

Beyond debriefing: The importance of reflective practice and supervision in the wellbeing of Alcohol and Other Drug (AOD) workers

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Introduction/Issues: Alcohol and Other Drugs (AOD) workers in Australia find the work both challenging and rewarding.¹ Maintaining the wellbeing of workers helps to ensure a sustainable workforce and ensures better client outcomes.

Design and Methods: A series of 8 semi-structured video interviews were conducted with AOD clinicians in Queensland in February and March 2022 with representatives from a range of contexts (including representatives with lived experience, identifying as Aboriginal and/Torres Strait Islander, government, non-government, metropolitan, rural and remote workforces). Interviewees were asked about worker wellbeing in the AOD sector, particularly around maintaining professional wellbeing. This workshop provides a unique opportunity continue these conversations to obtain a cross-section of experiences in a broader audience.

Key findings: While post-incident debriefing is commonplace, most workers in the interviews discussed the importance of reflective practice and supervision in the AOD sector. Participants in this workshop will have the opportunity to share dialogues about the importance of reflective practice and supervision and to start to problem solve ways to cultivate this cultural shift at both individual and organisational levels.

Discussion and Conclusions: The field of worker burnout has always been a “bottom up” approach, where the voices of the workers are heard.^{2, 3} Discussion points will be incorporated into ongoing workforce development in Queensland and participants will be provided with access to a worker wellbeing toolkit to use within their work contexts.⁴

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References

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