

The Development of a Stable Ground: A Stepped-Care Approach to Address Substance Use in Public Safety Personnel

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PROJECT Background

Public safety personnel (e.g., paramedics, firefighters, police, correctional officers) are an integral part of the frontline workforce.



Have experienced a traumatic event at work
Are diagnosed with PTSD



Research has found high rates of problematic substance use in this population.

Alcohol and other drugs are used to cope with trauma, but only provide short-term relief.

Study Overview

Survey (n = 539) asking about substance use, mental health and help-seeking

Facilitators to seeking help

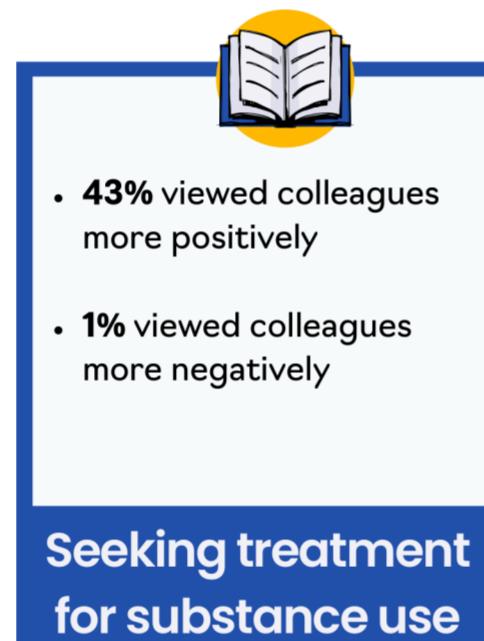
- 88% Accepting and supportive manager
- 85% Confidentiality from manager

Barriers to seeking help

- 86% Concerns about career harm
- 80% Worries about confidentiality
- 81% Perception by colleagues



1 in 3 reported harmful alcohol use



Care Framework

STEP 1

*Universal component

^Targeted component

SCREENING AND PERSONALISED FEEDBACK*

Yet to develop symptoms

PEER SUPPORT*

Early stages of symptom development/ low-level symptoms

SPECIALIST REFERRAL^

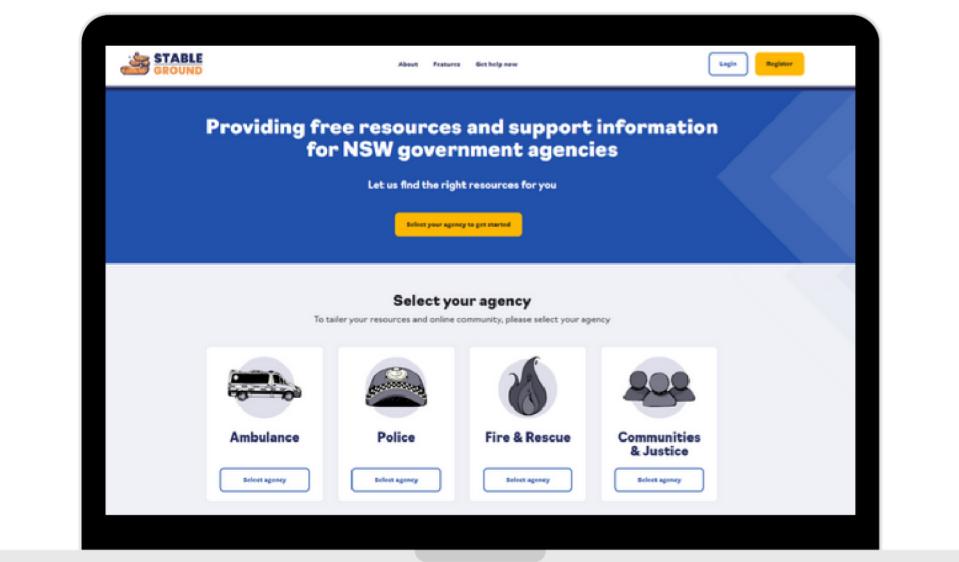
GP REFERRAL^

BRIEF INTERVENTION^

PSYCHOEDUCATION*

Established disorders/ severe symptoms

STABLE GROUND



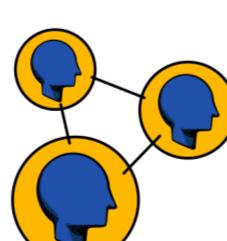
Factsheets

Access evidence-based info about alcohol, drugs and where to find help.



Self-assessment

Find out if your alcohol or drug use is putting you at risk of harm.



Community

Share your thoughts and experiences in a safe, anonymous environment.



Steady program

Learn helpful strategies and change your alcohol and drug use.

Next stages

Pilot trial

In two NSW public sector agencies

Evaluation

Using the RE-AIM framework

Upscaling

If successful, upscale to other agencies