



Background

- Palmerston's 2013 research identified the provision of ongoing support following substance abuse treatment as a gap in WA's AOD sector
- Palmerston's Continuing Care Program was developed in response to this research



Research findings

- 50-70% of people that graduate from a 12 week AOD program relapse in the first 12 months after graduation (Moos & Moos, 2006)
- Research has identified a correlation between ongoing support after treatment and reduced rates of relapse (Jason, Davis & Ferrari, 2007)
- Evidence suggests individuals with non-drug using social networks experience better outcomes post-treatment (White, Kelly & Roth, 2012)
- Individuals receiving phone based follow up support were found to be significantly more likely to seek further help when lapse occurs (Scott, Dennis & Foss, 2005)

Program Design

- SMART groups (Self Management and Recovery Training)
- Social networking groups
- Telchecks program (phone based follow-up support)

Social networking groups

- Modelled on recovery communities in the US and UK
- Activities organised by consumers
- Drug and alcohol free events
- Launched on Meetup.com in 2015



SMART groups

- CBT based program
- Non-religious alternative to AA
- 8 groups across Perth Metro and Great Southern
- 22 staff trained and 5 peer workers currently facilitating groups



Telchecks

- Modelled on program developed by Hay Market Center, Chicago.
- 12 week program
- 15 minute phone calls
- Participants are self referred



Evaluation of Telchecks

- Data collected between June 2015 and January 2016
- Data to be evaluated by NDRI (National Drug Research Institute)



Conclusions

- Good consumer engagement with all programs at present
- Data will be evaluated in 2016
- Feedback Palmerston has received from local AOD services and community groups suggests there is increasing interest in continuing care in WA



References

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