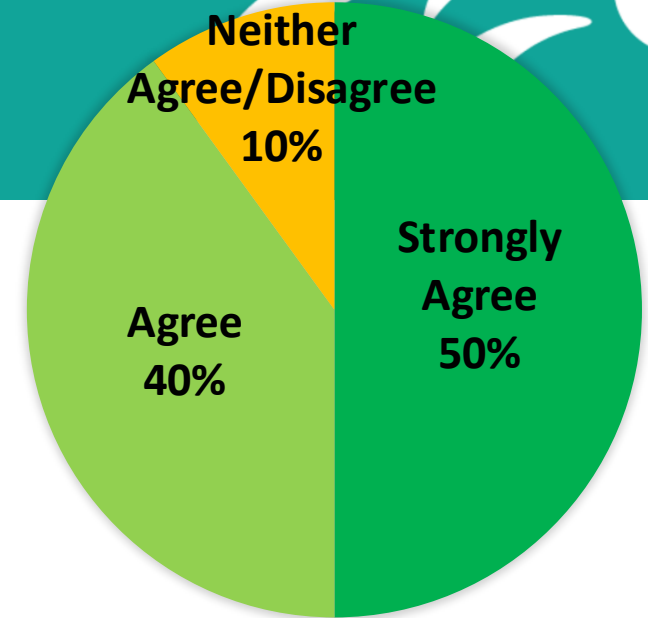
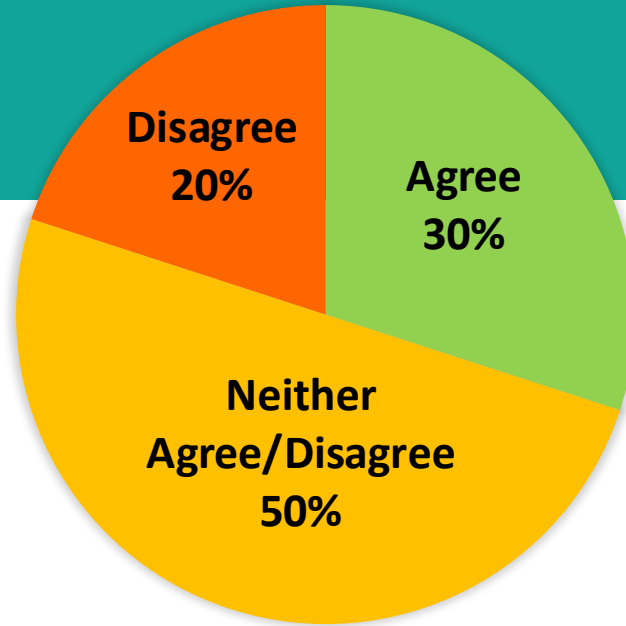
I understand my rights and how to apply them



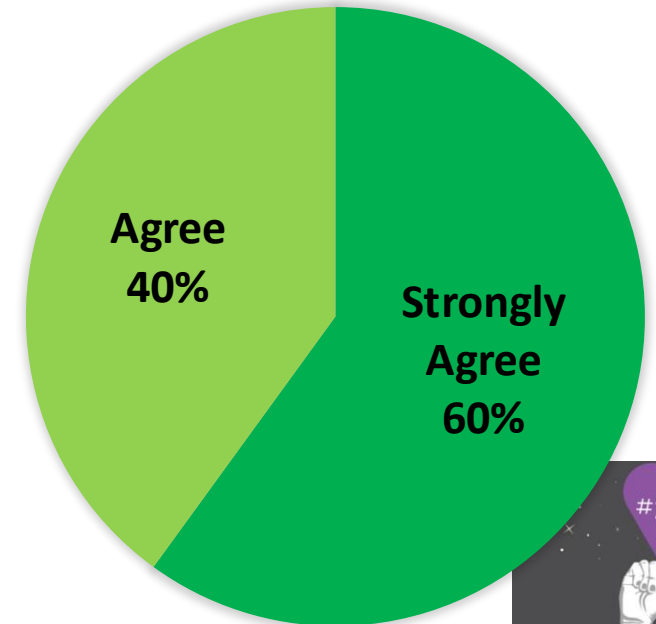
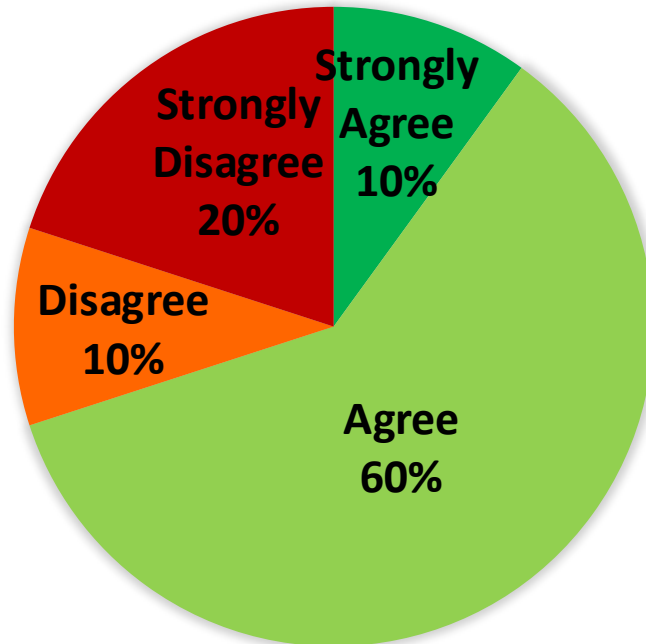
I feel confident and empowered to challenge or complain to services



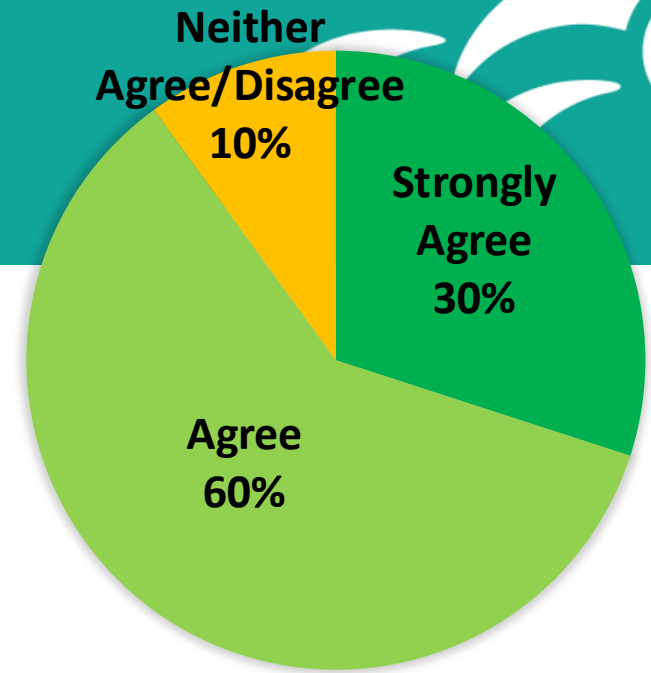
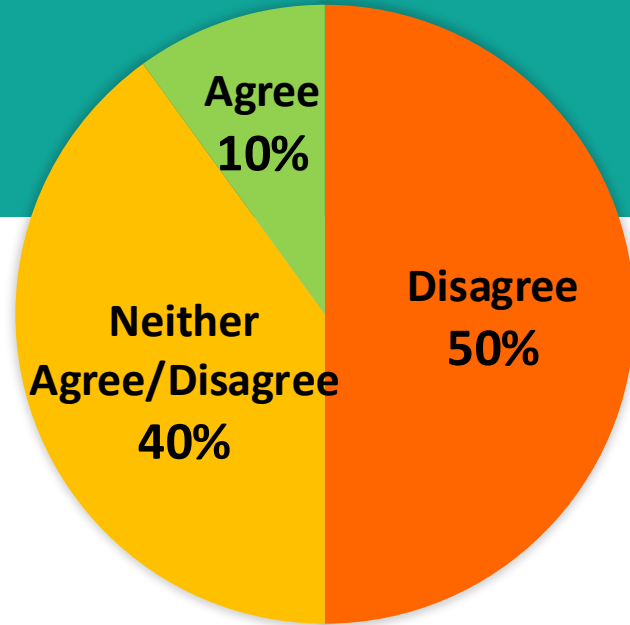
I feel empowered to advocate for myself or others



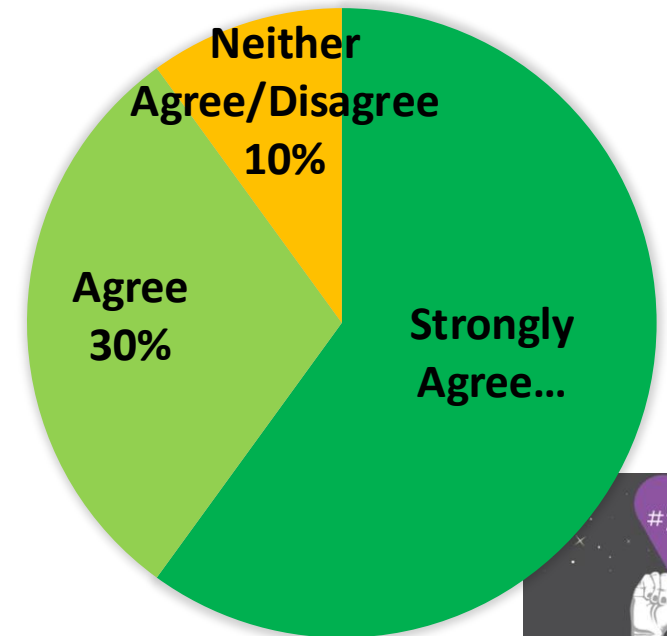
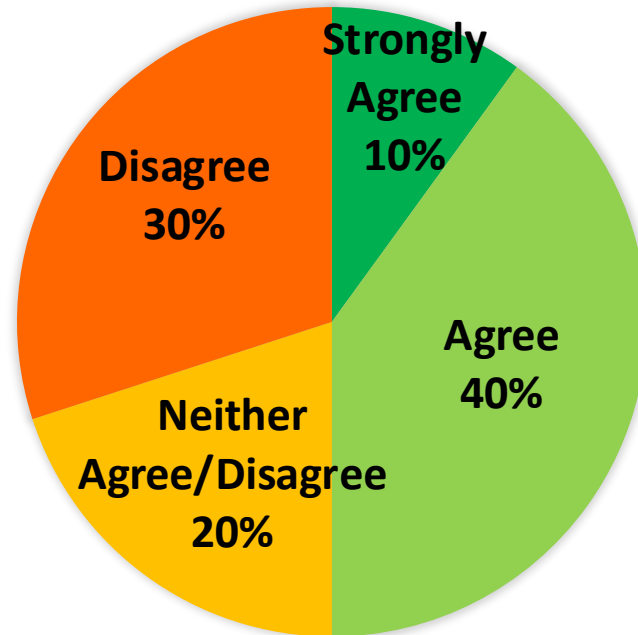
I can identify areas of poor practice my loved one or I have experienced



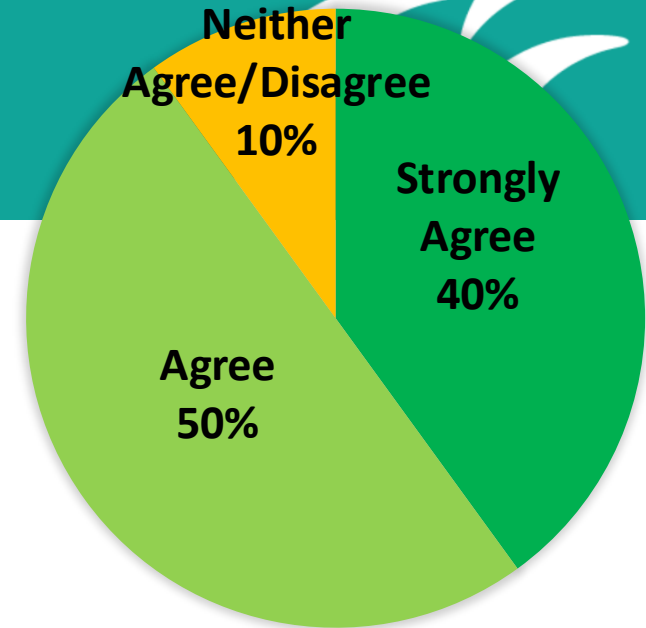
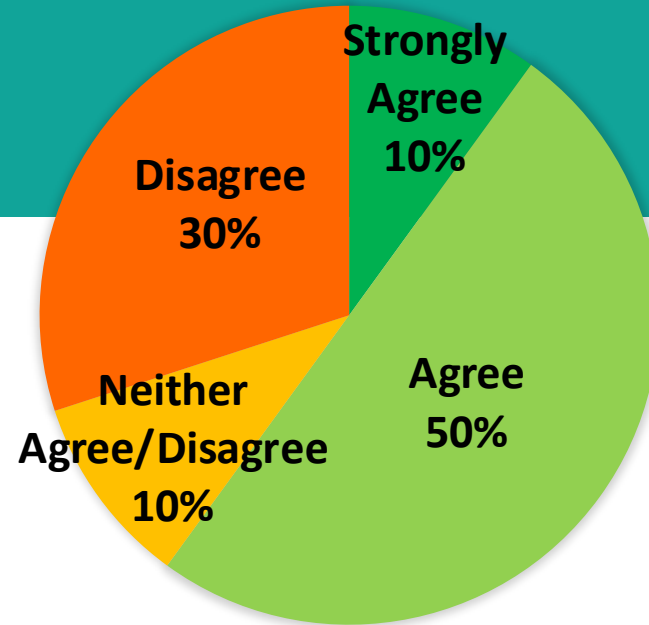
I use knowledge of guidance or legislation when advocating for myself or others



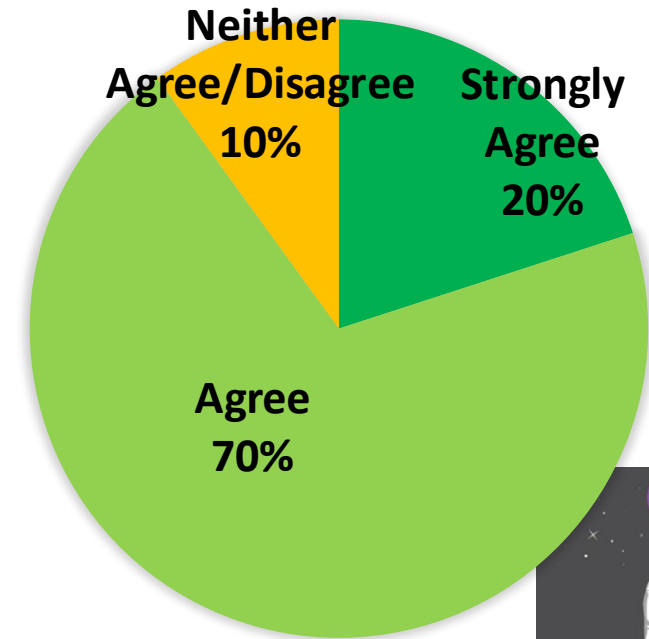
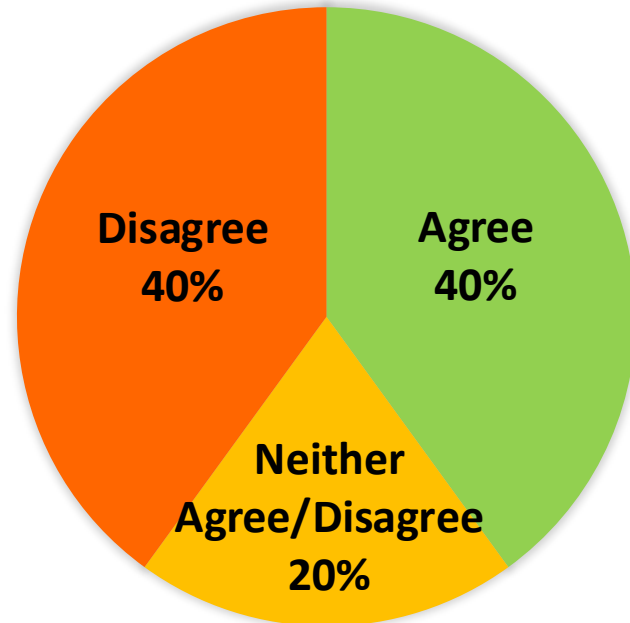
I feel confident attending meetings related to myself or my loved one



I feel confident in writing emails or making phone calls to services



I feel I can channel my emotions effectively when I communicate with services



Interviews



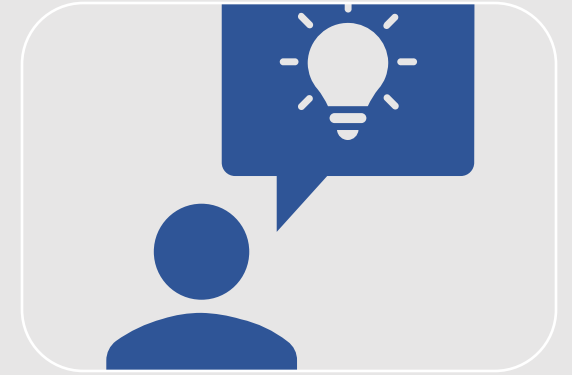
General reflections



Specific sessions



Experiences using Zoom



Suggestions or what we could do better



General feedback



They really created a space for people to talk quite openly and develop quite supportive relationships. Being in a space where you can talk openly about this stuff is important, because it's so isolating for folk dealing with stuff like this that you just kind of put your head down and stop telling people what's going on in your life.

I *am* advocating for my son now on a regular basis. I feel so much more able to do that, with the knowledge that I have.

I felt that, that information is so valuable, where do you run with it? Where do you go?



Ripple effect of MFMR course

- Sent out Measuring Impact Survey in May 2024
 - all family members in MFMR so far

100%
respondents
shared info from
course

Info shared with
average of **14**
people

Human Rights,
Treatment Services,
and Carers' Rights =
most shared

Mixed answers
around service
reactions

“My grievance was taken seriously and is in 3rd stage. Without the knowledge from the course...I wouldn't have felt competent to put this into words.”

“I think the services still have a long way to go regarding implementation.”

MFMR SERVICE



THE 1-2-1 SERVICE WAS DEVELOPED ALONGSIDE THE COURSE

THE COURSE CONTENT AND THE EXPERIENCES SHARED BY PARTICIPANTS SERVED AS THE INITIAL TEMPLATE FOR THE SERVICE

THE SERVICE COVERS A WIDE RANGE OF TOPICS, SIMILAR TO THOSE FROM THE COURSE

INTERNAL REFERRALS ONLY AT THIS TIME



Self- Advocacy



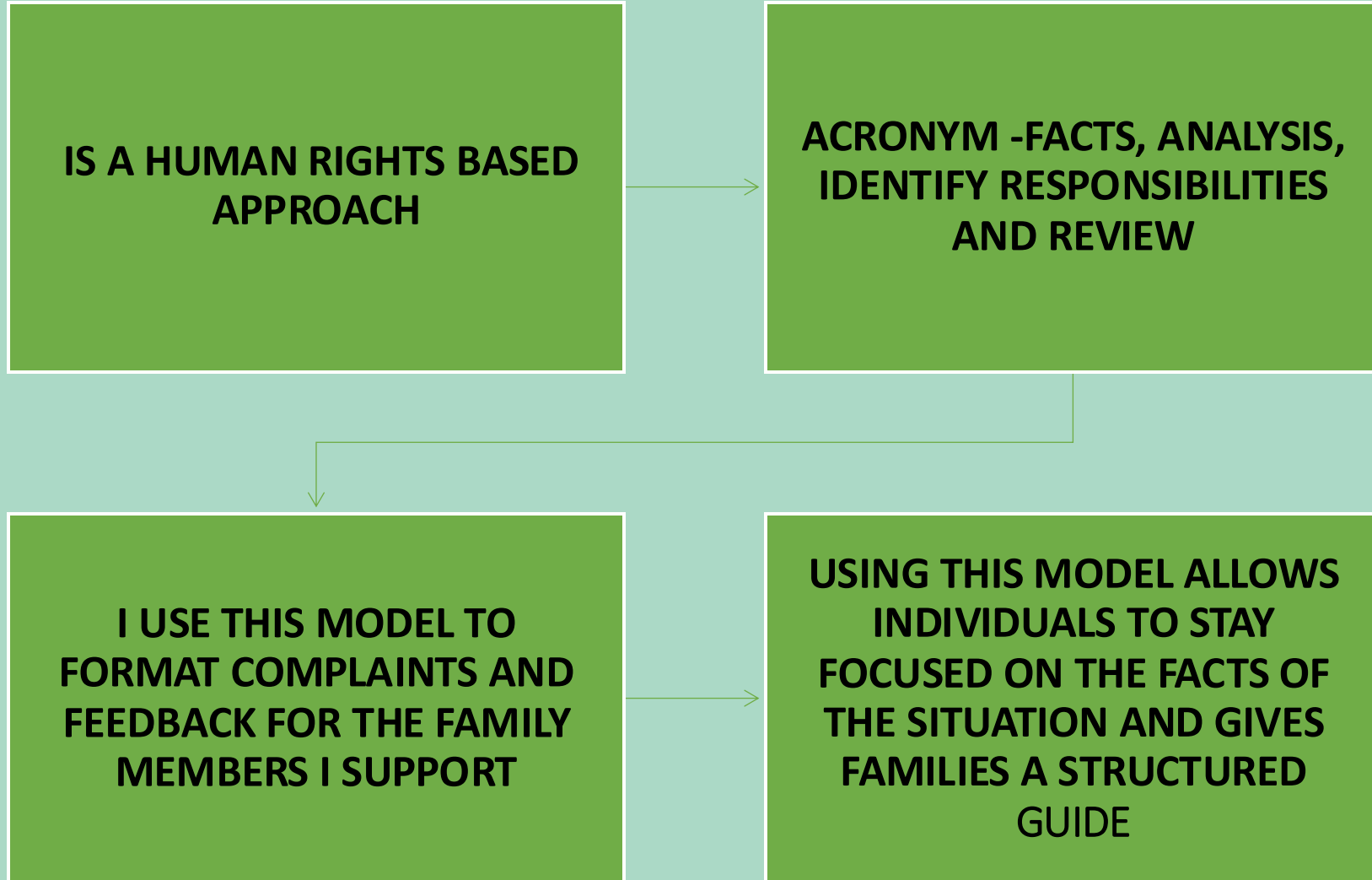
- **Individuals represent and speak up for themselves, this can be done with support. This support can be done in a paid capacity by an organization/unpaid by someone close to you**

EXAMPLE:

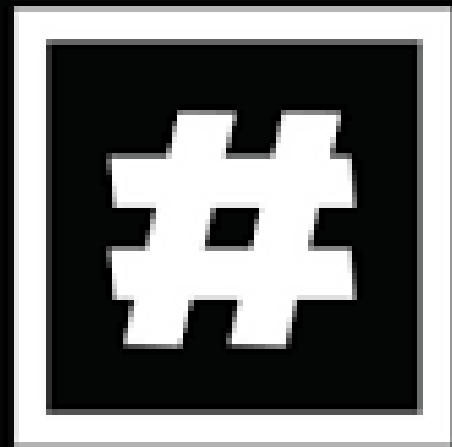
- **MFMR can help to prepare an email or build on confidence to make a phone call. Explain where rights breaches are occurring or poor practice, so you know what to highlight.**



FAIR MODEL



BEREAVEMENT AND RIGHTS



**STOP THE
DEATHS**



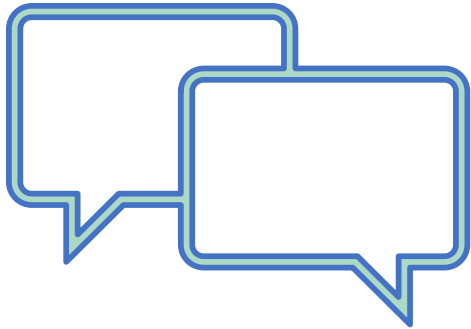
POSITIVE OUTCOMES FOR MFMR FAMILIES



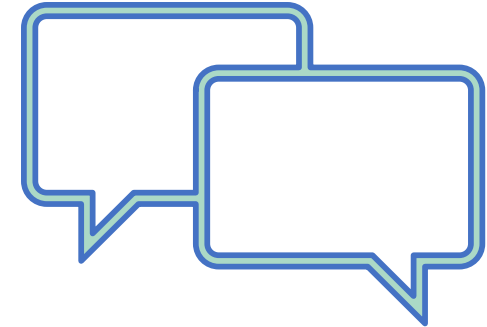
Examples of the positive changes that have come directly from families and their loved one's feeling empowered and self-advocating?



DIRECT FEEDBACK FROM FAMILIES



"Fantastic course. Touches on every aspect that a family needs to advocate and fight for their loved one. I believe my son would not be alive today and in recovery had I not had this course introduced to my life through SFAD. Once again SFAD holds us lovingly in their arms."



"With my loved one I was trying to get social work, doctors, hospital to help me with his health deteriorating because of alcohol but I was getting nowhere because of not knowing my rights as a family member. After speaking to Kerry and getting more information it gave me the confidence to get all the services involved that he needs and to take the enormous pressure off myself"

"I have learned that without the correct advocacy, language Etc; services close doors on you. The support I received from Kerry changed my son's circumstances. My plea was not enough. Policy highlighting had to be used to make the difference."

"I am grateful having had the opportunity to attend the MFMR course, as well as the 1:1 support with Kerry. I recommend the course and her support wherever I can. It's a life-line!"



Any queries about MFMR to-
Kerry@sfad.org.uk



**Scottish
Families**

Affected by Alcohol & Drugs

SFAD HELPLINE : 08080 101011

free and confidential.

Kerry Storey

My Family My Rights Development Officer

MyFamily
MyRights

