



POCAR

Parenting our Children, Addressing Risk

Oasis Project was established in 1997 and gives hope to women, children and families affected by drugs & alcohol. Oasis takes a child and family centred approach to addressing substance misuse problems. POCAR was originally developed in partnership with Children's Services and NHS providers to address concerns raised in Hidden Harm Report and has been part of the service offer for 11 years.

What is POCAR?

- POCAR is an intensive, 16-week programme for parents who have problems with drugs and/or alcohol whose child/ren are open to Social Services
- This structured programme is based on effective interventions for drug and alcohol use with additional elements focused on parenting and safeguarding
- It is delivered via a combination of 3 weekly groups (two online and one face-to-face) and weekly 1-1 keywork with a named Care Co-Ordinator
- Parents are referred to POCAR by their child's Social Worker and monthly updates are provided to the Social Worker via a templated progress report
- The programme has two strands: one for men and one for women. Groups are gender-specific, so women will attend groups which are women-only and men will attend groups only open to men.

What are the Aims of POCAR?

- To support parents to address drug and alcohol difficulties to achieve their parenting goals
- To increase parents' self-esteem and confidence
- To reduce isolation and build resilience
- To enhance safety and stability for children

How are clients referred to POCAR?

- To refer a parent to POCAR, the Social Worker should complete an online referral form
- The referral will then be allocated for assessment by the Senior POCAR Practitioner
- Clients will be contacted via phone and offered an assessment appointment within two weeks of the referral being received
- If we are having trouble reaching the client during this time, we may contact the referring Social Worker to help engage them

Get in Touch or Make a Referral

Referral Link www.tfaforms.com/4862312

Phone 01273 696970

Email sarah.acheson@oasisproject.org.uk

Web www.oasisproject.org.uk/pocar