

## “Steppin’ Out”

### How a stepped care approach has helped to meet diverse needs – improve the recovery options, treatment matching and outcomes in ACT

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**Background:** In Canberra The Salvation Army identified the need to offer a flexible stepped approach to delivering treatment. We opened the Canberra Recovery Hub (CRH), a community-based day program, better enabling us to assess people for presenting need rather than service type and allowing us to treatment match in a more fluid way.

A stepped care model allows for variation in treatment intensity, ensuring appropriate treatment matching and responsivity to meet ever-changing/individualised needs through a flexible approach to service delivery. Furthermore, the approach specifically allows for residential services to work more effectively with lapse.

**Description of Model/Intervention:** Through this approach, we reduced barriers to access, and helped people to stay engaged in treatment through changing circumstance. Multiple completion points allow for the length of each person’s program to vary, depending on individual treatment goals. Participants can “step-up” to residential treatment if needed, and conversely participants in residential treatment can “step-down” dependent upon need. Services provide a menu of treatment options building individualized treatment packages to meet presenting and ever-changing need. Interventions delivered better enable people to have successful treatment outcomes and more sustained time engaged with services.

**Effectiveness/Acceptability/Implementation:** A stepped care approach has proven to be effective, specifically with participants involved in the justice system and for participants who need structured treatment in the community. We will explore the interventions offered, outcomes, how stepped care has worked for all stakeholders and lessons learned.

**Disclosure of Interest Statement:** *Nil to disclose*

<sup>a</sup>The Salvation Army. (2019). *Alcohol and other drug services - National Model of Care*. [https://www.salvationarmy.org.au/subscribe/sites/auesalvos/files/documents/1.\\_AOD\\_Model\\_Of\\_Care\\_2021.pdf](https://www.salvationarmy.org.au/subscribe/sites/auesalvos/files/documents/1._AOD_Model_Of_Care_2021.pdf)