

Parents and Children's Program

The Parents and Children's Program is a prevention & intervention program for children from age 6-13 years who have been impacted by addiction or untreated mental illness within their family system.



CHANGING LIVES
HEALING FAMILIES

About

At South Pacific Private, we believe in treating the family system not just the person who presents for treatment. Trauma, addiction and mental health conditions can significantly affect the family unit whether the condition is inherited, or whether it is happening right now. Addiction in particular tends to run in families.

The Parents and Children's Program can help families to reconnect and begin their journey from addiction towards health, happiness and awareness, thus helping to break the cycle and legacy of addiction and mental illness.

The Parents and Children's Program will assist children in the recovery process in an age appropriate, systematic and comprehensive manner. Through understanding the disease of addiction and mental health in an age appropriate way, children come to see that they are not at fault, and that they are not alone. The program helps children to identify and express their feelings, to talk openly and freely about what living with these family problems has been like. As they break their silence, children learn new skills to express their feelings in healthy and safe ways.

While at the same time the Parental Figure(s) will engage in a **Parents Program**, where we will educate them on how to become more AWARE and how to provide attention, time and space that will support children in sharing their feelings and expressing themselves from a young age. When children are suppressing and repressing their feelings as a normalised pattern of behaviour, we are potentially raising the next generation of children with their own addictions and mental health concerns.

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2 Day Workshop

+

In Person

+

**Children 6 to 13 and
Parental Figures**

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Self Payment

Program Content

The program, through a number of carefully designed games and activities, will support children with undeveloped social and verbal skills to express themselves, to learn self-care concepts and to work together as a team. The goal is to sow the seeds of health and wellness and empower the children. Children have the opportunity to:

- Explore and express feelings in a safe and supportive environment
- Understand addiction and co-dependency in an age appropriate way
- Learn a variety of problem solving, coping and self-care strategies
- Build self-esteem, self-worth, and positive feelings about themselves
- Trust themselves and others
- Realise they are not alone
- Simply be kids by learning to have fun in safe and healthy ways
- Children will learn that: It's Not Your Fault, You're Not Alone and It's OK to ASK for HELP
- Above all else, the program allows children to be kids, to laugh, play, be curious, and explore.

Who is it for?

Parental figure(s) must be in active recovery and sober/clean and continue to abstain from all substances and behaviours throughout the program. One or two parents / carers may participate in this program.

Cost

This is a self-funded program and costs \$250 per person.

Program Delivery

This program runs over two days (Saturday and Sunday)

For more information, please contact our Day Program Coordinator on (02) 9905 3667.

How to get started

For clients completing their inpatient treatment at South Pacific Private, they will be referred into the Parents and Children's Program.

For ex-clients who have completed the inpatient program at South Pacific Private within 3 months, an assessment and psychiatric review if required will be arranged prior to the commencement of the program.