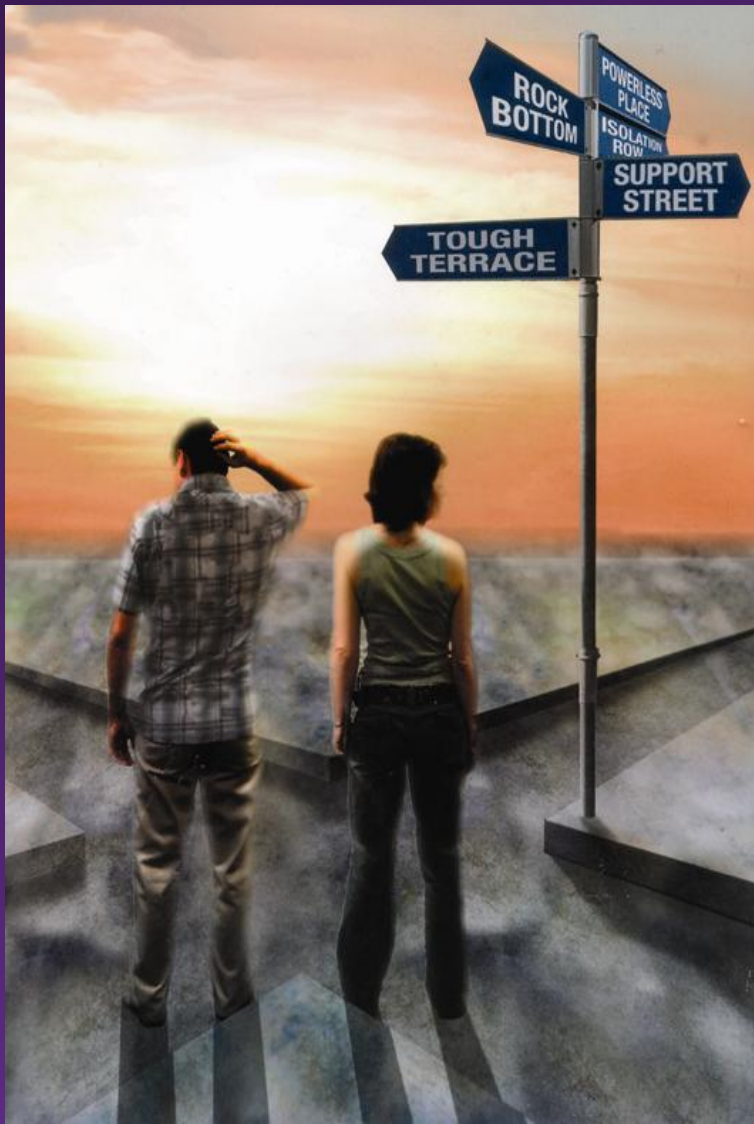


Family Drug Support (FDS)

- ✓ Addressing the complex needs and challenges of families and carers
- ✓ Stepping Stones to Success – the findings of a course in helping families to cope better, be more resilient and to survive the journey intact





Agenda

Who we are and what we do?

What's happening with families and treatment services?

Stepping Stones to Success



Who are we?

What do we do?

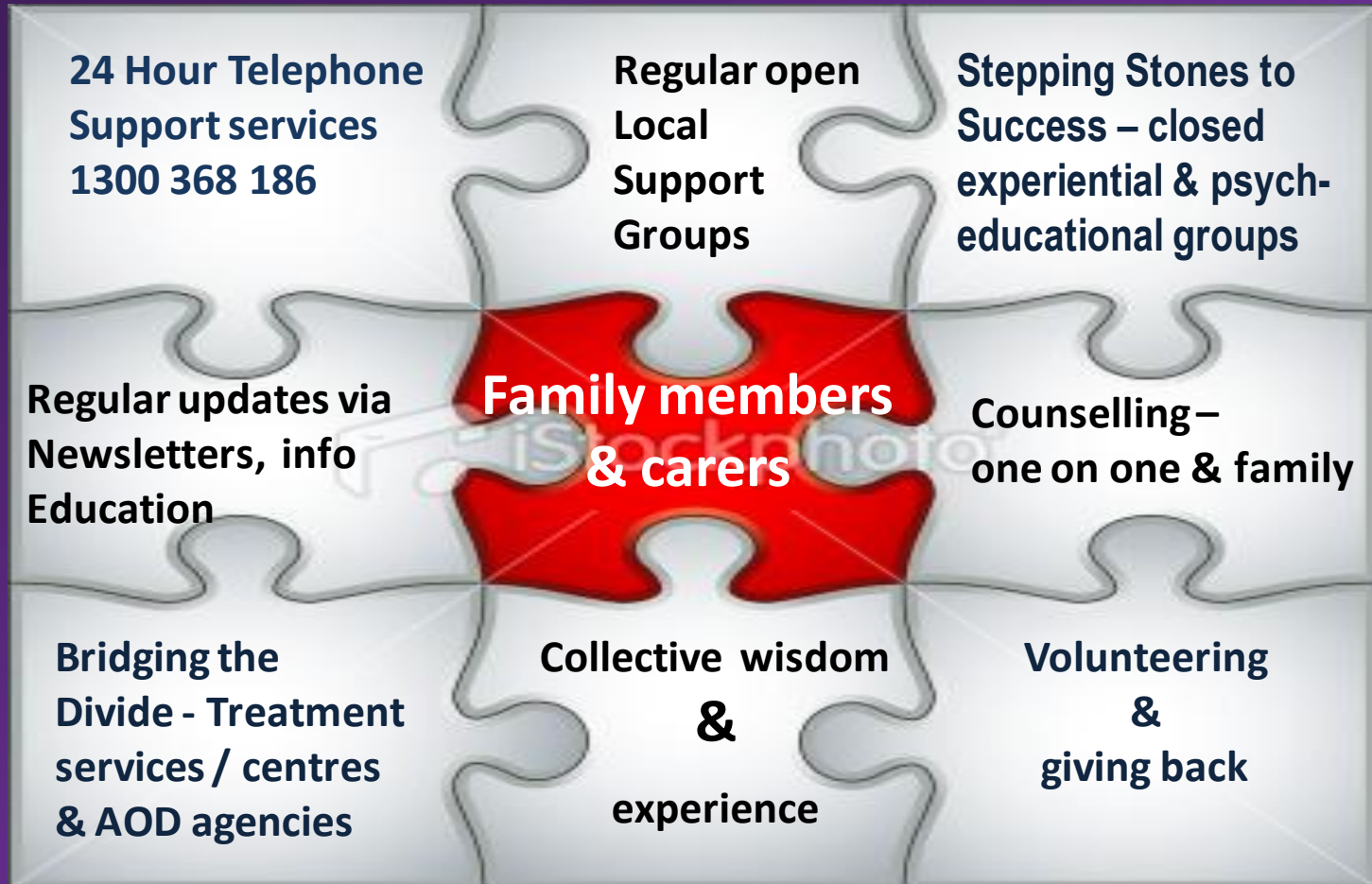
How do we do it?



FDS HISTORY

- ✓ Established 1997
- ✓ Non government organisation
- ✓ Non-profit – registered charity
- ✓ Funding – Government & donation

Support needs and options for families & carers



FDS ACHIEVEMENTS

- ✓ 2000+ members – 200+ volunteers
- ✓ 27,000+ calls annually
- ✓ 19 supports groups – 5 states
- ✓ Stepping Stones to Success awards & accreditations
- ✓ Recognised by government
- ✓ National / International recognition
- ✓ Individual recognition OAM

STAGES OF CHANGE – DRUG USER

- by Prochaska & Di Clemente (1986)

1. Happy User or Pre-Contemplation

- Everything is good
- I'm OK, others have problems

- Look for cues
- Get Support
- Get info and be educated

5. Maintenance

- Goals reached
- Let's stay here

2. Ambivalence or Contemplation

- Feeling two ways
- Benefits vs costs
- *I want to but I don't*
- It's normal
- Heart of change
- Cannot be rushed

6. Lapse

- Lapse anywhere*
- Not end of world
- Hiccup
- Skills make it easier next time

3. Determination

- Decision made
- Stopping (for now)
- Strategies
- Empower
- Help when asked

4. Action

- Aiming for goals
- Detox/rehab
- Treatment
- Stop or reduce

- Active listening
- Be available
- Help when asked

- Active listening
- Motivation
- Support

- Active listening
- Be available
- Maintain support

CYCLE OF CHANGE FOR FAMILIES

DENIAL – DON'T WANT TO...



- Can't happen in our family
- Hearing what we want to hear
- No knowledge of drugs
- Thinking its over



EMOTIONS – LOTS OF IT!



- Reactive & unmanaged
- Anger! Masking others
- Shame/stigma, Guilt, Grief
- Blame

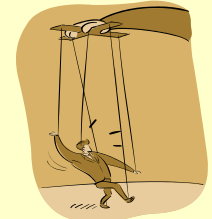


CONTROL – FIX IT...NOW



Rigid, ultimatums, 'my way' vs Rescue, Collusion, Over Involved

- Judgemental
- Distrust
- Poor Boundaries
- Expectations
- Agendas
- Masks – brave face



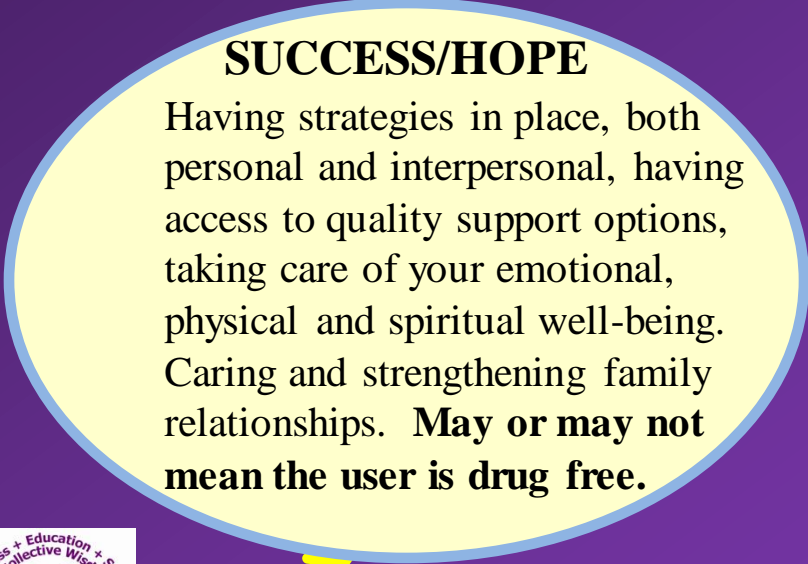
CHAOS – WHAT DO WE DO...



- Feeling useless/hopeless
- Not sure what to do
- No support or respite
- Powerless/Panic



STAGES OF CHANGE – FAMILY

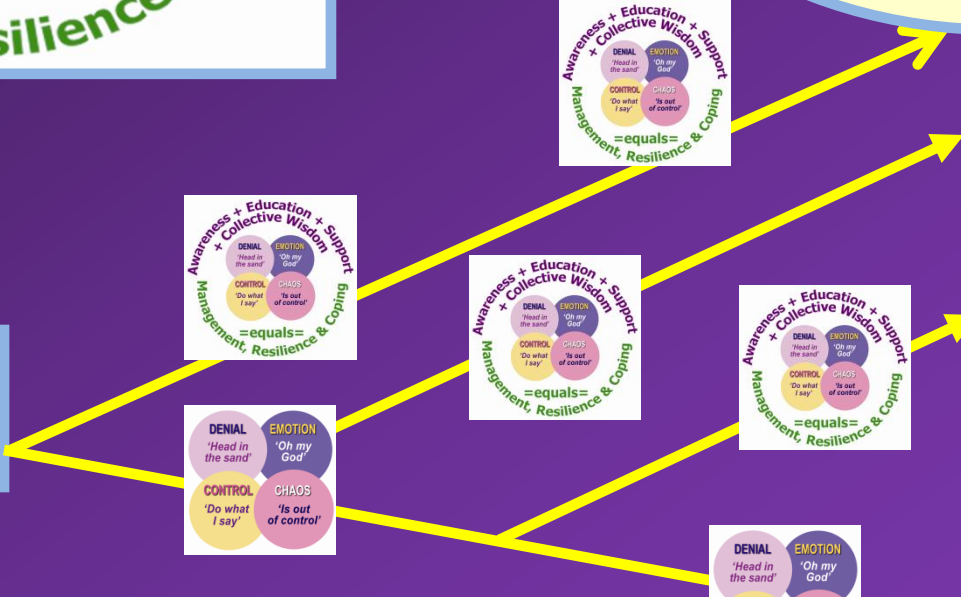
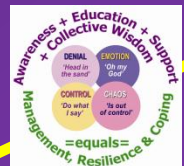
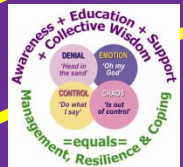
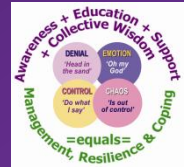


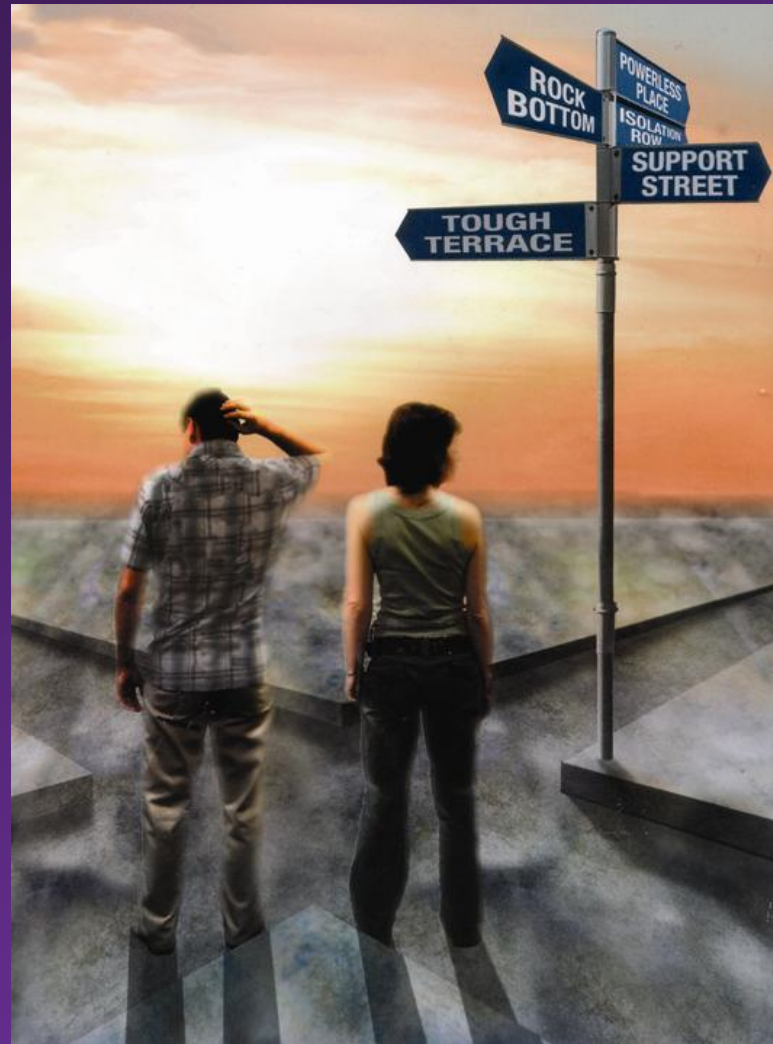
Success in not a fixed point
 Success is maximising what is possible at each point along the family's journey.

Management and coping can happen at any point and are a continuous growth process.

DEFEAT/DESPAIR
 Lack of help, support, education and resources can lead to exhaustion, hopelessness & disconnection.

Drug Use Discovered





Stepping Stones to Success

What is it?



- **Group work** – Structured, experiential & psycho-educational group – families and carers of AOD dependents
- **Award winning** – 2009 National Annual Drug and Alcohol Awards ‘Excellence in Prevention and Community Education’
- **National Endorsement** – Institute of Group Leader’s national endorsement program to Silver Status
- **Publications** – pending

Objectives & outcomes

➤ **Practice self-care**

- Having personal goals
- Establishing stronger and workable boundaries
- Being kind to self

➤ **Having support in place**

- Being with others – normalising the journey
- Collective wisdom and experience
- Information and education

➤ **To survive the journey intact!**

- Becoming more resilient
- Being able to cope better
- Taking on skills & knowledge

Where and how many?

➤ **Running for over a decade**

- First delivered in 2001
- Delivered 89 times
- Servicing 833 participants

➤ **Where**

- **Most metropolitan cities**

- Sydney, Melbourne, Adelaide, ACT, Brisbane

- **Regional cities**

- **NSW** - Central coast, Newcastle, Taree, Port Macquarie, Coffs Harbour, Byron Bay, Lismore, Tamworth
- **Vic** - Geelong, Ballarat, Cheswick, Bendigo

➤ **Springboard for other FDS services**

- Support groups
- Volunteers

Can it be measured?

Questionnaire – 7 key areas:

1. Anger
2. Boundary
3. Control
4. Denial
5. Family
6. Self-Esteem
7. Trust

Overall aggregate score – level of coping and resilience

Statistical relevance

- **Version 1** – 2001-2007, Pre & Post only
50 items based on Bruce Fisher scale (100 items)
- **Version 2** – 2007 – now, introduced Control and Follow Up (4-6 months)
Control/ SPSS Data Analysis – Freq Distribution & Factor analysis
Reduced to 28 items

Comparing Control to Pre

Wait list control n =126

Factor	Mean (T1)	Mean (T2)	Change	P values
Anger	51.72	49.54	-2.18	0.057
Boundaries	53.41	48.81	-4.60	<0.01*
Control	39.71	37.78	-1.93	0.16
Denial	50.44	50.25	-0.19	0.88
Family	48.17	48.52	0.34	0.80
Self esteem	83.74	79.98	-3.76	<0.01*
Trust	45.44	44.67	0.78	0.55
Overall	52.90	51.40	-1.50	<0.05*

Significant changes on boundaries, self esteem and overall

Pre, post and follow up

n=408(pre/post) n=119(follow up)

Factor	Mean Before course	Mean After course	Change	At follow up
Anger	48.44	60.00	11.56 (p<.001)	5.28(p<.001)
Boundaries	51.29	63.85	12.56 (p<.001)	6.44(p<.001)
Control	40.42	59.34	19.12(p<.001)	3.07(p<0.05)
Denial	52.39	60.20	7.81 (p<.001)	4.13(p<0.05)
Family	49.66	63.72	14.06(p<.001)	2.98 (p=0.08)
Self esteem	79.29	84.02	4.73 (p<.001)	0.27 (p=0.85)
Trust	47.67	60.18	12.50(p<.001)	1.42(p=0.41)
Overall	52.66	64.44	11.78(p<.001)	3.34 p<0.001)

1. Positive changes on the mean of all factors following course participation (p<0.001)
2. Positive changes continues on most factors at follow up (p<0.05 or below), apart from family, self esteem and trust, which were maintained.
3. Those who maintained or experienced negative growth do not revert back to pre course levels

‘ It does work!!’

Comments from evaluation forms

'Thank-you! This course has helped me and probably all those I am close to.'

'This course is very important to the survival of families of drug dependent loved ones. Stepping Stones will help me to be able to cope and be realistic'

'It has given me a new and productive direction in my approach with the drug and alcohol user'

Being with others sharing similar pain and challenges made me feel less alone. I now have others that I can draw on for support

Being able to shed the guilt, shame, stigma – I feel free

I felt safe and secure to talk about and work on areas that I have hidden away for so long – thank-you!

'Simply, this has been a life saver...'

'tepping tones has given me the skills to keep loving and supporting, tolerate what . can bear, state what . don't want and at the same time allow my son to find his own way – . am living again!'

Questions?

