



Can you teach alcohol and drug first aid? (Yes, you can)

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What have we done?



**DRUG and ALCOHOL
FIRST AID**



Lyndon Community



lyndon
strong lives connected communities

Lyndon has been providing drug and alcohol services in the central west of NSW for over 30 years.

Lyndon provides:

- Withdrawal Management
- Rehabilitation
- Outreach services – counselling, groups, education, education & training
- Aboriginal specific D&A services including facilitating Men's & Women's Groups
- Supervision, mentoring and community promotion in the far west



The Workshops



DRUG and ALCOHOL FIRST AID

DELIVERING UP TO DATE AND ESSENTIAL INFORMATION
TO SERVICE PROVIDERS AND COMMUNITY MEMBERS
ABOUT DRUG AND ALCOHOL MISUSE.

Community Workshops have been developed to teach front line workers in the social services sector.

- 1 x 6-hour session
 - Recognise Problematic drug and alcohol use
 - Information about AOD use and its effects
 - Harm reduction treatment options
 - Responding to overdose and crisis
 - Communicating with people who use AOD



The Workshops



DRUG and ALCOHOL FIRST AID

PROVIDING WORKPLACES WITH UP TO DATE INFORMATION
ABOUT DRUGS, THEIR EFFECTS AND WORKPLACE RESPONSES
INCLUDING ACCESSING TREATMENT OPTIONS.

Workplace Workshops have been developed for private enterprise and are targeted at Managers and Supervisors.

- 1 x 3-hour session
 - Identify different types of drugs and how to identify AOD use
 - Effects of AOD use and risks in the workplace
 - Workplace strategies and treatments that are effective in reducing use
 - Support people who have AOD problems



Delivery

To date we have 4 accredited trainers with a train-the-trainer program commencing in November.

We have delivered 24 courses.

There have been over 350 participants.

And we have fun delivering the training.



Awards

In June 2016 Lyndon won the NADA Award for Excellence in Health Promotion for



**DRUG and ALCOHOL
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Evaluation

Research Questions

1. Immediately after attending the workshop, do participants demonstrate
 - Increased knowledge regarding AOD use?
 - Improved self-efficacy and motivation regarding responding to AOD use?
 - More favourable attitudes towards individuals who use AOD?
2. Are any improvements in the above areas still apparent three months after the workshop?



Method

Three surveys:

- T1: pre-workshop (online)
- T2: immediately post-workshop (pencil & paper)
- T3: 3 months post-workshop (online)

Unique identifier to link responses



Measures

- Knowledge
 - multiple response questions based on workshop content
- Role adequacy
 - adapted from *Role Adequacy Scale* of the *Work Practice Questionnaire*
- Motivation to respond
 - adapted from *Individual Motivation and Reward Scale* of the *Work Practice Questionnaire*
- Personal views
 - adapted from *Personal Views Scale* of the *Work Practice Questionnaire*
- Attitudes
 - adapted from *Attitude Measurements: Brief Scales*



Analyses & Response Rate

	N			
	T1	T2	T3	Matched T1 - T3
Community workshops	138	173	80	39
Workplace workshops	104	98	56	31

Matched analyses (asymptotic sign tests) conducted on T1 vs T2 data

Aggregate analyses (paired samples t-tests) additionally conducted on all data



Demographics

		Community		Workplace	
		T1 (%)	T3 (%)	T1 (%)	T3 (%)
Gender	Male	18.1	15.4	48.5	41.9
	Female	81.9	84.6	51.5	58.1
Age	Mean (SD)	41.7 (11.9)	40.4 (11.8)	46.6 (10.4)	47.1 (9.5)
Indigenous status	Non-Indigenous	91.2	94.7	96.1	100.0
	Aboriginal or Torres Strait Islander	8.8	5.3	3.9	0.0
Education	Did not finish school	2.2	0.0	3.9	0.0
	High school certificate	3.7	0.0	15.7	6.7
	Certificate / diploma	41.5	42.1	45.1	60
	Bachelor degree	36.3	34.2	23.5	23.3
	Postgraduate degree	16.3	23.7	11.8	10.0
Employment status	Employed	91.9	94.7	-	-
	Unemployed	2.2	0.0	-	-
	Not in the labour force	5.9	5.3	-	-

Results: T1 (pre) – T2 (immediately post)

	Community Workshops		Workplace Workshops	
	Aggregate	Matched	Aggregate	Matched
Knowledge	↑	↑	↑	↑
Role adequacy	↑	↑	↑	↑
Motivation			↑	
Personal views		↑	↑	
Attitudes - alcohol	↑	↑	↑	↑
Attitudes - drugs	↑	↑	↑	↑

↑ = significant (p<.05) improvement

Results: T1 (pre) – T3 (3 month follow-up)

	Community Workshops	Workplace Workshops
	Aggregate	Aggregate
Knowledge	↑	↑
Role adequacy	↑	↑
Motivation		
Personal views		↑
Attitudes - alcohol		
Attitudes - drugs		



↑ = significant ($p < .05$) improvement



Summary

- Significant improvements consistently seen in knowledge and role adequacy
- Improvements maintained after 3 months
- Very encouraging result
 - High baseline scores
 - Demonstrates potential of educational workshops
- Personal views, motivation, and attitudes less amenable to intervention
- Slightly better results in workplace workshops (possibly due to lower baseline scores)



Next Steps

- Implementing in more workplaces
- Providing train-the-trainer workshops
- Developing a brief on-line employee version to complement the workshop for managers and supervisors
- Having the capacity to respond to requests from other countries



Thank you

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