Routes to Recovery
via criminal justice
Mapping user manual
Six

Families and social network

These maps may be of use when planning family visits, or for discharge planning from prison
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**

Families and social network/Map 02
Step 2: Example of information for families

Visiting & travel warrants
- IDTS
  - Info leaflet

Step 2: Information for families
- CARAT
  - Reviews
    - 28 days
    - 13 weeks
    - 3 monthly
- Folder
  - Evidence of progress
    - Harm reduction
    - Care plan
    - Group work
      - Mapping
        - ETS
        - PASRO/SDP
        - In cell work
          - Health trainers
            - Listeners
              - Insiders

How to contact family to update progress
- Other support

Client name: ______________________ Keyworker: ______________________ Date: __/__/__

How useful was this map and discussion?  1  2  3  4  5  6  7  8  9  10  Comments: ______________________
Step 3: Types of coping

- **Withdrawn**
  - Increasing distance from drug user
  - Avoid him/her as much as possible because of drug use
  - Stops me getting too involved - better for my health
  - I feel I am rejecting him/her
  - There is no ‘right’ way to cope

- **Tolerant**
  - Removes negative consequences for the user
  - Give him/her money even if you knew it would be spent on drugs
  - Avoids arguments
  - Feel I am being taken advantage of

- **Engaged**
  - Active interaction with the substance user, trying to deal with the problem
  - Watching his/her every move, checking up on him/her
  - Makes me feel I am doing something positive
  - Very stressful and user he/she doesn't like it

How useful was this map and discussion? 1 2 3 4 5 6 7 8 9 10

Client name: 

Keyworker: 

Date: __ / __ / __

Comments:
Knows about the problem

Is available to listen and understand

Is non-judgmental and accepting

Encourages substance use

An 'unsupportive other'

Is uninvolved in the situation

Knows when to give advice

Has a harsh attitude towards the user

An 'supportive other'

Does not take sides

Gives unhelpful advice

Offers help in accessing support

Offers material help

Step 4: Exploring and enhancing social support
Map 07/Working with clients to build social support

Family issues to consider

- Drug treatment? Know about drugs or what does my family need?
- My treatment? My family in like to involve how would I
- Look like? Family relationships what would a perfect
- What would a perfect family look like?
- What does my family know about drugs or drug treatment?
- What help does my family need?
- How does criminal and substance use behaviour affect my family? Are there issues around safeguarding children? How can I do things differently on release?
- Are there issues around safeguarding children? How can I do things differently on release?
- How does criminal and substance use behaviour affect my family? Are there issues around safeguarding children? How can I do things differently on release?
- What help does my family need?
- How does criminal and substance use behaviour affect my family? Are there issues around safeguarding children? How can I do things differently on release?
- What does my family know about drugs or drug treatment?
- How does criminal and substance use behaviour affect my family? Are there issues around safeguarding children? How can I do things differently on release?
- What help does my family need?
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- What help does my family need?
- How does criminal and substance use behaviour affect my family? Are there issues around safeguarding children? How can I do things differently on release?
- What does my family know about drugs or drug treatment?
- How does criminal and substance use behaviour affect my family? Are there issues around safeguarding children? How can I do things differently on release?
- What help does my family need?
Client's name:

Date: __ / __ / __

Keyworker:

Client name:

Comments:

How useful was this map and discussion? 1 2 3 4 5 6 7 8 9 10
What problems could taking drugs cause for your children?

Safe storage of medication
- Locked cupboard
- Out of reach
- Bottle with child-proof cap

What, when, where and how?

What other safety measures could you take?

How could you prevent this?
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A wide range of node-link mapping materials are available for free at www.ibr.tcu.edu

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