

hello

مرحبا

xin chào

anyoung

你好
Nǐ hǎo

kumusta

konnichiwa



Using ATOP and K10+ Outcome Measures in Multicultural AOD Counselling

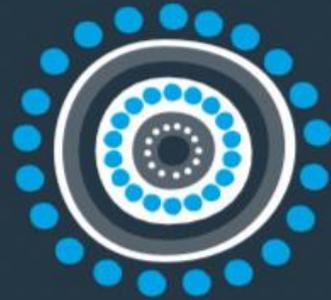
Insights, Challenges, and Opportunities

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**ODYSSEY
HOUSE**
NEW SOUTH WALES

We acknowledge the Traditional Custodians of Country where we live, work and heal. We pay respects to Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples here today.



ODYSSEY HOUSE

NEW SOUTH WALES

Background

- ❖ Odyssey Multicultural Programs – AOD Counselling/peer supervision
- ❖ Outcome Measurements in AOD Services:
 - Australian Treatment Outcomes Profile (ATOP)
 - Kessler Psychological Distress Scale PLUS (K10+)
- ❖ For CALD clients, these tools may overlook:
 - Cultural meanings
 - Language
 - Stigma and cultural response styles

The Project

Aim

To explore CALD AOD clinicians' experience of using ATOP and K10+ with CALD clients.

Who Was Involved

12 CALD AOD clinicians

What We Did

- ✓ Documented reflections
- ✓ Thematic analysis
- ✓ Focused on:
 - Language
 - Cultural meaning
 - Emotional safety
 - Adaptations.

Why It Matters

- Cultural relevance
- Ethical practice
- Clinical care
- Evaluation
- Funding decisions

Findings

Australian Treatment Outcomes Profile (ATOP)



What We Observed

- Useful structure
- Don't translate across cultures
- Can feel intrusive
- Measurement frictions.



How Clinicians Adapted

- Rephrased questions
- Everyday examples
- Interpreters
- Confidentiality preambles
- Ranges or “not sure”



Core Takeaway

- ATOP remains valuable
- Reliability and ethics:
 - cultural adaptations
 - linguistic clarity
 - clinician judgement

Findings

Kessler Psychological Distress Scale PLUS (K10+)



What We Observed

- Cultural and linguistic challenges
- Emotional terms lacked equivalents
- Somatic or spiritual expressions
- Stigma influenced disclosure
- Echo earlier studies



How Clinicians Adapted

- Reframed language
- Contextual preambles
- Linked emotions to motivation or faith
- Used as dialogue



Core Takeaway

- Cultural rigidity
- Usefulness depends on:
 - linguistic flexibility
 - relational sensitivity

Recommendations



Research & Tools Development

- ✓ Co-design
- ✓ Implement & adapt research
- ✓ Refine outcome tools for real-world use



Policy

- ✓ Invest in culturally validated outcome tools
- ✓ Strengthen workforce training



Training & Support

- ✓ Culturally responsive training
- ✓ Reflective supervision on outcome measurement



Practice

- ✓ Use examples
- ✓ Measures as engagement tools
- ✓ Safety & confidentiality protocols

THANK YOU



Reliable outcome measures grow through cultural dialogue, safety and shared understanding.

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