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

24 Hour Telephone Support services 1300 368 186

Regular open Local Support Groups

Stepping Stones to Success – closed experiential & psych-educational groups

Regular updates via Newsletters, info Education

Counselling – one on one & family

Bridging the Divide - Treatment services / centres & AOD agencies

Collective wisdom & experience

Volunteering & giving back

Family members & 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

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

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

4. Action
   - Aiming for goals
   - Detox/rehab
   - Treatment
   - Stop or reduce

5. Maintenance
   - Goals reached
   - Let’s stay here

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

- Active listening
- Be available
- Maintain support
- Look for cues
- Get Support
- Get info and be educated
- Look for cues
- Get Support
- Get info and be educated
- Active listening
- Be available
- Help when asked
- Active listening
- Motivation
- Support
CYCLE OF CHANGE FOR FAMILIES

DENIAL – DON’T WANT TO...
- Can’t happen in our family
- No knowledge of drugs
- Hearing what we want to hear
- Thinking it’s over

EMOTIONS – LOTS OF IT!
- Reactive & unmanaged
- Shame/stigma, Guilt, Grief
- Anger! Masking others
- Blame

CONTROL – FIX IT...NOW
- Rigid, ultimatums, ‘my way’ vs Rescue, Collusion, Over Involved
- Judgemental
- Expectations
- Distrust
- Agendas
- Poor Boundaries
- 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/HOPE
Having strategies in place, both personal and interpersonal, having access to quality support options, taking care of your emotional, physical and spiritual well-being. Caring and strengthening family relationships. **May or may not mean the user is drug free.**

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

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.

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

<table>
<thead>
<tr>
<th>Factor</th>
<th>Mean (T1)</th>
<th>Mean (T2)</th>
<th>Change</th>
<th>P values</th>
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</thead>
<tbody>
<tr>
<td>Anger</td>
<td>51.72</td>
<td>49.54</td>
<td>-2.18</td>
<td>0.057</td>
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<tr>
<td>Boundaries</td>
<td>53.41</td>
<td>48.81</td>
<td>-4.60</td>
<td>&lt;0.01*</td>
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<tr>
<td>Control</td>
<td>39.71</td>
<td>37.78</td>
<td>-1.93</td>
<td>0.16</td>
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<tr>
<td>Denial</td>
<td>50.44</td>
<td>50.25</td>
<td>-0.19</td>
<td>0.88</td>
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<td>Family</td>
<td>48.17</td>
<td>48.52</td>
<td>0.34</td>
<td>0.80</td>
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<tr>
<td>Self esteem</td>
<td>83.74</td>
<td>79.98</td>
<td>-3.76</td>
<td>&lt;0.01*</td>
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<tr>
<td>Trust</td>
<td>45.44</td>
<td>44.67</td>
<td>0.78</td>
<td>0.55</td>
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<tr>
<td>Overall</td>
<td>52.90</td>
<td>51.40</td>
<td>-1.50</td>
<td>&lt;0.05*</td>
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Significant changes on boundaries, self esteem and overall
Pre, post and follow up

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

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

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…’

‘Stepping 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?