



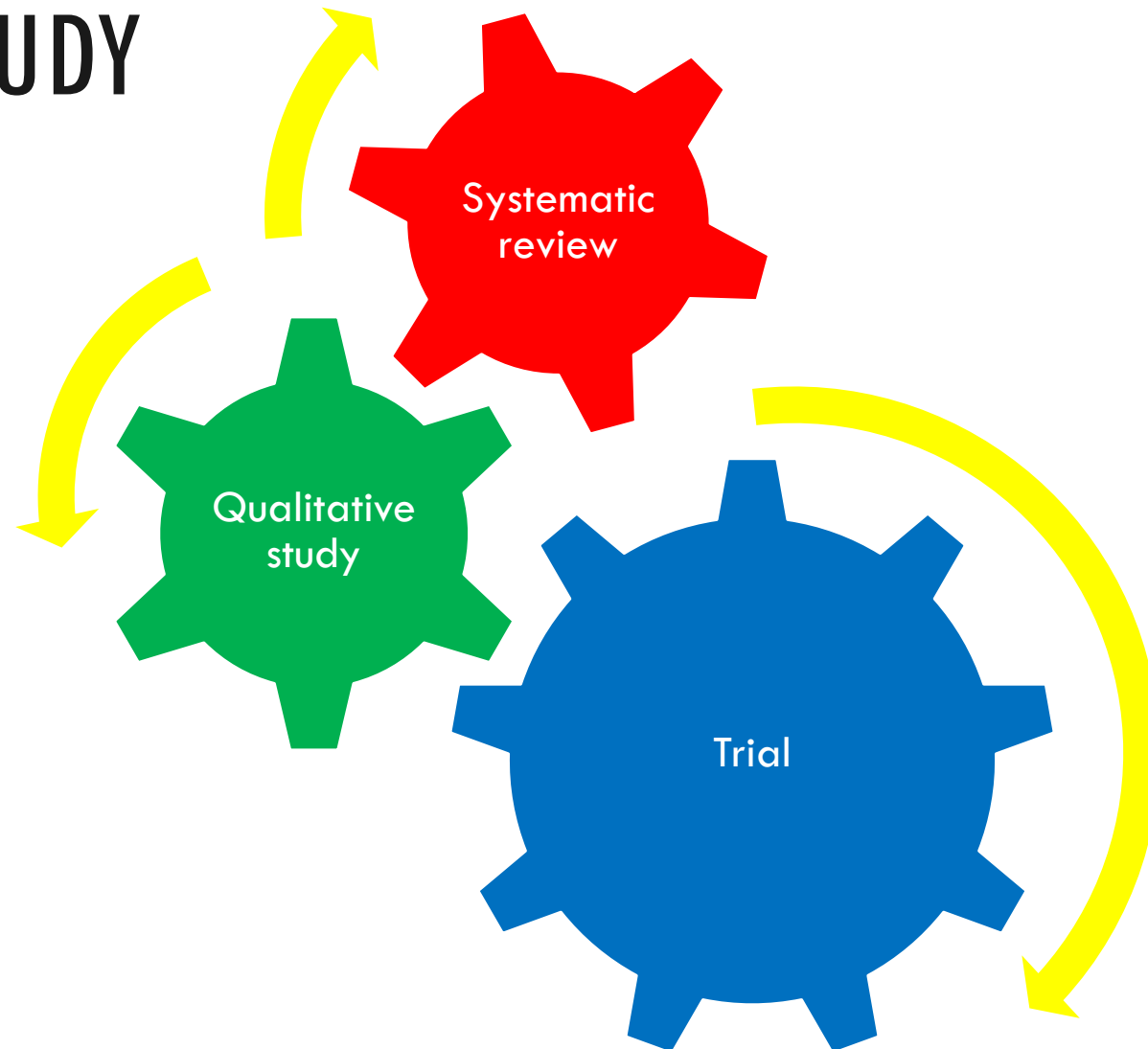
DEVELOPING AND EVALUATING BRIEF INTERVENTIONS FOR RISKY DRINKING PARENTS

Ruth McGovern, Lecturer in
Public Health Research,
Newcastle University

BACKGROUND

- Alcohol misuse is a prevalent and substantial public health concern
- 3 million children in the UK live with a risky drinking parent
- Impacts upon both the parent and the child but intervention rare
- Robust evidence for brief alcohol interventions with adults in primary care
- Little is known about how best to intervene with parents, and in social care

PARENTS STUDY



NICE National Institute for Health and Care Excellence

Alcohol-use disorders: preventing harmful drinking

Issued: June 2010

NICE public health guidance 24
guidance.nice.org.uk/pgh24

NICE has established the process for the Centre for Public Health Excellence at NICE to ensure public health guidance is developed in a timely and effective way. For more information on public health guidance, visit www.nice.org.uk/public-health. For the development of public health guidance, visit www.nice.org.uk/public-health. For the development of public health guidance, visit www.nice.org.uk/public-health.

NICE

Cochrane Library
Cochrane Database of Systematic Reviews

Effectiveness of psychosocial interventions for reducing parental substance misuse (Protocol)

McGovern R, Addison MT, Newham JJ, Hickman M, Kaner EFS

McGovern R, Addison MT, Newham JJ, Hickman M, Kaner EFS.
Effectiveness of psychosocial interventions for reducing parental substance misuse.
Cochrane Database of Systematic Reviews 2017, Issue 11. Art. No.: CD012023.
DOI: 10.1002/CD012023

www.cochranelibrary.com

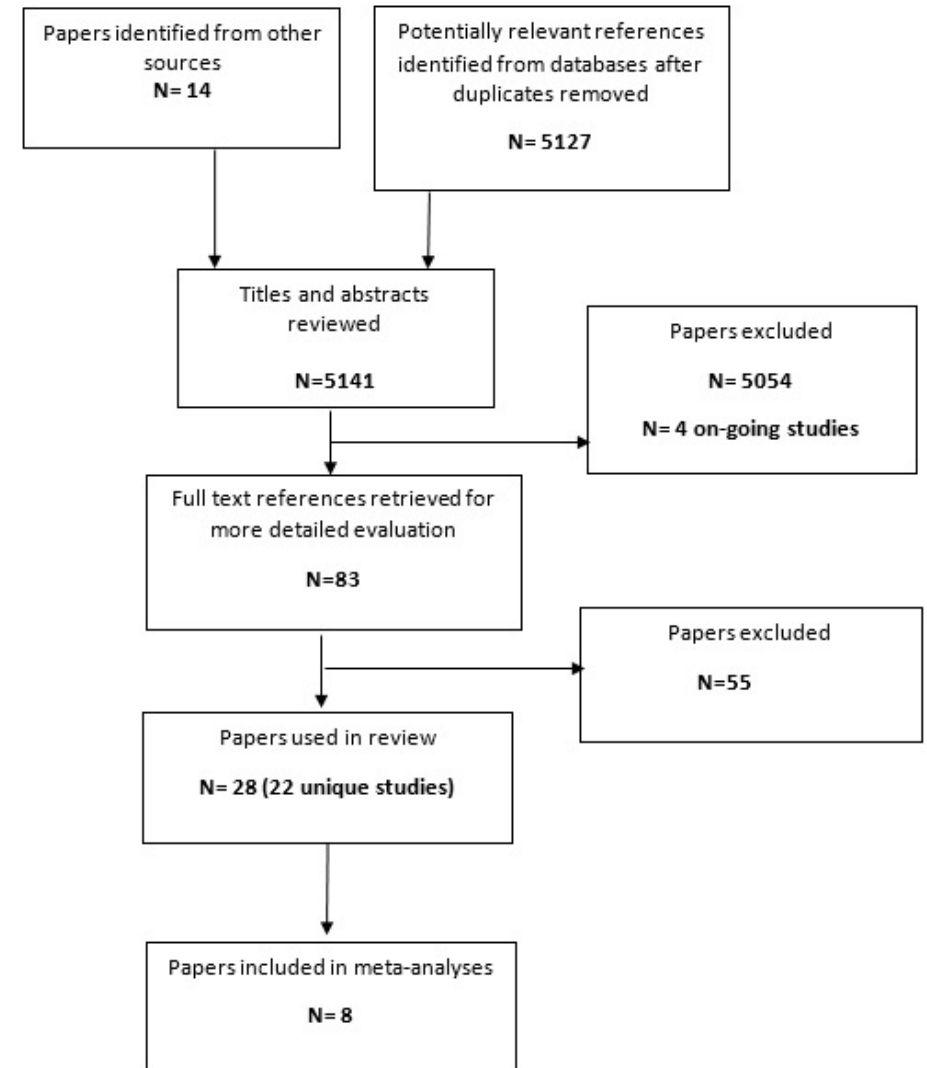
Effectiveness of psychosocial interventions for reducing parental substance misuse Protocol
Copyright © 2017 The Cochrane Collaboration. Published by John Wiley & Sons, Ltd.

WILEY

EFFECTIVE PSYCHOSOCIAL INTERVENTIONS TO REDUCE PARENTAL SUBSTANCE USE

METHODS

- Population - substance using adult parents (≥ 18 years) or their children (0-21 years)
- Intervention – Psychosocial interventions
- Comparison – no intervention, delayed, attention control, alternative active treatment, treatment as usual
- Outcome - Reduction in parental substance use (primary)
- Study design - trials



DESCRIPTION OF STUDIES



FINDINGS & IMPLICATIONS



Integrated interventions are effective

Fathers seemed to benefit most

Interventions which involved the child are not effective

Parenting may offer a mechanism for change

Mothers in the studies had complex needs

Need to balance shame and develop motivation

Limitations – lack of evidence of what works with risky drinkers

QUALITATIVE STUDY



In-depth qualitative interviews with parents in contact with children's social care

- 14 mothers; 8 fathers

3 focus groups with social care practitioners

1 focus group with alcohol treatment practitioners



ASKING ABOUT ALCOHOL

Practitioners told us...

Asking parents about alcohol can be *difficult*, they often rely on *observable signs* before asking, *routine and structured* conversations can be helpful in identifying parents who are risky drinkers

Parents told us...

Social care practitioners are *legitimate* in asking about their alcohol use, parents often had *not* been asked about their alcohol use, *would like* to be asked about their alcohol use



THE IMPORTANCE OF RELATIONSHIP

The relationship is the work

[Social care practitioner] and I did have a really good bond, a really good relationship...it was like, "Actually if she is mentioning it then maybe I need to sort it out as well" (mother)

The work helps the relationship

They weren't proper help, they just... I don't know they just wanted to refer you to someone else, refer you to someone else, refer you to someone else. I just shook my head and thought I can't be bothered with you (father)

TALKING ABOUT ALCOHOL

How brief are brief interventions?

Once [worker's name] had said to me, "Have you been having a party?" It was conscious in my mind, "She knows that I have had a drink." It is in your head, so that for me was enough to see. That clicked in my head and that was enough for me to say to myself, "you are going to sort your drinking out." (mother)

Making it relevant

He gets his bottles of beer that he normally drinks and he was like, "These ones are three for £5 and these ones are a box of ten for £10". We were sitting working out the units on the alcohol bottles because he had never looked at a bottle to see how many units were in them. He was like, "I can understand where you're coming from and why I'm a risky drinker now but I tend to go for them because they're cheaper" (practitioner)

TALKING ABOUT FAMILY

The virtual voice of the child

I think parents have got that many stresses in their life that they use alcohol to numb whatever stress it is. What they don't realise is the kids are there and they can see it (mother)

The teachable moment

I think that would be a huge thing for them to realise that it affects the kids. I think a lot of them probably think it doesn't, the kids are in bed or they don't even realise (practitioner)

One of the first things to discuss is about the risks to the health, the risk to the children growing up watching you do this (father)

THE IMPORTANCE OF APPROACH



Strengths-based

I don't like having my parenting role being criticised, and I probably haven't been a good role model for my kids, drinking. Probably haven't. But then, I could be taking drugs, couldn't I, or smoking? What am I supposed to do? Am I not supposed to be doing fuck all? I could be bringing blokes home. I don't. I could be having house parties. I don't (mother)

Non-judgemental

Everything [practitioner's name] asks you, you never feel like he's judging you. You don't feel like you're being criticised, you don't feel like you're doing something wrong. He just listens (mother)



PILOTING THE BRIEF INTERVENTION

BRIEF ADVICE



Parents drink alcohol for many different reasons:
 - To socialise & at celebrations
 - To have 'time-out' and relax
 - To help them cope
 But drinking alcohol can cause problems too.
 Particularly if they drink above what is recommended.

It is recommended that adults do not drink more than **14 units per week or 3 units per day.**

14 units is 1.5 bottles of wine or 7-8 cans of lager or half a bottle of spirits per week.

3 units is 1 large glass of wine or 2 cans of lager per day or 3 measures of spirits (75ml)

Protective factors

- Good relationship between parent and child
- Good communication between parent and child
- Child has a good relationship with another family member or adult
- One parent who does not drink above what is recommended
- Child does not see parent under the influence
- Parent does not condone child's alcohol use
- Child is doing well at school
- Good routine within the home
- Parent provides consistent boundaries, support and praises the child

Impact on activities outside the home



- Less energy to do activities with children
- Less enjoyment in activities
- Feeling stressed when doing activities
- Less money for activities
- Spend more time in the house
- More time spent on alcohol-related activities

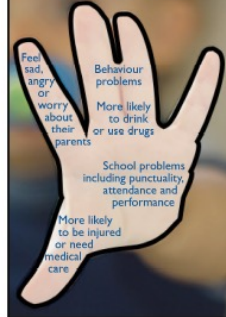
PARENTS



Risks for parent



Risks for child



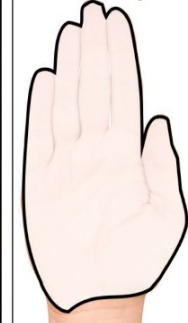
What do you think about this information?

What are the risks for you, your child and your household?

Risks for your child/ren



Risks for you



Protective factors



Risks for your household



Impact upon activities outside of the home



Parent Plan

Plan Type (please tick): to change drinking Safety plan

Aim:

Action:

Negatives for parent:

Benefits for parent:

Negatives for child:

Benefits for child:

Negatives for household:

Benefits for household:

Times that might be difficult:

Things or people that could help:

Start date:

BRIEF INTERVENTION



Describe a typical day in your family?

Typical drinking day?

What happens on a typical day when you drink?

What are the good & bad things?



Typical day after drinking?

What happens on day after you drink?

What are the good & the bad things?

How important is it for you to change your drinking?

Not important at all



Very important

How would the people who are important to you answer this question (your child/ren, others people in your family, people outside of your family)?

How confident are you that you could change your drinking, if you wanted to?

If you were to change your drinking, what would your family life be like for you?

Not so good things? Good things?

What would it be like for your child/ren and others in your family?

Not so good things? Good things?



Setting yourself a goal

3 reasons to change your drinking?



What are the steps you could take change your drinking?

What might make you slip up?



What or who might support you?



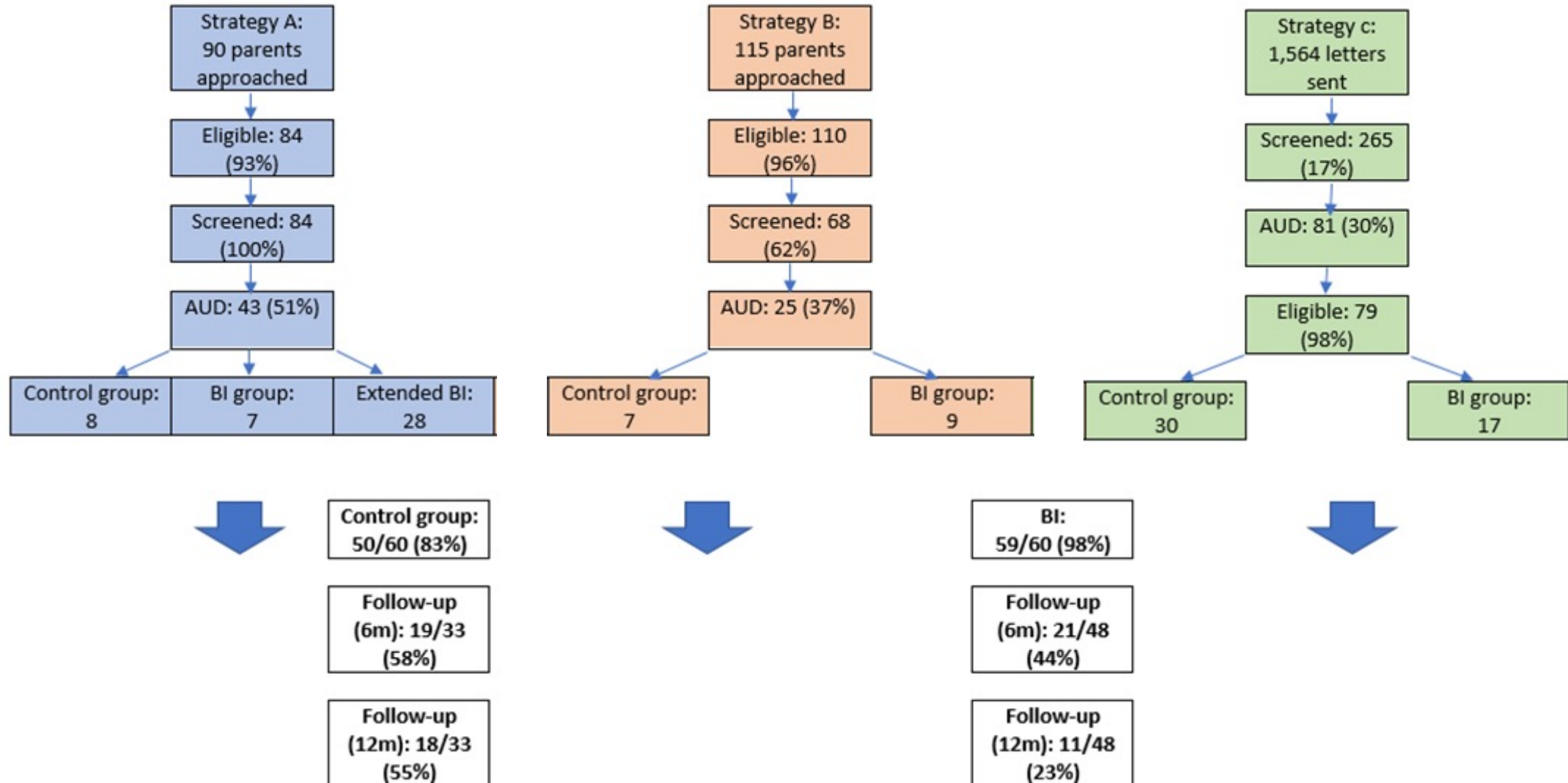
PARENTS PILOT FEASIBILITY TRIAL

Aims to investigate whether it is possible to recruit and retain risky drinking parents involved with children's social care to RCT.

Target of 60 parents per arm, 35 parents per arm followed up

- Recruit 60% of eligible parents
- 60% of participants accept/attend intervention session
- 60% retained at 12 months follow-up

CONSORT



FINDINGS SO FAR

Parents appear willing to discuss alcohol with social care practitioners

Extended brief interventions appear more acceptable to social care practitioners

Interventions are most likely to be accepted by parents if they are delivered opportunistically

It is not feasible to recruit parents to a RCT via social care practitioners

It maybe feasible to recruit and retain parents via postal questionnaires

Efficacy or real world?

THANK YOU – QUESTIONS?

r.mcgovern@ncl.ac.uk