

SUPPORTING FAMILIES AND INDIVIDUALS AFFECTED BY SUBSTANCE USE





TÍTT RÚM

WHAT IS TÍTT RÚM?

- Established in 2012
- Target group is people aged 0 – 35 who have been affected by substance use in their family
- Therapeutic interventions for individuals, families and groups
- “Your Room”



TÍTT RÚM

WHY TÍTT RÚM? →

- Estimated 1.100 children in families affected by substance use problems.
- Unsafe childhood
- Supporting and Preventive interventions

WHAT DO WE DO?

- Individual therapy,
- Couples and, family therapy
- Group therapy
- Parent guidance
- COS-P groups



OUR GROUPS

- Agebased (Children, teens, young adults, and adults)
- Meeting other people who understand
- You are not alone!

WORKING WITH THE WHOLE FAMILY



- Including people around a child
- Familybased treatment



TÍTT RÚM

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FROM ONE GENERATION TO THE NEXT

- Becoming and being a parent
- Circle of Security Parenting program