

# Creative engagement, co-production, and dissemination activities exploring the support needs of children and families who experience parental alcohol and drug use

Ruth McGovern, Cassey Muir, and Debbie Smart, Researchers at Newcastle University  
Kira Terry, Lived Experience Research Advisor  
Josie Brookes, Illustrator at Josie Brookes Illustration  
and Victoria Bartle, Fuse Public Involvement and Engagement Member



# Background

Parental substance use is a prevalent and substantial public health concern

Impacts upon parent, child and wider family

Most interventions aim to reduce the substance use

What else can be done?

# Creative involvement and engagement with young people whose parents use substances

Cassey Muir

PhD Student & Research Assistant

Kira Terry

Lived Experience Expert

@cassey\_muir  
cassey.muir@newcastle.ac.uk

# An overview of my PhD

## 1. Qualitative Systematic Review: Experiences

700+ Children & Young People (20 Countries)

## 2. Interviews and Focus Groups: Support needs

21 Young People & 44 Practitioners (England)

## 3. Co-production Workshops: Prioritisation

13 Young People & 94 Practitioners (England)

**THE SPRING STUDY**  
STUDY EXPLORING PARENTAL SUBSTANCE USE AND  
RESILIENCE IN YOUNG PEOPLE



Scan QR code  
for SPRing's  
latest  
publication!

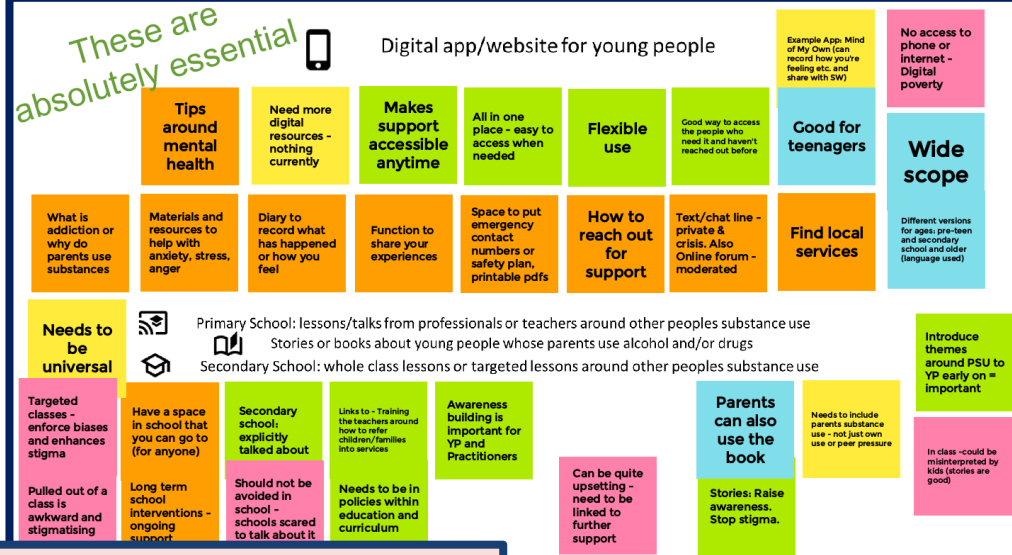
# Young Person Advisory Group & Co-production Workshops

## Personas

What support might help me?

Hey, I'm Reeta, I'm 17 and I live with my grandparents. I moved out at the start of the pandemic as I couldn't cope living with my mum anymore. My mum uses heroin and weed, and my dad has been in prison since I was young.

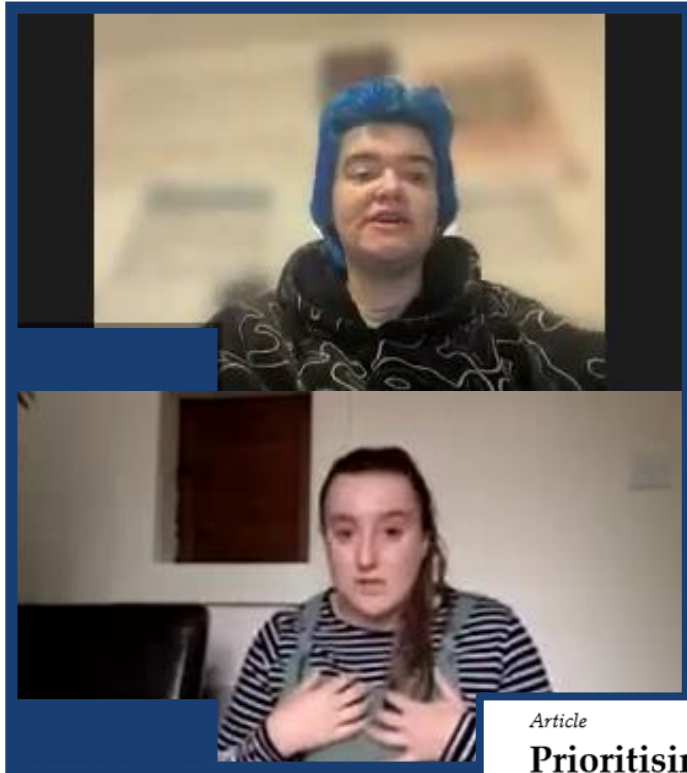
I sometimes feel really lonely and like there is nobody I can trust.



Google Jamboard



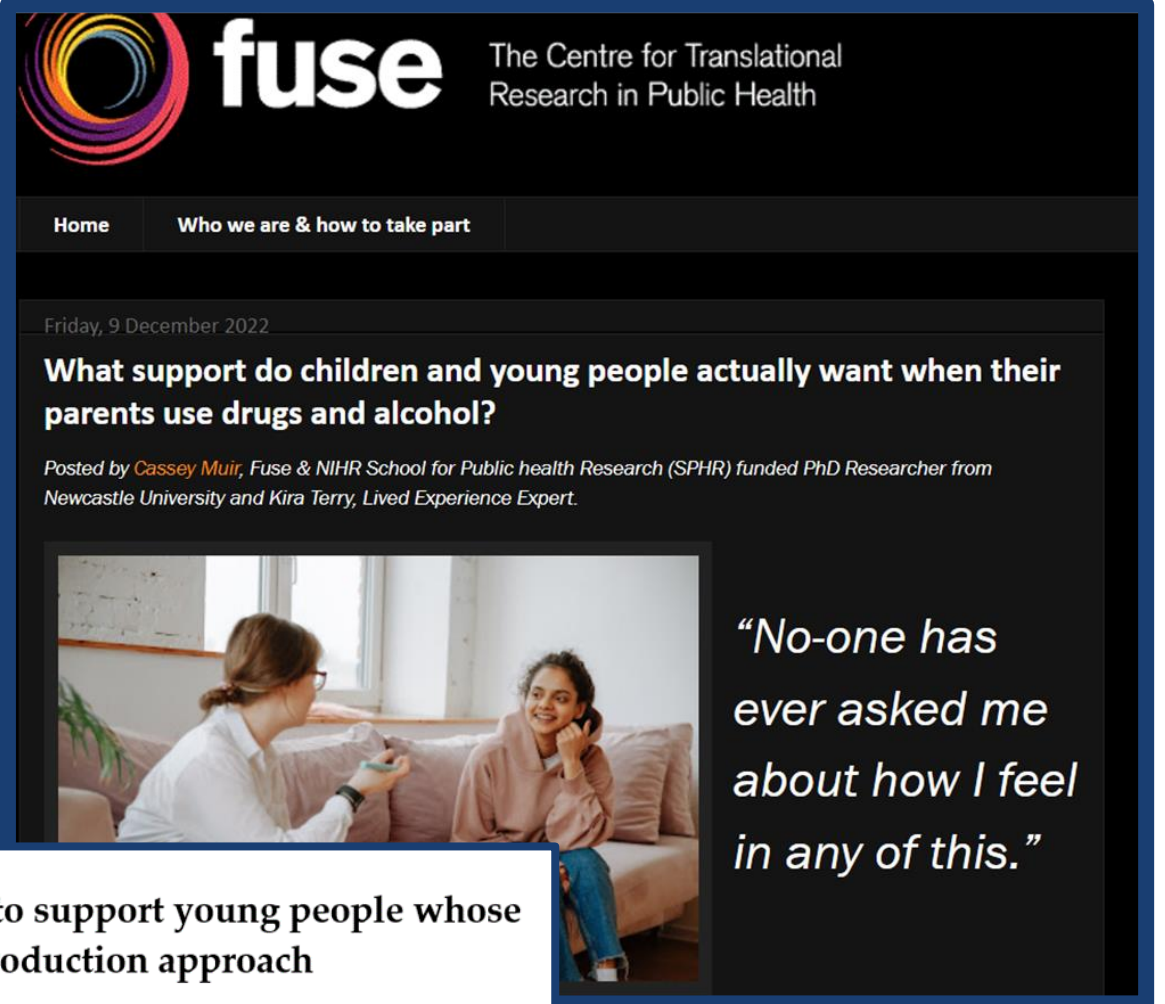
# Practitioner Event, Blog Post & Writing a Paper



Article

## Prioritising intervention ideas to support young people whose parents use substances: A co-production approach

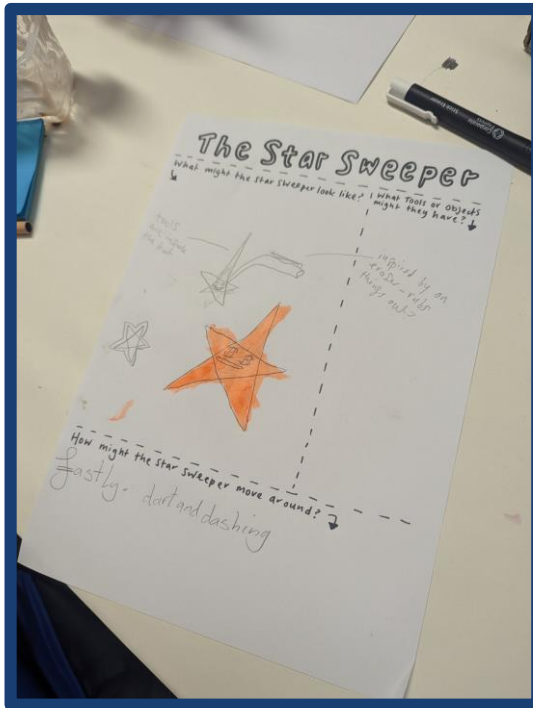
Cassey Muir <sup>1,\*</sup>, Kira Terry <sup>2</sup>, Hayley Alderson <sup>1</sup>, Eileen Kaner <sup>1</sup>, and Ruth McGovern <sup>1</sup>





# Moving from participant to researcher

- Participant in an interview
- Young person advisory group
- Co-producing a children's book



# Co-producing a storybook for children whose parents use drugs and alcohol

Debbie Smart

Research Assistant  
[Deborah.Smart@newcastle.ac.uk](mailto:Deborah.Smart@newcastle.ac.uk)

Josie Brookes

Illustrator  
<https://www.josiebrookes.com/>

With thanks to  
Danielle Burn, Author



Safe Space	<p><b><u>SAFE</u>guarding children in <u>S</u>ubstance ex<u>P</u>osed f<u>A</u>milies by supporting the non-using <u>C</u>aregiv<u>E</u>r</b></p> <p>3 focus groups &amp; 7 interviews with practitioners; 19 interviews with affected parents; 5 interviews with children; 2 x co-production workshops</p>
SPRing	<p><b><u>S</u>tudy exploring <u>P</u>arental substance use and <u>R</u>esilience <u>I</u>N youn<u>G</u> people (Cassey Muir, PhD)</b></p> <p>21 interviews with young people; interviews and focus groups with 44 practitioners; co-production workshops (13 young people &amp; 94 practitioners)</p>

## Key findings - SPRing

No one understands


It can be very overwhelming,  
with lots of different  
emotions

I feel alone,  
I feel different

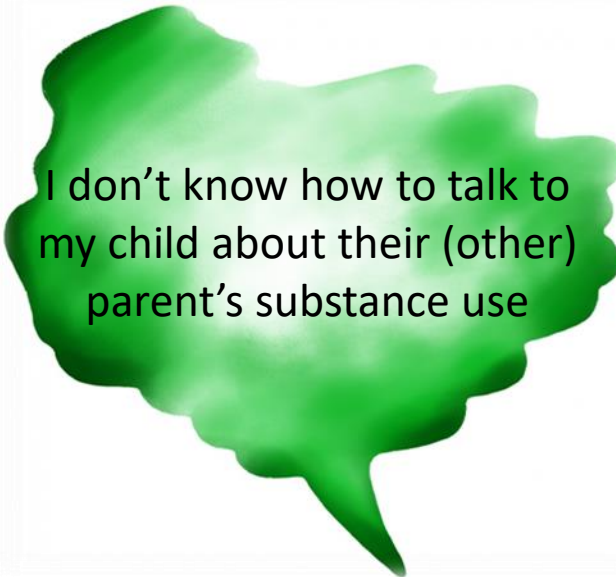
Knowing I'm not the  
only one really helps




## Key findings – SAFE SPACE



I want to protect  
them from it all



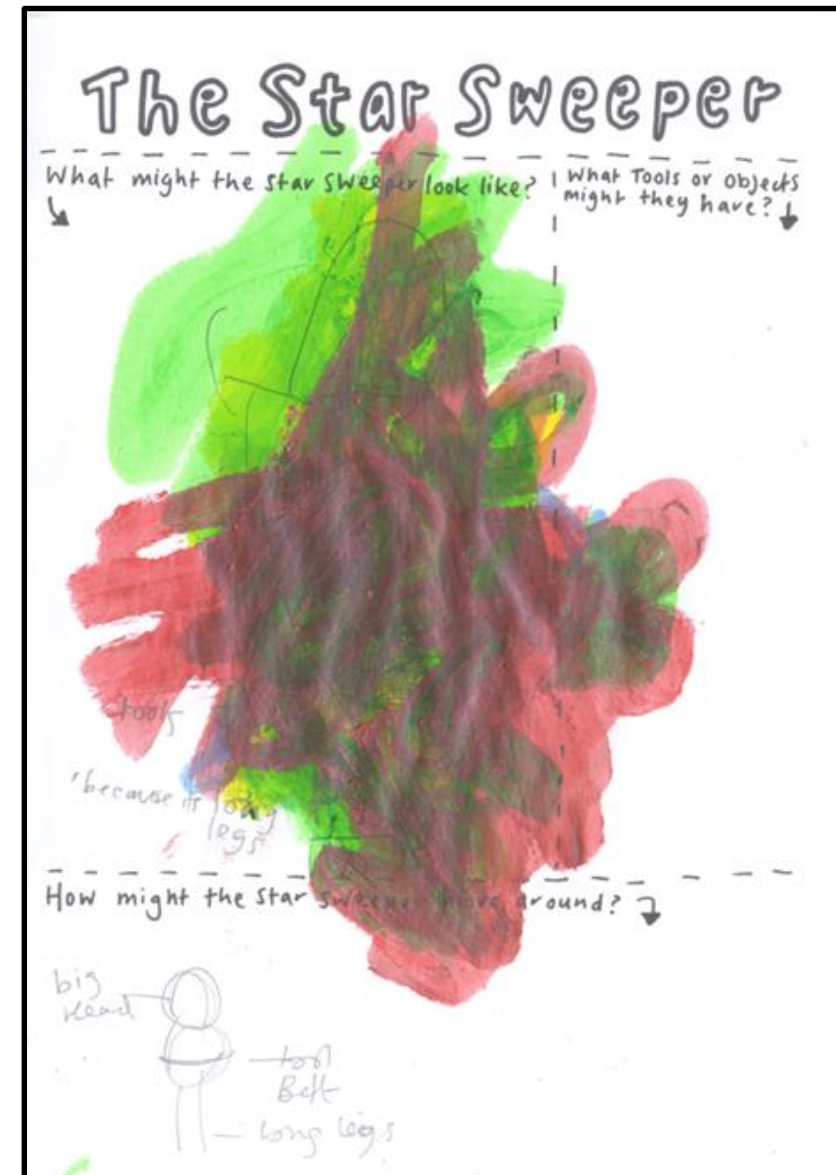
I don't know how to talk to  
my child about their (other)  
parent's substance use



It's hard to know when is  
the right time and how  
much to tell them

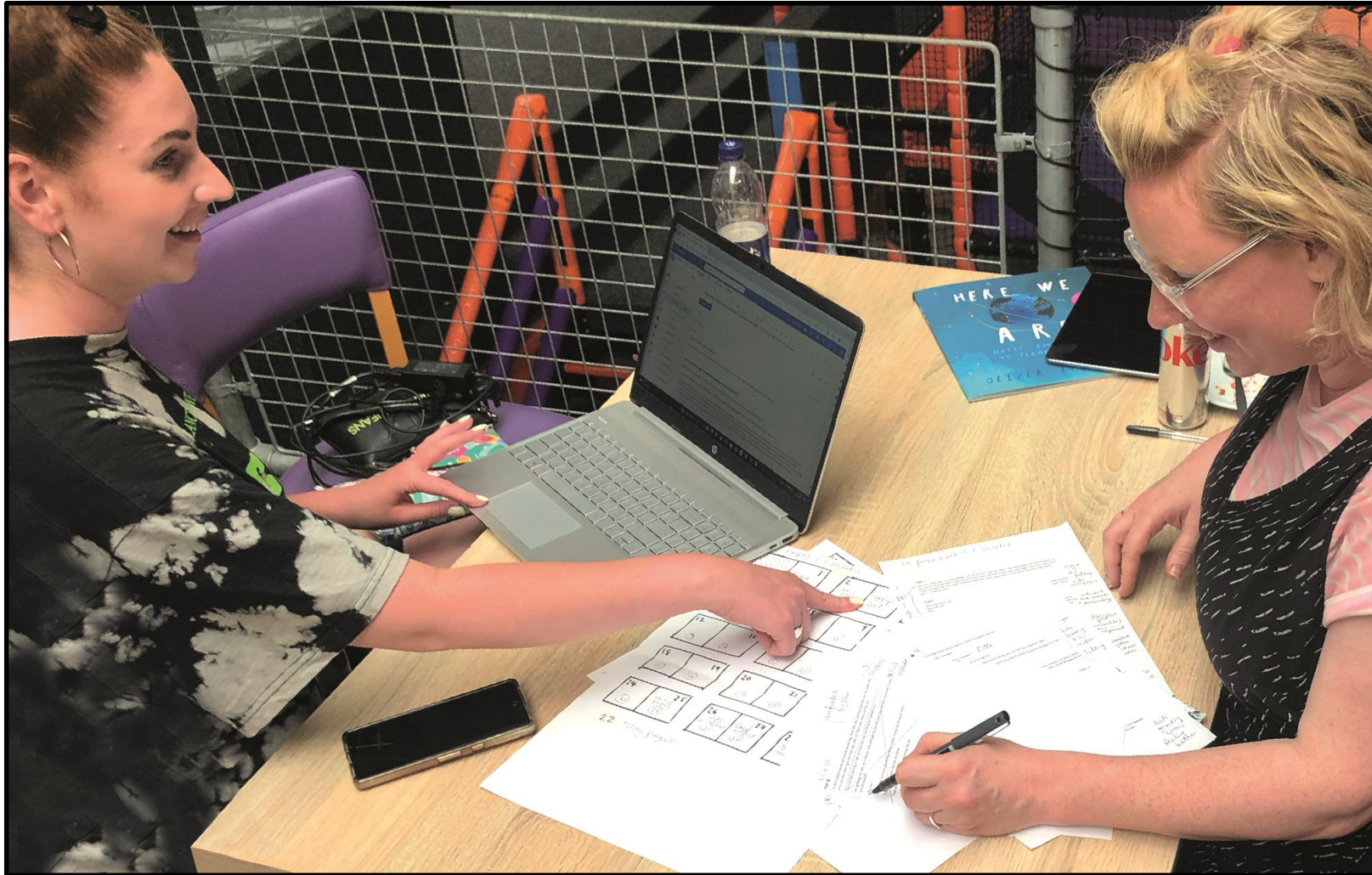


## Research - Authenticity

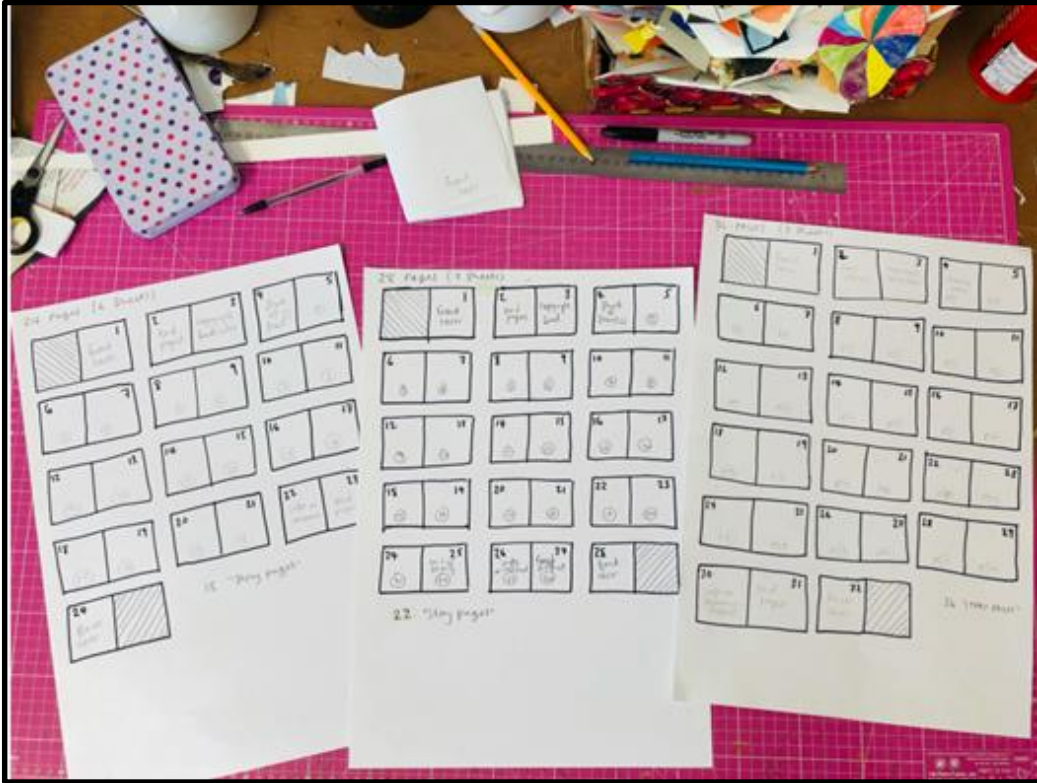




## Building our Story



## Illustration perspective





## Staying responsive

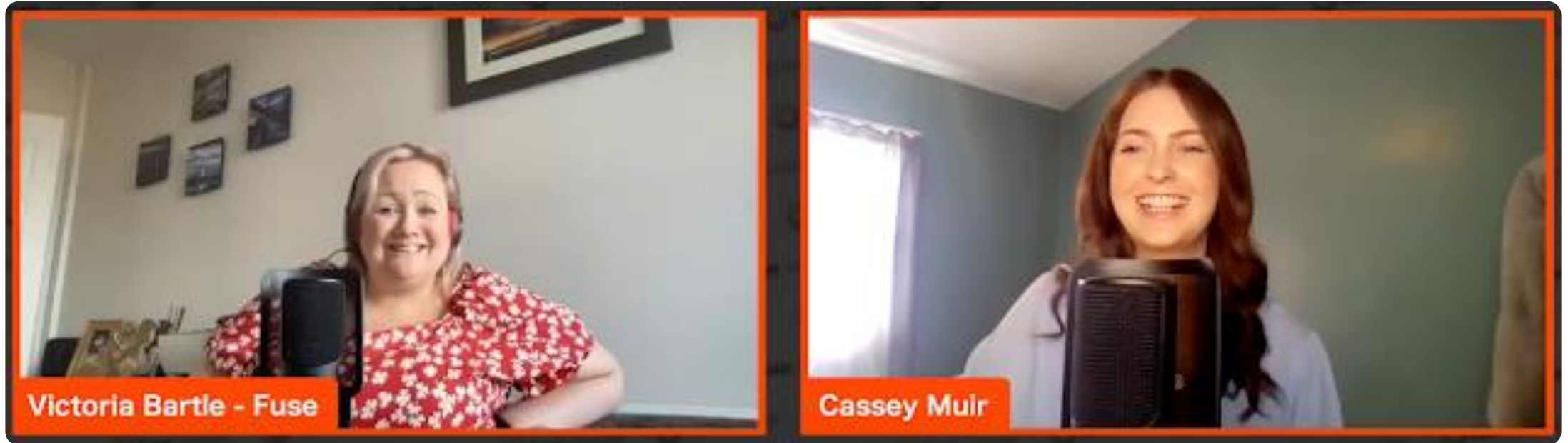


# Disseminating our research through the Fuse public partner podcast

Victoria Bartle

Fuse Public Involvement and  
Engagement Member





# Fuse Podcast - background

- Podcast group created
- Training delivered
- Topics and format decided
- Hosts linked to researchers
- Recording
- Blog with hints and tips



# Impact

- Over 220 views of the blog
- More than 100 listens to the podcast
- Episode 1 – Resilience and young people
- Episode 2 – Founding Fuse
- Episode 3 – Women's experiences of homelessness
- Next episode coming soon!
- Double award winners – NIHR SPHR conference 2023
- Conference presentations

**Listen to the podcast here:**

<http://www.fuse.ac.uk/publicinvolvement/fusepodcast/>

**Read the blog here:**

<http://fuseopenscienceblog.blogspot.com/2023/04/a-public-partners-guide-to-podcasting.html>

