

## Something about us at

# CHANGING TRAX

ANOTHER WAY OF WORKING.

- We are an independent Project funded by Newcastle Neighbourhood Renewal.
- The project is staffed by skilled and experienced workers specially trained to work with families in crisis where there are substance or alcohol misuse issues.

### To contact your worker:

Your worker's name is:

Mobile phone number:

**Changing Trax** is based on the Option 2 Model in Cardiff, Wales which has been recommended by many of the families they have worked with.

*"I feel happy, you know the proper happy from inside."*

**K.**, a mother one month after intervention.



# CHANGING TRAX

## Another Way of Working.



**Information For Families**

## Working With Families

Sometimes families experience extreme difficulties and risk their children being taken into care, or having their names placed on the Child Protection Register. With **Changing Trax**, we seek to build on family strengths at that time to help families to resolve their crisis.

### Aims of the Changing Trax Service

- To work with families where parental substance or alcohol misuse is an issue, enabling them to build on the strengths and skills they already have, which will help the children be safe.

Our work aims to help families to stay together when there is a risk of the children being removed.

### How we do this

- We work with families at home and in the community, for 4-6 weeks.
- We work flexible hours so that we work at the times the family finds useful
- We work with all available members of the family to develop plans that will protect children living at home.
- We work to help family members develop new skills to help them deal with difficult situations.

For instance, a difficult time in your family may be getting the children to have breakfast and get ready for school. We would agree to be there at that time to help you look at positive ways to deal with the situation.

### When we do it

- We work with families when they feel the need to make changes, and when there is a risk of the children being removed from home, or having their names placed on the Child Protection Register.

### Confidentiality

- We will regularly let the children's social worker know how the work is progressing.
- We may need your permission to contact other professionals for information that will help us plan our work together.

### Follow up

- At the end of the 4-6 weeks of our work together, we will arrange follow up sessions over the next few months to see how things are going.
- There may be times when it will be helpful to meet again briefly to practice some of the things that worked for you before.
- Towards the end of our involvement with you, we will help you access other resources in your community who will continue to support you.