

Act now

If you think M-PACT could help your family then please contact us:

Alcohol Forum
Unit B9,
Enterprise Fund Business Centre,
Ballyraine, Letterkenny,
Co. Donegal

Registered Charity Number: CHY17835

Tel: 074 91 25596

Email: mpact@alcoholforum.org

M-PACT[®]

Moving Parents And Children Together

M-PACT (Moving Parents And Children Together)
from Action on Addiction.

Artwork designed and developed by Emma, young person 2013

M-PACT[®]

Moving Parents And Children Together



Talking helps



alcohol forum
Informing Nationally, Delivering Locally

You don't have to be addicted to suffer from addiction.

Our Moving Parents and Children Together (M-PACT) programme supports families to work together to understand how parental alcohol or other drug misuse has affected their lives. M-PACT is designed to include the whole family and allows children to talk about their feelings and experiences, with their parents, in a safe environment.

M-PACT promotes a whole family approach ensuring children and young people living with parental substance misuse are safe, visible and their voices are heard.

What is Moving Parents and Children Together (M-PACT)?

Each M-PACT programme can bring together up to eight families at any one time, where at least one parent has or had an alcohol or other drug problem, and where there is at least one child aged 8-17 years old. Following a comprehensive family assessment, the programme runs for nine consecutive weeks. Each session covers a different topic, and combines separate group work with children and adults, work with family units and whole group work when all participants come together. In week nine each family has a review session then, approximately three months later, a reunion session brings the families together for the final time.

M-PACT aims to:

- Support children and young people
- Raise parents' awareness about the impact of their misuse
- Reduce shame and stigma
- Improve coping strategies and raise self esteem
- Improve communication within the family
- Explore families values and beliefs
- Interrupt repeating patterns of harmful behaviour

Who can attend?

Families who have been affected by parental substance misuse, where there are children aged 8-17.

"It was different to be with people who know about addiction because in the house it was unspoken and hidden away"

