Developed by Copello and colleagues to be used with relatives of drug and alcohol users in the primary care setting, this approach will also be useful in prison or in other criminal justice settings. Based on the stress-coping-health model, it includes strategies for exploring three key areas: stress experienced by relatives, their coping responses, and the social support available to them.

Step 1: Listen, reassure, explore concerns

Step 2: Provide relevant information

Step 3: Counselling about coping

Step 4: Counsel about social support

Step 5: Discuss needs for other help