

Parenting Support Toolkit for Alcohol and Other Drug Workers

Quick Reference Card

Helplines

Childcare Access Hotline ☎ 1800 670 305

Directline ☎ 1800 888 236

Kids Help Line ☎ 1800 551 800

Family Assistance Office ☎ 13 61 50

Maternal and Child Health ☎ 13 22 29

SIDS and Kids ☎ 1800 240 400

Toolkit Navigation Guide

Go to **Booklet One** for information on:

- Why talk about parenting as part of drug treatment (pg1)
- The impact of drug use on parenting and on children (pg5)
- How to engage clients around parenting issues (pg9)
- An approach to working with parents (pg11)
- How to make appropriate referrals (pg13)
- How to make notifications to Child Protection Services (pg15)
- Reviewing and reflecting on your practice (pg23)

Go to **Booklet Two** for information on:

- Child development from birth to 15 years (pg1)
- Risk & protective factors for children's health & wellbeing (pg5)
- Types of Protective and Family Court Orders (pg6)
- Collaborating with parents (pg9)
- A strengths-based approach (pg13)
- Fostering self-regulation in clients (pg14)
- Setting goals with clients (pg15)
- Working collaboratively with other professionals (pg17)

In **Booklet Two** you will also find:

- A guide to interviewing clients (pg26)
- A guide to observing parents and children (pg29)
- How to draw Genograms and Ecomaps (pg34)
- How to write a Treatment Plan (pg39)
- Ready-To-Use Templates & Information Sheets (pg44)
- Screening and Assessment Measures (pg57)

Go to **Booklet Three** for information on:

- Parenting services (Services pg1)
- Child and family services (Services pg7)
- Specialist services for parents with drug or alcohol problems and their children (Services pg13)
- Financial entitlements and assistance (Services pg17)
- Services that help with legal issues (Services pg21)
- Help Lines (Services pg25)

In **Booklet Three** you will also find resources on:

- Children's health and development (Resources pg3)
- Parenting skills and parenting issues (Resources pg9)
- Parental support and self care (Resources pg15)
- Keeping clients and children safe (Resources pg 19)
- Social and community engagement (Resources pg23)

The Toolkit and other resources can also be found at:

www.health.vic.gov.au/drugservices

Parentline ☎ 13 22 89

- A telephone information, advice, education, counselling and referral service for parents.

Regional Parenting Services

- Provides information about local parenting services, programs, activities and training programs for parents and professionals

Northern:

- Anglicare
Preston ☎ (03) 9478 9499

Southern:

- Anglicare
Frankston ☎ (03) 9783 4888

Eastern:

- Anglicare
Bayswater ☎ (03) 9721 3646

Western:

- Mackillop Family Services
Footscray ☎ (03) 9689 4799

Grampians:

- Centacare
Ballarat ☎ (03) 5337 8999

Barwon South Western:

- City of Greater Geelong
Geelong ☎ (03) 5227 0819

Hume:

- Upper Hume Community Health Service
Wodonga ☎ (02) 6022 8888
- Goulburn Valley Community Health Service
Shepparton ☎ (03) 5823 3200

Gippsland:

- Latrobe City
Traralgon ☎ 1300 367 700

Loddon Mallee:

- Centacare
Bendigo ☎ (03) 5442 7525

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An Approach to Working with Parents: Reflecting on your Practice

My role is to identify any parenting issues for my clients and to respond where possible with information, referrals, or interventions. The following tasks will help me achieve this.

1. Developed a collaborative relationship?	Yes	No	N/A	I do/don't want more training
<ul style="list-style-type: none">• I understand my client's reason for seeking help• I understand the relationship between my client's substance use problems and their parenting• I have made our respective roles clear• I have encouraged any client behaviour consistent with engagement in treatment• I have identified all the parenting concerns my client is willing to share• I have a background history of my client and their family life				
2. Developed a commitment to change?	Yes	No	N/A	I do/don't want more training
<ul style="list-style-type: none">• I have identified my client's goals• I have helped my client to identify how we will we know things are getting better• I have helped my client to identify small actions toward their goals				
3. Explored the context?	Yes	No	N/A	I do/don't want more training
<ul style="list-style-type: none">• I have identified the situations and triggers in which my client's concerns occur• I have helped my client to identify alternative strategies, skills or responses• I have helped my client to identify the strengths and resources they could use to deal with the problem				
4. Negotiated a treatment plan?	Yes	No	N/A	I do/don't want more training
<ul style="list-style-type: none">• I have completed an assessment feedback with my client• I have helped my client set goals and they are clear about the tasks we will work on together• I have helped my client deal with any barriers to change				
5. Implemented the treatment?	Yes	No	N/A	I do/don't want more training
<ul style="list-style-type: none">• I have continually tried to enhance my client's confidence• I have enhanced my client's ability to solve problems for themselves• I have introduced strategies to help my client change their environment to support their goals• I have helped my client to become independent (self regulate)• I have helped my client to obtain effective social support				
6. Monitored and evaluated the progress?	Yes	No	N/A	I do/don't want more training
<ul style="list-style-type: none">• I have routinely checked that the focus of our work fits with my client's goals• I have supported my client to monitor, review and evaluate their progress regularly				
7. Maintained, generalised and terminated treatment?	Yes	No	N/A	I do/don't want more training
<ul style="list-style-type: none">• I have encouraged my client to generalise our work to other situations• I have helped my client learn to recognise, anticipate and avoid early signals and triggers for relapse• I have phased out my involvement in my client's life				