

# **IN THEIR OWN RIGHT:**

## *Service delivery to family members **impacted** by alcohol and /or other drug use*

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# Outline of the Workshop

- Why be concerned about Family members?
- 5-Step Method in Family Drug Support NZ
- Overview of 5-Step Model & Method
- Step 3 – Coping
- Facilitator role play
- Practice
- What's happening in Australia

# Why be concerned about a family member impacted by a loved one's alcohol/other drug use?

- Family members need and deserve help.
- They often experience health challenges including *anxiety, depression, and/or sleep challenges etc.*

## **Often there is little/no help for Impacted Family Members due to:**

- Focal person never seeks 'treatment' so no help for family  
*57% stop the **habit** without 'treatment'*
- Access issues for focal person – Services are stretched so a person who wants to address alcohol or other drug issues often can't find help in a timely manner when ready - and no help for impacted family members
- Impacted Family Members usually only included to assist the focal person into recovery, **not in their own right**
- Impacted Family Members experience stresses / strains not disclosed to professionals / friends / anyone

# How many people are impacted?

## **New Zealand estimate**

*Omnibus survey commissioned by Family Drug Support NZ (1,000+)*

**Over 41%** impacted by the alcohol use of a family member or close friend

**Over 29%** impacted by the other drug use of a family member or close friend

## **Research in 8 NZ Universities (900+)**

**Alcohol – 36.2%** impacted

**Other Drugs – 37.5%** impacted

**10-12 people impacted by one person's alcohol or other drug use**

*Consistent with worldwide figures*



# Impacted family members – emotional impacts

Impacted family members report they often feel:

- Anxious, worried
- Helpless, despairing
- Low, depressed
- Guilty, devalued
- Angry, resentful, hatred
- Frightened
- Alone (Concealed Stigma)
- Very sad (Chronic Sorrow, not grief)

Often too ashamed to access support and just “put up” with the situation, often due to **reputational protection**.

# Evidence – Based, Accessible Support

Nationwide in New Zealand via 5- Step Method

- Self - referral via website [www.fds.org.nz](http://www.fds.org.nz) or via Supportline
- Within 24 hours, Application and Informed Consent **sent** via email to Impacted Family Member(IFM)
- Application / Informed Consent **submitted** by Impacted Family Member via website (or post or phone)
- Resources **couriered** to Impacted Family Member (designed for particular substance being used by the focal person)
- Impacted Family Member **matched** and **allocated** to Accredited Practitioner
- Impacted Family Member **starts** 5-Step counselling within 1-2 weeks via Telehealth
- 92% of IFMs starting 5-Step counselling, complete the 5 sessions
- Pre and Post assessment via a validated Family Member Questionnaire with data currently available from over 1,500 sessions
- 3 further subsidised sessions available

# Online Evaluation Surveys – Post 5- Step programme

The Resource Pack Readings were helpful	100%
The 5 sessions of the programme met their needs	100%
They now understand the importance of taking care of oneself now	100%
They had an understanding of the ways to cope now	97%
They felt more able to face the future now	94%
They know when and how to access support now	86%
They would recommend the programme to friends	100%

**At 3 Months (70% response rate) ...**

**86% Coping Better or Much Better**

**72% Wellbeing Better or Much Better**

**AND 51% report focal person's behaviour "better or much better" 3 months post 5-Step**

# Evaluation of Programme

*From pre and post assessment using Family Member Questionnaire (FMQ) in NZ*

90% of Impacted Family Members report reduction of family burden

Total Family Burden - reduced by 46%

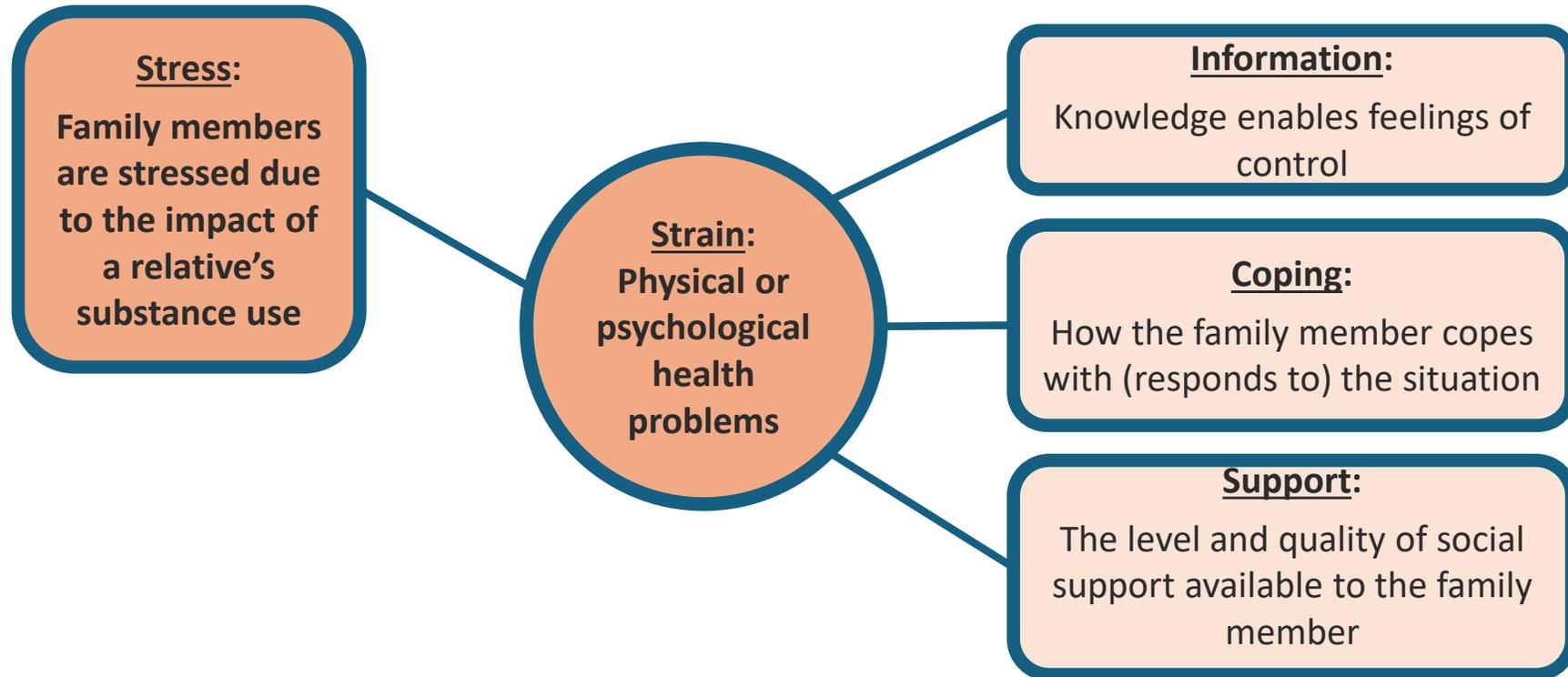
Stress - reduced by 83%

Fewer emotional interactions with focal person - reported by 62%

Increased formal support - reported by 80%

People attending as couples 33%

# The Stress-Strain-Information-Coping-Support Theory





## Step 1

Family member **story**

*Listen, reassure and explore concerns*

## Step 2

Identify relevant and targeted **information**

## Step 3

Explore ways of **coping** and responding

## Step 4

Explore and enhance **support** and communication

## Step 5

**Review** previous steps and explore further needs

Sessions: 1 hour each (5 hours total)

- Psycho-educational counselling via Telehealth
- Anywhere in New Zealand
- Irrespective of where the focal person is on their journey
- Additional 3 sessions subsidised
- Accredited Practitioners

***Used in several countries including UK, Ireland, Netherlands, Australia and New Zealand***

# Exploring the Ways of Coping

1

Introduce the 3 coping styles to the IFM and ask for examples of each way of coping.

2

Explore ADVANTAGES AND DISADVANTAGES of each coping style as perceived by the IFM.

3

Explore with the IFM ALTERNATIVE ways of coping for all coping styles, using the same examples.

4

Explore advantages and disadvantages of these alternative ways of responding.

5

Summarize highlighting that there's no right or wrong way of coping; and moving from TINA to TAAA is possible.



**Family Drug Support**

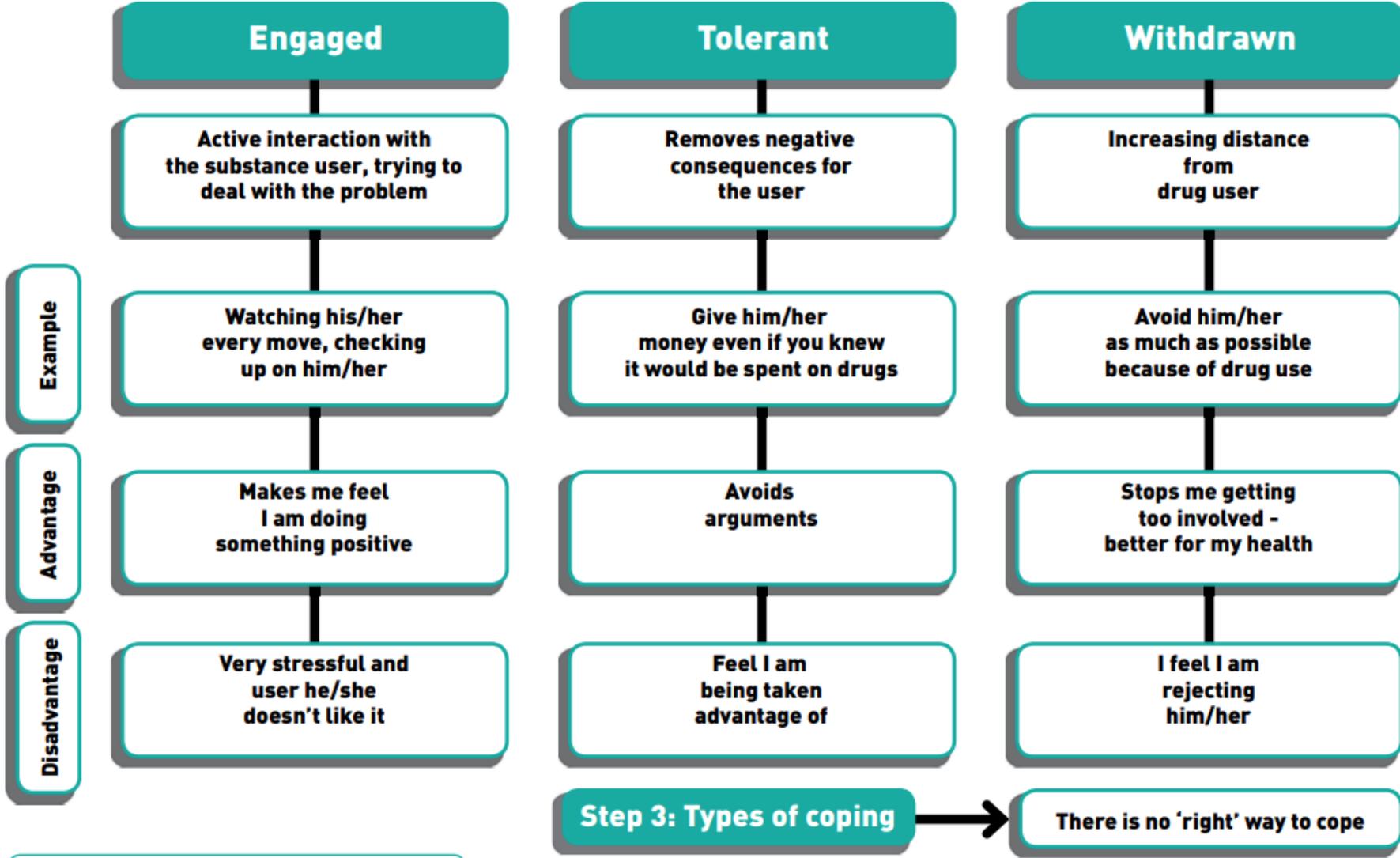
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Client name:

Keyworker:

Date: \_\_/\_\_/\_\_

Map 03/Families and social network  
Step 3: Types of coping



How useful was this map and discussion? 1 2 3 4 5 6 7 8 9 10    Comments:

# Step 3 : Coping

Demonstration Role play - Pauline and Jesse

Practice Step 3

# Reflections and Take-Home Messages

- Family/whānau matter
- Family/whānau generally need help to develop coping and resilience
- Family/whānau benefit from having people who can provide non-judgmental, evidence-based support
- Family/whānau need accurate information delivered by well trained and well supervised practitioners
- Family/whānau need to be able to access information and support no matter where they live, and at times outside regular work hours
- Telehealth has proved over 4 years to be a *very* successful way to deliver high quality service

# AOD Family Research and Practice Network

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# 5-Step Method Australia

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# Thank you!

- Expressions of Interest form
- Presenters available for discussion following this workshop ...