



**Building Resilience in Families Under Stress,
Second Edition: Supporting families affected by
parental substance misuse and/or mental health
problems - A handbook for practitioners**

Emma Sawyer, Sheryl Burton

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Parental mental health problems and substance misuse affect a significant number of British families. Many of these families are living in poverty or on low incomes. In economically and socially challenging times, additional stresses are placed on these already vulnerable families. There is an urgent need for services to ensure that children and families receive support that is based on a full understanding of their day-to-day experience and the potential impacts on children's development and life chances.

Featuring pointers, models and practice examples this handbook considers the concept of resilience and effective family support. Assessing the policy context and possible barriers to support, it looks at assessment of need, safeguarding children, minimising negative impact, and most importantly, keeping families together where possible.

Drawing on key research on the risks and impacts, Building Resilience demonstrates the need for a joined-up approach from a range of adult and children's services.

This second edition has been updated to reflect developments in policy and services. It is essential reading for all professionals who are involved in providing services to families, and will also be of interest to service commissioners and those with an academic interest in 'what helps' to support children and families in these circumstances.

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Josefina Roundtree:

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