

## CHILDREN HARMED BY ALCOHOL TOOLKIT

### Introducing C.H.A.T

C.H.A.T. is a toolkit for children, young people and families affected by someone in their life's drinking.

Building on our existing Oh Lila, Rory and A.D.A.M. resources, C.H.A.T. has been developed in consultation with a range of professionals who work with children and families.

C.H.A.T. is grouped into 4 key areas:

- Oh Lila & Eric – for use with children aged 3 to 8 years.
- Rory – for use with children aged 5 to 11 years.
- A.D.A.M. – for use with children aged 10+
- Adult and Parent Activities



### Aims of C.H.A.T.

C.H.A.T aims to build resilience and protective factors in children, young people and families by:

- Helping them identify sources of help and support.
- Developing their emotional intelligence
- Developing their problem solving skills
- Developing their social skills
- Helping them feel less confused and guilty about what may be happening.
- Helping them understand the recovery journey and the challenges that may bring.

### C.H.A.T.

The toolkit contains a range of age appropriate interactive resources

- Oh Lila storybook
- Eric, Lila and Wise Hare storybook
- Rory storybook
- Rory: what happened next storybook
- Rory board game
- Character Puppets
- Activity books and worksheets
- A.D.A.M. Online game

“C.H.A.T. is a valuable resource for anyone working with children and families”

“One child recently disclosed about his parent's drinking. Rory and ADAM helped him to do that”



# Pilot and Evaluation of C.H.A.T.

C.H.A.T. was developed in consultation with professionals from social work, addiction services and voluntary sector agencies working with children and families.

Following a pilot across Scotland, Alcohol Focus Scotland carried out an evaluation.

## Key Findings

- Practitioners agreed that the C.H.A.T. resource achieved its aims.
- Books, puppets and worksheets in the toolkit were particularly useful in helping children to focus and enabling discussions and exploration of difficult issues.
- C.H.A.T. worksheets were used by some respondents at case reviews and conferences. Respondents reported that children feel empowered when their materials were used in this way, instead of forms completed on their behalf.

## Community Justice Pilot

C.H.A.T. has recently completed a pilot funded by NHS Greater Glasgow and Clyde. 65 practitioners from public and voluntary sector have completed training and are now using C.H.A.T. An independent evaluation of this pilot is expected June 2016.



## C.H.A.T. Training

To support practitioners and professionals to use the C.H.A.T. Resource Alcohol Focus Scotland have developed a one day training programme.

On completion of training learners will have:

- An enhanced awareness and understanding of the problems caused by alcohol in Scotland.
- Greater awareness of the impact of alcohol harm on individuals, children, young people and families.
- Identified ways to use the C.H.A.T. resource within their own working environment.
- Increased confidence and skills to use the C.H.A.T. resource.
- Greater awareness of the support available for those affected by alcohol.



7<sup>TH</sup> JUNE 2016

GLASGOW

LAUNCH EVENT



For more information about C.H.A.T. contact:

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