Caring for the carers: Supporting parents and partners of those with alcohol or other drug disorders

Robert Tait 1
Christine Ockenfels 2 & Mario Gallo 2

1 National Drug Research Institute. robert.tait@curtin.edu.au
2 Holyoake Victoria Park Perth, WA

The cohort

<table>
<thead>
<tr>
<th></th>
<th>Parents (n=41)</th>
<th>Relationships (n=43)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender (F:M)</td>
<td>28 (68%):13 (32%)</td>
<td>33 (77%):10 (23%)</td>
</tr>
<tr>
<td>Age (years)</td>
<td>57 (SD 9)</td>
<td>42 (SD 14)</td>
</tr>
<tr>
<td>Individual sessions</td>
<td>1.9 (SD 1.5)</td>
<td>2.5 (2.3)</td>
</tr>
<tr>
<td>Group sessions</td>
<td>5.9 (SD 6.8)</td>
<td>3.3 (SD 5.5)</td>
</tr>
<tr>
<td>Total sessions</td>
<td>8.6 (SD 8.2)</td>
<td>6.0 (SD 6.4)</td>
</tr>
<tr>
<td>Follow-up 3 months</td>
<td>17 (42%)</td>
<td>18 (42%)</td>
</tr>
<tr>
<td>Follow-up 6 months</td>
<td>28 (63%)</td>
<td>34 (79%)</td>
</tr>
</tbody>
</table>
Treatment approach

Evidence Based Practice:
Holyoake draws upon a wide range of evidence based practice. We continually review and renew the best ways of working. Some of the most significant include:

- Systems Theory
- Harm Minimisation
- Social Learning Theory
- Stages of Change
- Motivational Interviewing
- Brief Intervention
- Cognitive Behavioural Therapy

Mental health & wellbeing

[Graphs showing K-10 and Wellbeing Index scores for Parents and Relationships at baseline, 3 months, and 6 months, with thresholds and norms indicated.]
Social networks & self-esteem

Social network score

<table>
<thead>
<tr>
<th></th>
<th>Parents</th>
<th>Relationships</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseline</td>
<td>12</td>
<td>18</td>
</tr>
<tr>
<td>3 months</td>
<td>16</td>
<td>18</td>
</tr>
<tr>
<td>6 months</td>
<td>14</td>
<td>16</td>
</tr>
</tbody>
</table>

Self-esteem

<table>
<thead>
<tr>
<th></th>
<th>Parents</th>
<th>Relationships</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseline</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>3 months</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>6 months</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

Significant interaction

Significant increase

Conclusions & limitations

- AoD use demanding on significant others
- Nevertheless interventions improves mental health and wellbeing
- No control group
Acknowledgements

This study was funded by the Holyoake
Robert Tait is funded by a Curtin University Research Fellowship

Holyoake Approach

How we apply our Approach:
We work within our 4 principles: self-responsibility, acceptance & respect, person-centred, and peer inspiration.

- The Person, the Counsellor and Evidence Based Practice are central to our approach.
  - Person - brings their uniqueness
  - Counsellor - sees the person and their uniqueness
  - Evidence Based Practice - offers proven ways to make a positive difference
- The Person, the Counsellor and Evidence Based Practice interact with and inform each other.
  - Person and Counsellor - people working together
  - Person and Evidence Based Practice - the person informs the best practice option
  - Counsellor and Evidence Based Practice - the counsellor applies best practice.

Evidence Based Practice:
Holyoake draws upon a wide range of evidence based practice. We continually review and renew the best ways of working. Some of the most significant include:
- Systems Theory
- Harm Minimisation
- Social Learning Theory
- Stages of Change
- Motivational Interviewing
- Brief Intervention
- Cognitive Behavioural Therapy