

IN THEIR OWN RIGHT:

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

Dr Pauline Stewart

B.Ed., M.Ed., PhD., M.Ed (Counselling)

Registered Counselling Psychologist/
Educational Psychologist

Executive Officer and Founder
Family Drug Support NZ

Dr Julie Perrin

PhD, MSW, BSW(Hons), MPH, BASocWel, GDAnth

Clinical Social Worker with Mental Health Accreditation
in private practice with The Karuna Centre

Sessional Academic
Charles Sturt University

Mr Jesse Wynhausen

B.Psych (Hons), MA (Social Psychology)

Registered Psychologist /
Youth & Family AOD Counsellor

Team Lead
Burton Street Centre
St Vincent's Hospital, Darlinghurst

Mount Majura looking towards
Galambary/Black Mountain



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 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%

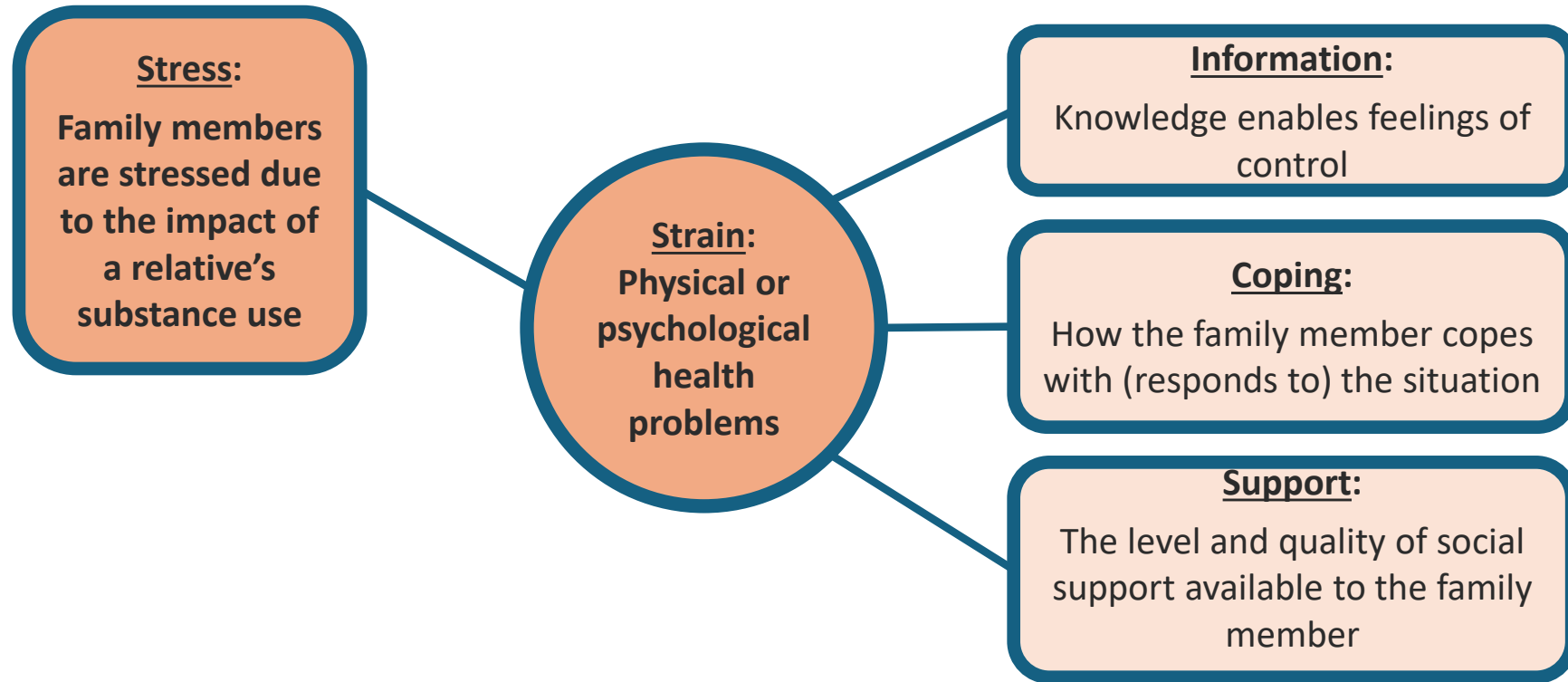
Stress - reduced by 83%

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

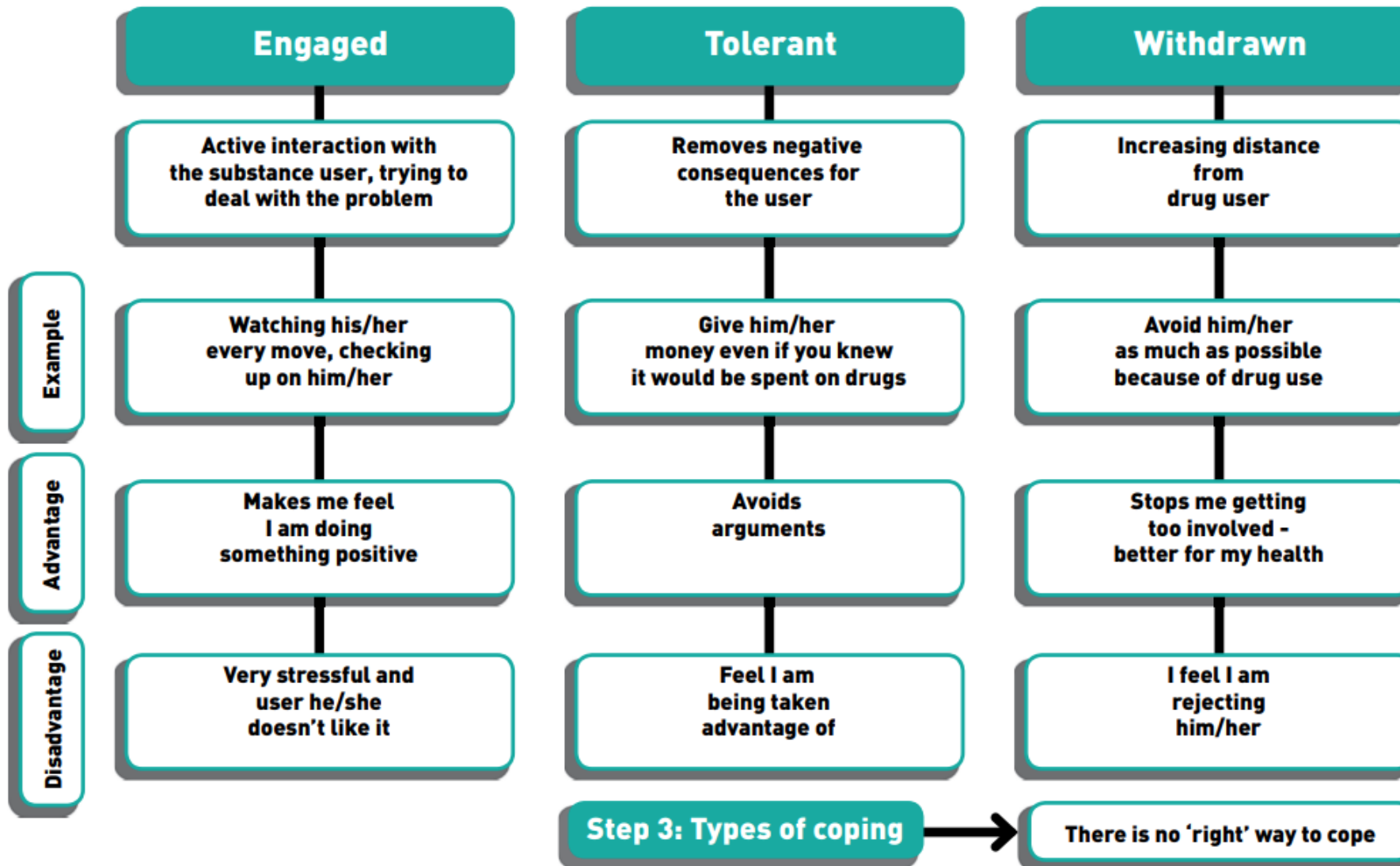
AOTEAROA NEW ZEALAND

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

Email: aodfamilynetwork@gmail.com



5-Step Method Australia

Email: 5stepmethodaustralia@gmail.com



Thank you!

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