

Improving outcomes of children whose parents misuse substances: Results from meta-analyses and example of an evidence-based program

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Thursday, 17th July 2025: 10.00 am UK Time; 11.00 am Western Europe; 12 noon Finland; 19.00 pm Brisbane; (other times: <https://www.worldtimebuddy.com/>) please note the time in Europe is earlier than usual, due to the speakers location

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Description of webinar

The outcomes for children and parents living in environments that have multiple challenges such as parental substance use and mental health problems, histories of trauma, and financial and social deprivation is typically poor. There is often higher engagement in the child protection system and academic and social outcomes for children are often compromised. There has been a proliferation of parenting programs in recent years, but to date, little attempt to quantify effectiveness across a broad range of studies. This talk will first provide an overview of a systematic review and meta-analyses that synthesises the literature on psychosocial, pharmacological, and/or legal interventions for families affected by parental substance misuse. The effectiveness of these interventions is assessed using a broad range of child psychosocial outcomes, including engagement with child protection agencies, development, psychological and behavioural wellbeing, and educational engagement and achievement across 36 meta-analyses. Key findings highlight the importance of integrated approaches that focus on multiple areas of family wellbeing including parental wellbeing and substance use. The second part of this presentation will focus on the Parents under Pressure (PuP) program, developed for families with parental substance use and other complex problems. This will provide an example of one approach that addresses multiple problems in families with parental substance use. The PuP program incorporates a focus on quality of care giving relationship between children and carers and parental/carer emotional regulation.

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