

# Pharos Service

**A Barnardo's service supporting children,  
young people and their families affected by  
parental substance misuse**



**Believe in  
children**



**Barnardo's**  
Northern Ireland

## About the service

Barnardo's Pharos Service supports families and children affected by parental substance misuse. Many parents experience problems with alcohol, drugs and medication. We understand this can result in serious challenges for children, parents and families.

Pharos is committed to helping families cope with the stresses and difficulties they face to reduce the harm caused by parental substance misuse and promote good parenting, better relationships and improved family life.



## What we offer

Pharos interventions are designed to meet the specific support needs of each family. Sessions are delivered at locations convenient to service users and can involve individuals, couples, and family groups.

### ***Our tailored programmes offer:***

- parenting advice and support
- therapeutic work with children
- increased understanding of the impact of adult substance misuse on children, parents and families
- increased knowledge of substance misuse and addiction
- therapeutic family work
- recovery and relapse support
- help engaging with other support services and networks

## Our approach

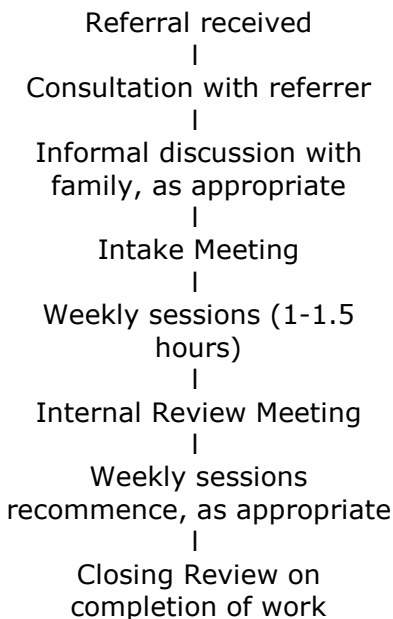
Pharos workers are experienced practitioners, qualified social workers, and trained in various intervention methods such as:

- Systemic Family Therapy
- Motivational Interviewing
- Cognitive Behavioural Therapy
- Trauma-based Practice
- Group work

## Process

Families are referred to Pharos by Social Services and Addiction Services. Each family is assigned a Key Worker who will meet with them and the referrer at an Intake Meeting to agree Pharos work. Review meetings to monitor progress are then held every 10-12 sessions.

## Service pathway



Pharos Key Workers liaise with referrers and other professionals, attend external meetings and provide reports on our work



# Contact Us

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***To download a referral form, please see our website:***

[www.barnardos.org.uk/what-we-do/services/pharos-eastern-board](http://www.barnardos.org.uk/what-we-do/services/pharos-eastern-board)



[www.barnardos.org.uk/  
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