

## Family and Friends Support Program



# FFSP

Providing an anchor for the storm

*This online support program was developed by a partnership of research centres.*

*The Family and Friends Support program (FFSP) is an online resilience and wellbeing program to support affected friends and family members of people who use methamphetamine.*



**Summary:** The Family and Friends Support Program (FFSP) was funded by the Australian Government Department of Health in 2016 as an enhancement to the *Cracks in the Ice* Online Toolkit. The FFSP is an online family/friend resilience and wellbeing program to support affected friends and family members of people who use **methamphetamine**.

It aims to provide affected family and friends with a tailored, evidence-informed website that addresses their needs in supporting a loved one using **crystal methamphetamine 'ice'**. It also aims to provide health workers with access to training, information, and a referral pathway which assists affected families and friends they encounter as part of their usual practice.

The FFSP is comprised of two key components:

- (1) an online support program - the first, and only, evidence informed program worldwide to offer 24/7 support to family members and friends affected by a loved one's use of ice;
- (2) a training program for health workers – an evidence-based training and accreditation program for health workers (the 5-Step Method) to improve their capacity to support family members and friends of people with a loved one using ice;

This program has been developed and is currently undergoing a formal evaluation.

**Developers:** Kay-Lambkin F,K; Chapman, C; Teesson, M; Ross, K; Geddes, J; Hunt, S; Velleman, R; Velleman, G.



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Year: 2016

**Cost:** Free. However, for Health Professionals, there are costs involved in the 5-step training. Details about the training can be found on the Health Professionals portal in FFSP (under the icon 5-step).

**Evidence base:** This resource has undergone expert review. Refer to FFSP program website for more information and references.

For more details and to obtain a code, please use the online contact form for FFSP available at: <https://ffsp.com.au/contact>

[Access the Family and Friends Support Program](#)

**Family and Friends Support Program (FFSP) for Alcohol and Other Drugs** - FFSP is also available in an expanded version to assist families, friends and health professionals supporting someone who is using alcohol and/or other drugs. The program includes information on how families and friends can best help their loved ones and protect them from adverse impacts of drinking alcohol or using drugs.

[Access the FFSP program for Alcohol and Other Drugs](#)