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M PACT[®]
Moving Parents And Children Together



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M-PACT (Moving Parents and Children Together)



From The Forward Trust

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The Moving Parents and Children Together (M-PACT) programme was developed by Action on Addiction (now part of The Forward Trust) in response to the 2003 Hidden Harm report. This report put a spotlight on how parental substance misuse can affect children and called for people working with vulnerable families to be trained in the delivery of evidence-based interventions. The programme was therapeutically designed to specifically meet the multiple and complex needs of families affected by addiction.

THERAPEUTIC FRAMEWORK AND OUTCOMES

Each M-PACT programme brings together a small number of families (up to 8), usually including at least one parent (or parenting figure) with a substance use problem and at least one child aged 8-17 years. In many cases at least one other non-using adult will also participate. A standard M-PACT programme consists of a family assessment followed by 10 face to face sessions - 8 group sessions (which combine work with all participants, work with adults and children separately, and work with individual family units); a family review, and a reunion.

There are also shorter and longer versions of the programme so it can be tailored to the organisation and their participant's needs, as well as an

aftercare programme for families who may need ongoing support. The programme can be best described as an evidence based psychosocial and educational brief intervention, that takes a whole family approach to the problem of parental substance misuse. At its core, through recognising the overlooked voices and experiences of children, M-PACT has a number of objectives with the overarching aim of improving the well-being of children and families affected by parental substance misuse. For most families it offers the opportunity for change that is unlikely to happen without external help.

The M-PACT programme aims to:

- Increase coping skills
- Improve family functioning
- Identify resources to provide ongoing practical help.
- Build resilience and increase protective factors.

FAMILY PROFILES

The M-PACT programme is specifically designed for families affected by addiction which means there can be multiple and complex support needs present. Alongside the addiction, abuse, physical and mental health issues, and economic deprivation are often reported by family members. Our inclusion criteria for those wanting to attend an M-PACT programme is purposefully broad, to allow as many families as possible to access the programme, whilst still enabling us to manage risks and keep people safe through robust assessment. We accept referrals to the programme through many routes, including self-referrals, to make it as accessible as possible for families.

M-PACT can engage and work with many different family members including parents, grandparents, aunts, uncles and foster carers. Family members do not need to be in recovery to attend the programme and this is managed through comprehensive risk assessments, management plans and support contracts. The programme is designed to support children and young people aged between 8 and 17 years old.

EVIDENCE BASE AND EVALUATION

M-PACT is an evidenced based independently evaluated programme. The data gathered over the years has clearly shown the programme generates positive outcomes and measurable opportunities for change, for families living with addiction.

In 2014 an independent economic assessment of M-PACT was carried out by Interface Enterprises, so a robust and defensible estimate of the costs and benefits of the programme could be provided. The methodology chosen to undertake this assessment was an evaluative Social Return on Investment (SROI). From a cost-effectiveness perspective the SROI showed that M-PACT provided substantial and real economic value and in 2014 the programme generated a conservative £2,213 of savings per family, at a cost of £802 per family. This generates an SROI ratio of 2.76 or for every £1 spent on M-PACT, it generates £2.76 in savings.

In 2019 the '12 years of M-PACT report' was published. Written by independent researcher Lorna Templeton, her mixed-method evaluation of qualitative and quantitative programme data collected between 2006 and 2018, showed that participants reported improvements over time in:

- Global family functioning (including disrupted communication, strengths and adaptability and feelings of being overwhelmed by difficulties)
- How families viewed the severity of the problem
- How families thought they were managing
- Coping efficacy

Many of the changes, most notably for family functioning and coping efficacy were **statistically significant**, meaning that they were unlikely to have occurred by chance and were likely to be directly associated with attendance on the M-PACT programme.

In 2019 the Prison Service Journal published an article by Lorna Templeton which evaluated and highlighted the success of M-PACT within prisons, using HMP Parc as the case study for this. In the same year, M-PACT was also recommended in Ireland's joint strategic statement on Hidden Harm and practice guidelines.

In 2021 the M-PACT programme was also noted as an effective intervention in the Government publication: [Examination of the links between parental conflict and substance misuse and the impacts on children's outcomes](#).



Drawing from a child participant of the M-PACT programme

M-PACT PROGRAMME DELIVERY

The M-PACT programme is delivered to families by trained practitioners both internally at the Forward Trust and also externally through approved licenced partners. We have extensive experience of working with a diverse range of organisations as licence holders across the UK and Ireland. This includes local authorities, charitable organisations and statutory services

Organisations must consider the practical aspects of the programme delivery which include:

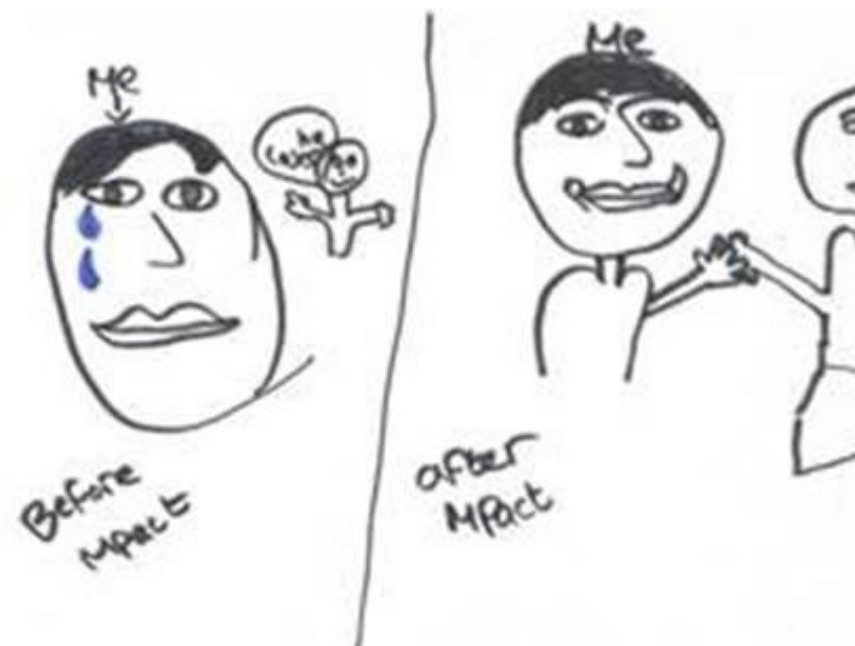
- Internal organisational policies and procedures which allow the programme to be delivered safely e.g., safeguarding, risk and needs assessments, lone working etc.
- Providing a suitable venue which can accommodate up to 8 families plus staff.
- Evening working – the programme is normally delivered in the early evening to accommodate work and school hours for the family members attending.
- Travel expenses – for families who otherwise would not be able to attend the programme.
- Staff: Client ratios – a minimum of two trained M-PACT practitioners lead the delivery of each programme, but most programmes also require support workers and volunteers to help those practitioners to run the sessions.
- Catering – families are normally provided with an evening meal at each of the eight core sessions.
- Materials – art therapy is used to help participants express their feelings and emotions and so paints, paper, arts, and crafts materials etc. need to be provided for the programme.

M-PACT LICENCE

In order to deliver the M-PACT programme to families in their area, organisations must sign a licence agreement with the Forward Trust and pay an annual licence fee. As part of this agreement at least two members of staff from the licenced organisation must be trained in the delivery of the programme. Training fees are in addition to the annual licence fee. For more information on costs please see section 7.

Every M-PACT licence holder has access to an online M-PACT Hub which hosts an interactive forum, programme documentation, evaluation data useful reports and good practice guides.

As part of the licence agreement organisations are required to submit end of programme data to the Forward Trust to support the ongoing evaluation of the programme. This helps to build the evidence base for the intervention and contributes to continuous improvement activities.



Drawing from a child participant of the M-PACT programme



M-PACT PRACTITIONER TRAINING

The M-PACT programme is only delivered to families by facilitators who have successfully completed the four-day M-PACT practitioner training.

The training can be delivered in two ways:

- Four days face to face at a venue provided by the licenced organisation.
- Blended learning: 50% (2 days) is delivered online and 50% (2 days) is delivered face to face at a venue provided by the licenced organisation.

The training requires all students to complete a 2,000-word assessment at the end of the course. The course is only delivered by approved Tutors from the Forward Trust who also provide tutorial help to support students to pass the assessment.

The Practitioner training is accredited by Addiction Professionals. To be eligible for the practitioner training, staff must be able to demonstrate relevant skills and experience of working directly with clients and/or family members in an addiction treatment or other related setting.

COSTS

Minimum set up costs:

Annual licence fee:	£1,200
Practitioner training fee (minimum of 2 practitioners trained):	£850 x 2 = £1,700
Trainer expenses and venue costs:	Varies depending on location. Organisations are required to cover the venue, travel, accommodation, and other reasonable expenses incurred by the trainer.
Total minimum set up costs:	£2,900 plus venue and trainer expenses

Ongoing licence holder costs:

Annual licence fee:	£1,200
Additional practitioner training:	£850 per person (as and when required)

Programme costs:

There is a cost to delivering the M-PACT programme to families which will vary depending on a range of factors including:

- Geographical location
- Travel costs for clients
- Number of families attending the programme
- Staffing costs
- Venue costs
- Catering costs
- Materials costs

The estimated cost of delivering the 8 core sessions plus the review session and reunion session are **between £5,000 and £10,000 in total per programme**. These costs are the responsibility of the licenced organisation.