

Development of a Video for Families and Friends of People with Alcohol or Drug Concerns

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Introduction/Issues: Families and friends of people with alcohol or drug (AOD) concerns experience difficulties navigating support services for themselves. To facilitate this process, this study aims to co-design with families and friends a video that shows where to find available support services and how to access these services.

Method/Approach: Families, friends and support workers were invited to participate in this study. Participants were free to decide their level of involvement, including participating in one or more of three co-design workshops and/or video production. Extended consent was also sought from participants who previously participated in interviews conducted by the research team for permission for their quotes and/or voice to be used in the video. Through workshops 1 and 2, the participants produced a video script that detailed the themes and quotes to be used in the video. Draft video(s) will be presented to the participants in workshop 3 for review and comments.

Key Findings: Co-design workshop participants identified three main themes that were important for the video to discuss and convey: (1) the benefits of accessing support services, (2) lived experiences of attending support services, including where and how to access support and (3) the importance of self-care strategies. Themes were conveyed in the video script through the use of quotes to illustrate the lived experiences of participants.

Discussions and Conclusions: Engaging families and friends in co-design, the workshops will lead to a series of short videos to engage viewers and raise community awareness of support services and self-care.

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