



**The 5-Step
Method
for family
members and
carers**

The 5-Step Method - What is it?

- **A Structured Intervention delivered to an Affected Family Member by a Trained Practitioner/Lay Person who already has Counselling Skills**
- **It is for the Family Member in their own right**
- **Generally over 5 *1 hour sessions but can be shorter/longer**
- **1-1 in person/phone/skype or in Groups**

What do people say about the 5-Step Method?

**Practitioners like it:
Focused, excellent
practical model, which is
helpful to them**

**Like the skills based
training & assessment –
builds on counselling
skills**

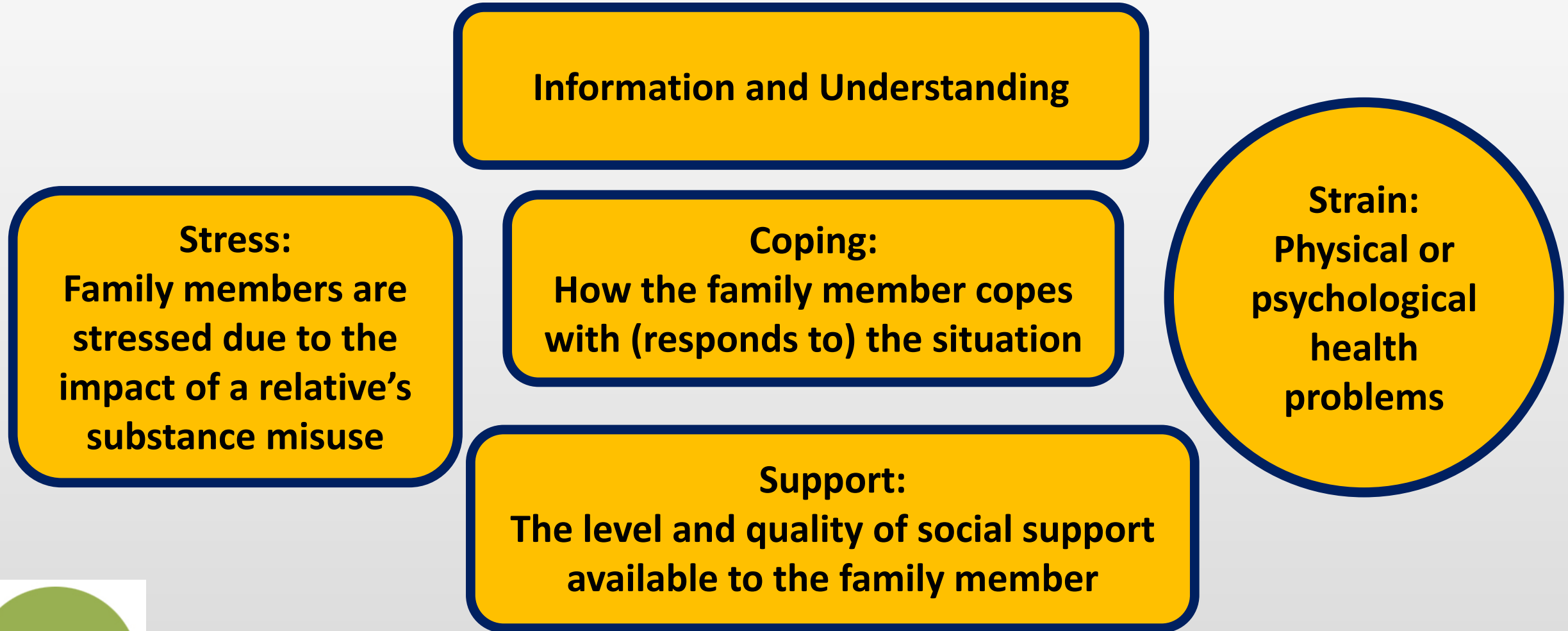
**AFMs like the handbook
– “I may be able to make
things better for myself”**

**AFMs like it, makes less
stressed, helps cope,
social network valuable,
focus is on them**

**Like that it is research-
based, structured
approach and focus on
empowering AFMs**



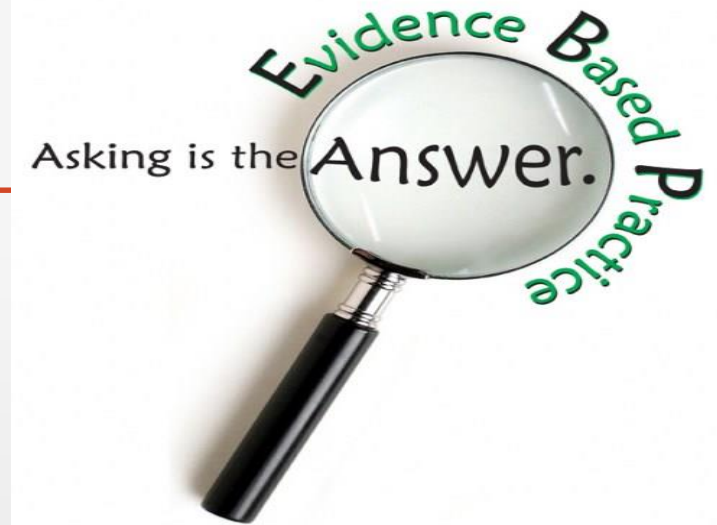
5-Step Method: based on the Stress-Strain-Information-Coping-Support (SSICS) Model



The SSICS Model is EVIDENCED BASED: underpins the 5-Step Method



How did it Develop?



**Model informed by
Baseline Research - 500+
detailed interviews +
Questionnaires from across
the world with Affected
Family Members (Original
work: England, Mexico,
Australia. Later: Italy, Goa
and others)**

**From
this:**

**Developed a Method,
2xhandbooks & training
programme - trained
practitioners and tested this in
range of setting and an RCT.
Now use before and after
Family Member Questionnaires**

The 5-Step Method - Key Components

- 1. Let the family member tell their story - listen & reassure. What are their stresses, how impacts them and others?**
- 2. Provide relevant information. What do they/others want to know about addiction and other areas?**
- 3. Discuss ways of coping and responding. How do they respond at the moment, ask about advantages and disadvantages and explore options?**
- 4. Explore sources of support. What sources of helpful support do they have - people, activities, work, religion etc?**
- 5. Review all steps and changes; arrange further help if needed**

Where have we introduced the 5-Step Method?

Canada

Ireland

England

Italy



Hong Kong

Australia

Mexico

Nigeria

India

New Zealand

How has the 5-Step Method developed?



- **Some organisations were part of the original research**
- **Some places wanted a 1-off 1 day course**
- **Others wanted a comprehensive self-sufficient national or organisational system e.g. Ireland, New Zealand. Accredited practitioner, assessors ad**
- **Adaptations of 5-Step (e.g. crystal meth, adults bereaved by substance use, gambling), translated versions, and also Steps to Cope for C&YP.**

How has the 5-Step Method developed?



- **Trained 1500 people (82 courses - 1 day or 2 day)**
- **65 accredited practitioners**
- **More details see afinetwork.info/5-step-method**

Discussion Points



- **Are you interested in utilising 5-Step? If yes, would it be part of a research trial or service model?**
- **What would be the barriers to training staff?**
- **The name, some think it is a shorter version of 12 Step!
One alternative: VICCS (ventilate, inform, cope, support),
but all publications use 5-Step Method.**