

An Innovative, Evidence-Based, Non-Residential AOD Program for Young People

INSPIRING ALCOHOL
& OTHER DRUGS
TREATMENT & EDUCATION



'Youth Catalyst' Therapeutic day program

Development of the Youth Catalyst Model

- ❖ ReGen identified a gap in our services: that is the opportunity for young people to participate in an evidence-based, non-residential, post-withdrawal therapeutic program.
- ❖ ReGen engaged Logan Consultants to develop a youth specific therapeutic program model. That work included:
 - An environmental scan (what others were doing);
 - A literature Review (what constituted best practice);
 - Key informant interviews – Experts in youth, AOD, mental health, education and employment; and
 - Seeking advice from young people (those that have used our services)
- ❖ **Outcome** (1) An evidence guide (2) A detailed program model



Youth Catalyst Program Framework

FRAMEWORK		
Resilience Based	<p>Principles Youth Catalyst Program is:</p> <ol style="list-style-type: none"> 1. Young person centred 2. Grounded in youth participation 3. Relationship based (family inclusive) 4. Of sufficient duration & intensity to meet individual needs 5. Based on engagement and retention of young people in treatment 6. Where all are valued & supported 	<p>Interventions</p> <ul style="list-style-type: none"> Motivational enhancement therapy Cognitive behaviour therapy Harm reduction AOD Education Family therapy Specialist interventions to support educational and employment engagement
Vocational/Education		
Youth Participation		<p>Program Three 2- week stages:</p> <ol style="list-style-type: none"> 1. Knowing it Assessment; relationship development; Harm reduction education; recreation/socialising 2. Working it Skills & personal development (including education & employment) 3. Doing it Skills practice & strategy development <p>Follow-up support group Including ongoing program staff contact – eg educational and employment support</p>

Program Delivery and Evaluation

- ❖ The program is designed as a post withdrawal AOD treatment option for young people aged 16-22 (with flexibility) who may be experiencing a range of concurrent problems.
- ❖ Two 6 weeks pilot programs were delivered between Feb and July 20-17.
- ❖ Compared to the adult programs, the youth Catalyst programs included an increase in strengthening relationship session, career and employment, therapeutic engagement and consumer participation activities.
- ❖ ReGen committed to an action research model (learning and refining as we go). An internal process and outcome evaluation was also conducted



Program through-put

- ❖ In total ReGen received 20 referrals to the programs from six separate AOD and forensic services

Number of youth people who commenced	Completion		
	Stage 1	Stage 2	Stage 3
4 starters	4	3	2
7 starters	7	4	3

Average Age: 20
Gender: female 91%

Living arrangements:

- with family - 9
- with others - 1
- Alone - 1

Any history mental health symptoms / diagnosis: 91%

Currently justice system involvement: 36%

Community Corrections order: 1

Pre-sentencing (e.g. Bail, CISP): 2

Parole: 1

Primary drug type

Cannabis: 55%

Amphetamine type substance: 36%

GHB: 9%



Qualitative outcomes

Young person

- ❖ *It's stuff you need to hear but haven't heard – sometimes you feel really bad about yourself, really alone, secluded. Hearing that other people are feeling that way too really helps.*
- ❖ *It's surpassed all my expectations*
- ❖ *I've learned a lot about myself and I've got a more in depth understanding of some things, like CBT, and understanding of my values.*
- ❖ *I liked having the 3 stages with graduations. It makes you feel accomplished*

Family member

- ❖ *I wish you to know, that my daughter returned to me, bright, confident, determined and full of hope for the future, and praise for the program, workers and participants.*
- ❖ *Each day I am seeing more and more glimpses of the confident, determined young girl she used to be and more so, for the first time, being allowed privy, to the mature thoughts she has been developing as a young woman - hidden to me these past few years.*

