

Strengthening intimate partner relationships for those in recovery from addiction



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Project Rationale

- Interactions between relationship conflict and AOD use
- Residential treatment provides stable environment and support to deliver intimate partner relationship skill-building
- ADRIA funding enabled evaluation of evidence-based relationship program across multiple sites



OurRelationship Program

OurRelationship is an evidence-based online program developed in the US, which supports individuals / couples to better manage relationship conflict. It has a strong evidence base, with 700 individuals participating in US-based trials

The online program assists participants to gain a new and more accurate understanding of their core relationship issue through three phases: Observe, Understand and Respond

Participants complete online components, receive personalised feedback from the program, watch videos and engage in group discussions

OHV, Windana, and Salvation Army clients are completing the 12 hour OurRelationship Group Program, co-facilitated by Deakin and rehab staff. AOD and relationship assessments are taken at baseline, post-program, 3 and 6 months

How has the Program Been Adapted for Residential Treatment?

Online modules integrated with group discussions facilitated by rehab staff

Delivered in a group format, with 4 weekly 3 hour sessions

Provides the option to focus on past relationships, as well as current relationships

Program Components

O Observe: Participants identify the core issue in their romantic relationship

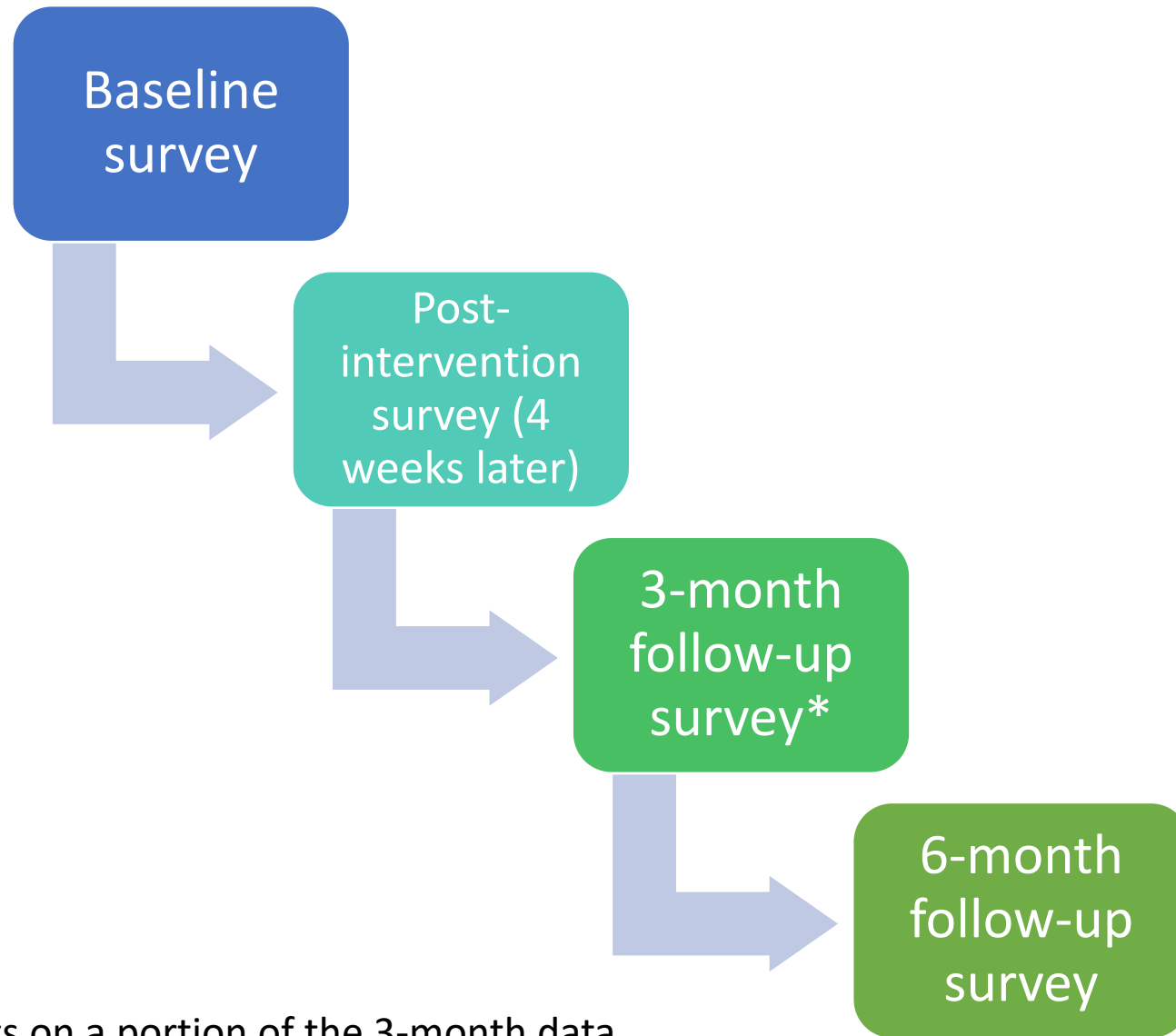
U Understand: Participants engage with activities designed to help them get a deeper understanding of their relationship and core issue. Focuses on DEEP aspects of their relationship

R Respond: Participants learn strategies for how to respond during relationship conflicts and how to recover from conflict, balancing acceptance with self-change and building effective communication strategies

What the Program Teaches

- D** Differences and Similarities between the person and their partner
- E** Emotions, and how these are experienced and managed within the relationship
- E** External Stressors and how these impact the relationship
- P** Patterns of Communication and how these affect conflict management and relationship interactions

Study Flow – One Arm Open Trial



*This presentation reports on a portion of the 3-month data

Study Details

Five AOD rehabs involved – OHV Lower Plenty, OHV Hope Centre, Windana Maryknoll, Windana Ballarat, Salvation Army (The Basin)

Measures included:

- Relationship skills
- Communication
- Relationship satisfaction
- Confidence to manage issues in future relationships
- AOD Use
- Mental health symptoms



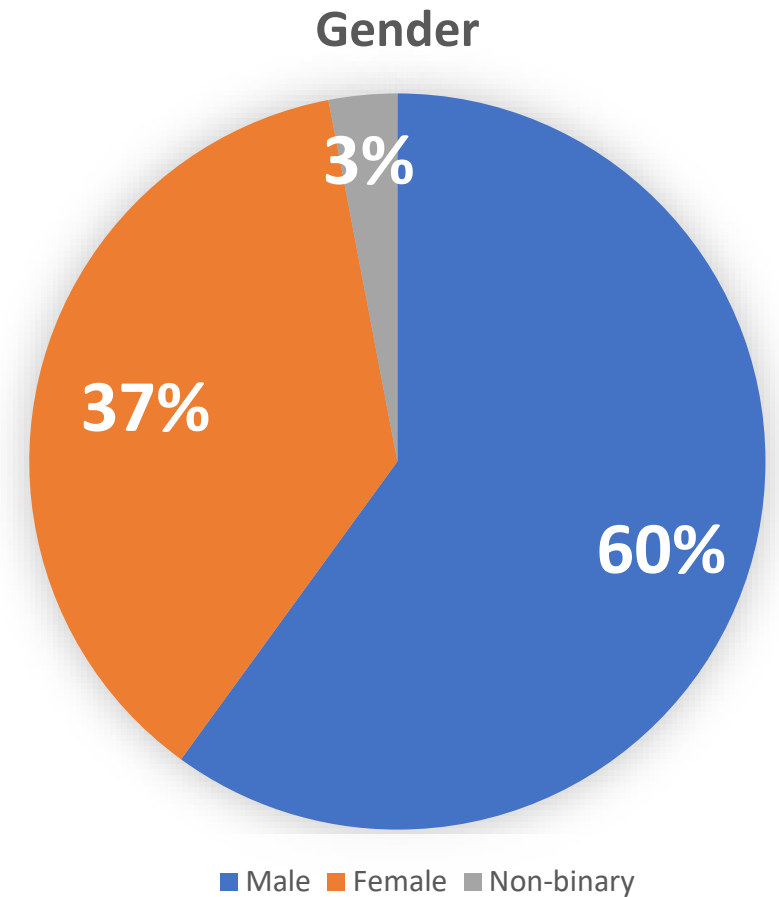
Demographics

17 groups have been completed
103 participants commenced, 80 completed
(78% retention)

Average age: 37

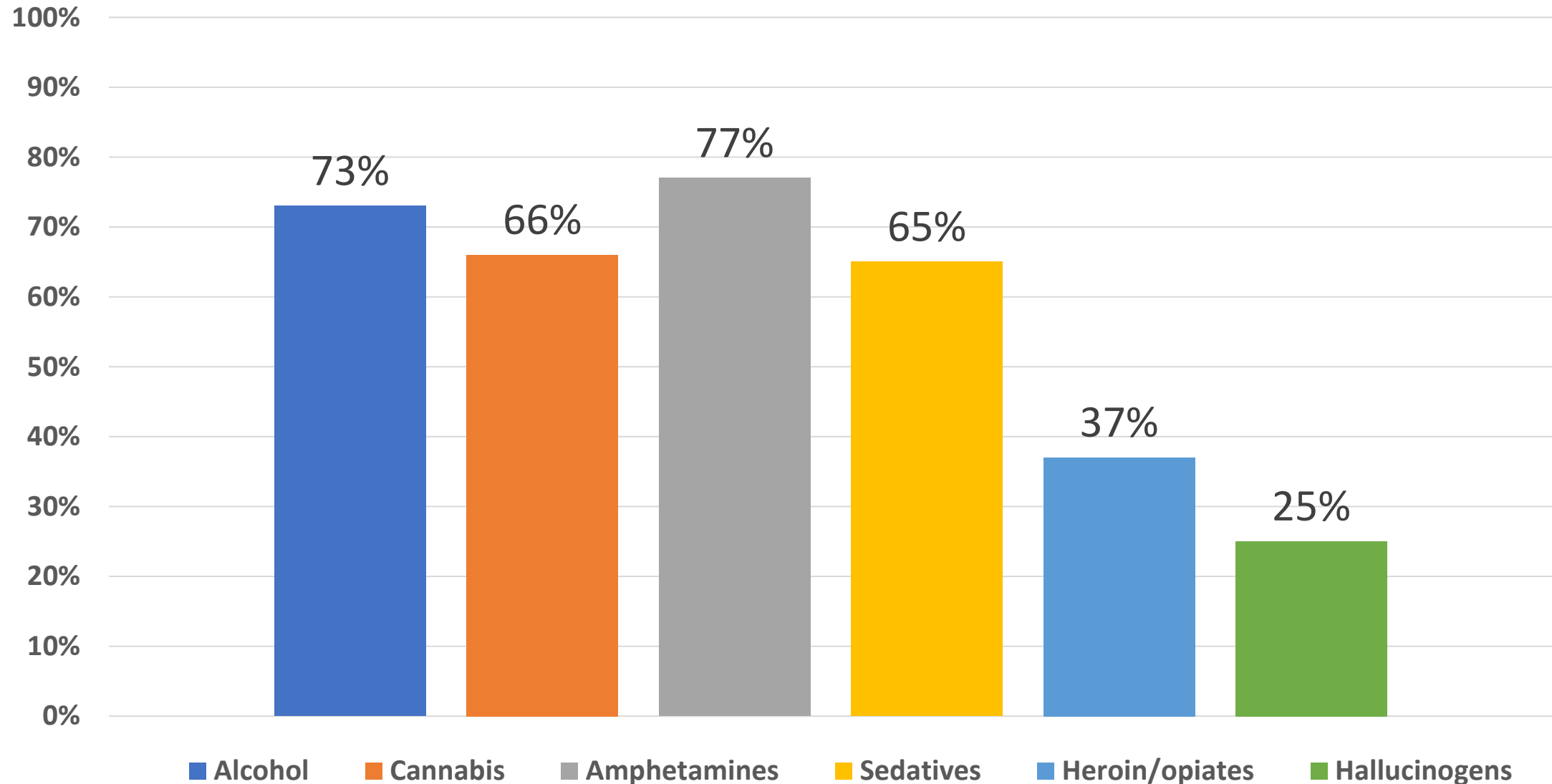
Aboriginal
participants: 15

89 participants (86%) were not in a current
relationship

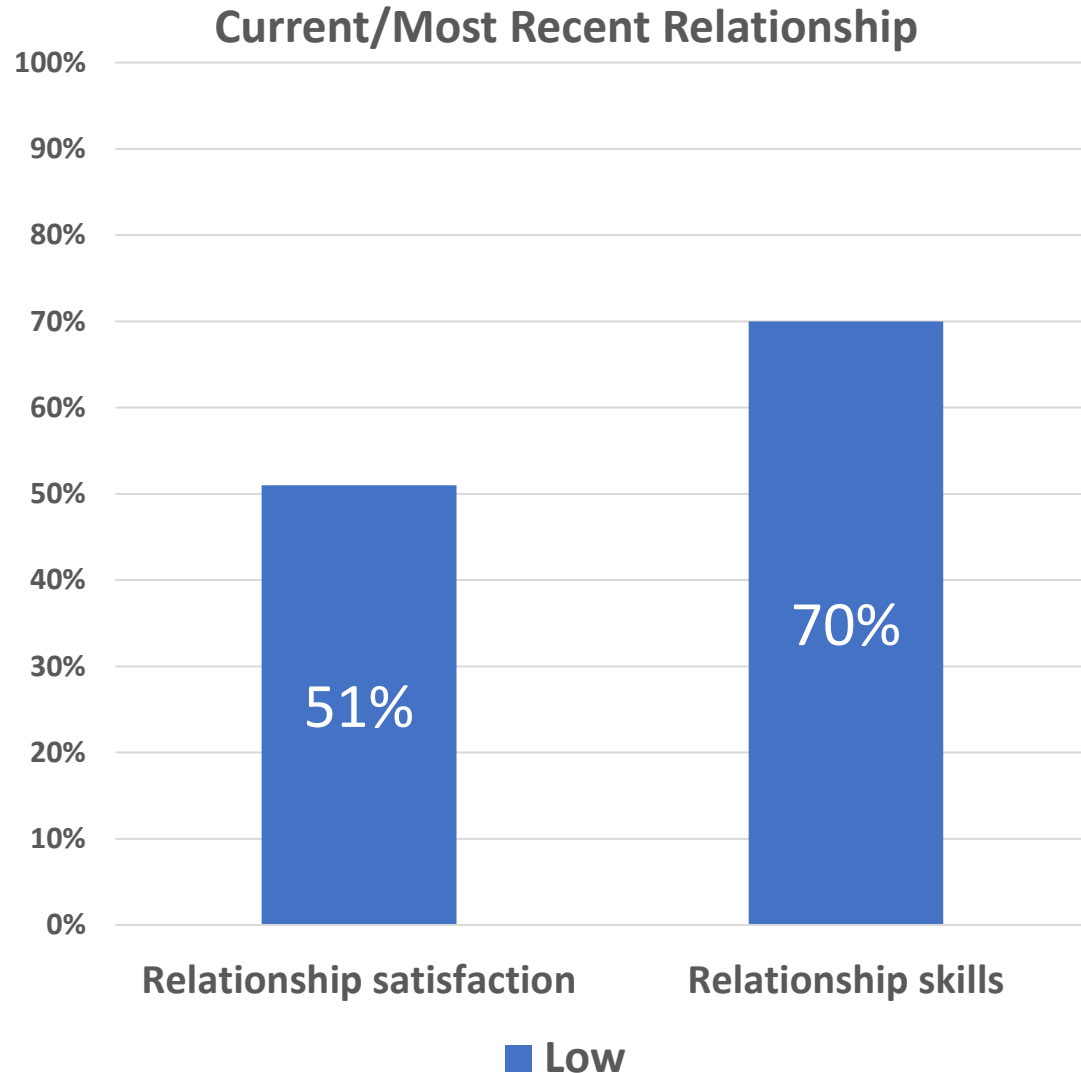


AOD Use at Baseline

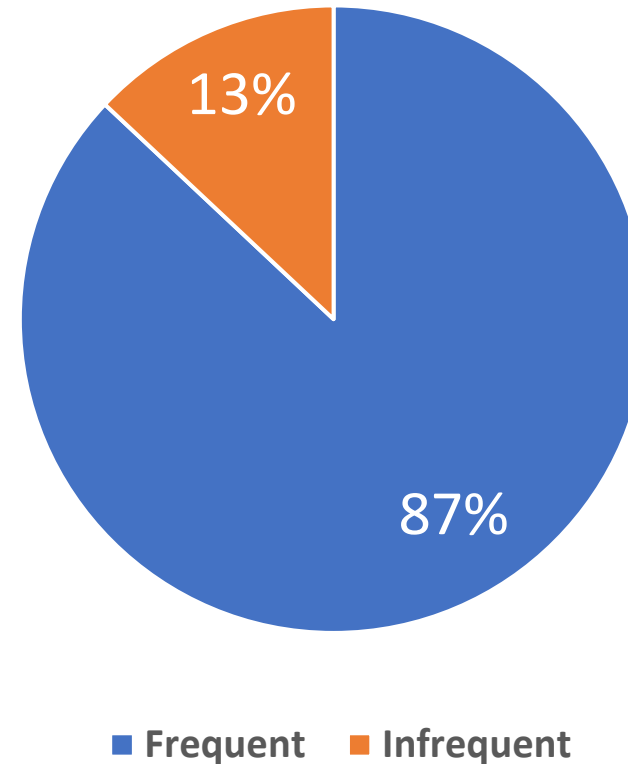
AOD Use 3 Months Prior to Resi Rehab Entry



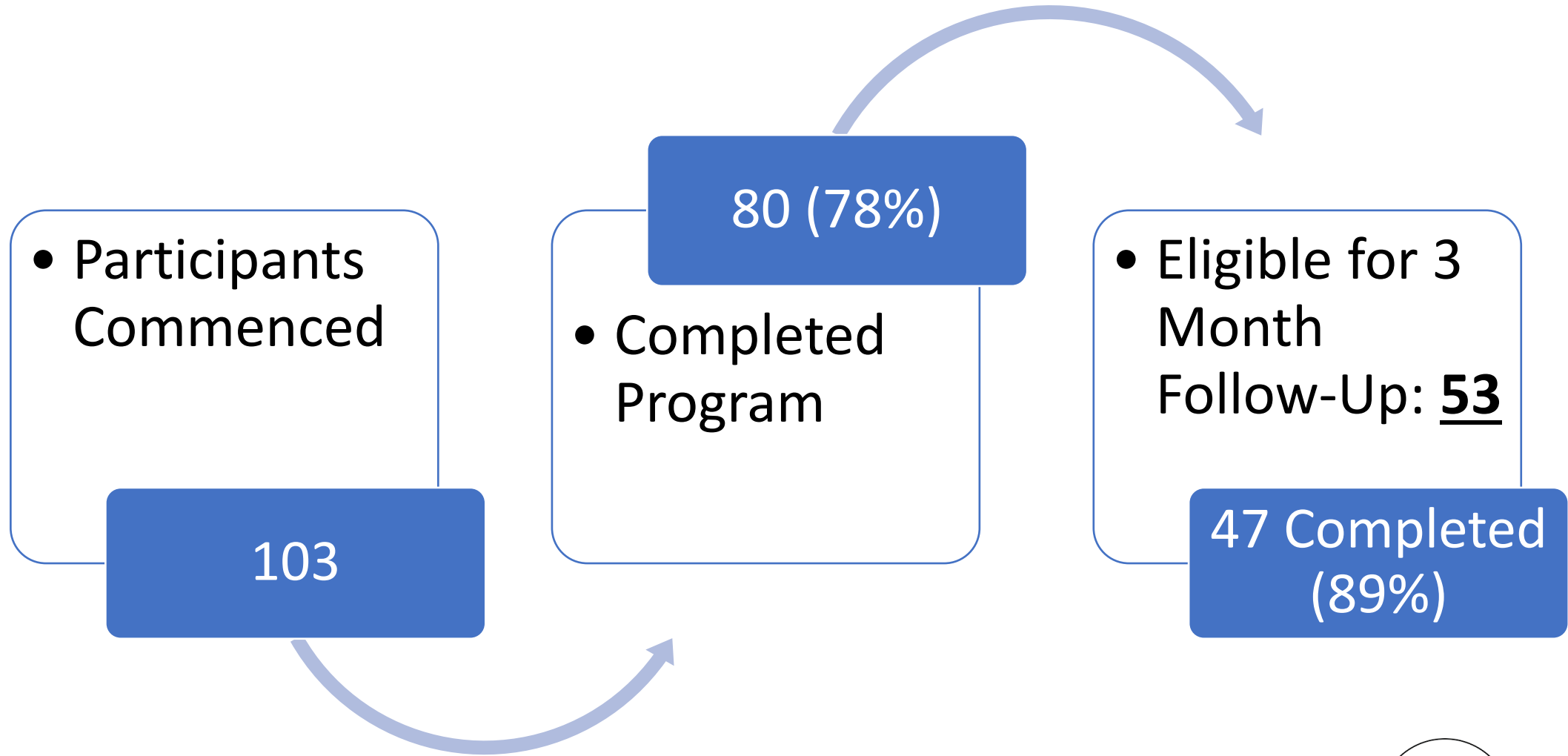
Relationship Measures at Baseline



Percentage of Participants Reporting Frequent/Infrequent Conflict in their Partner Communication

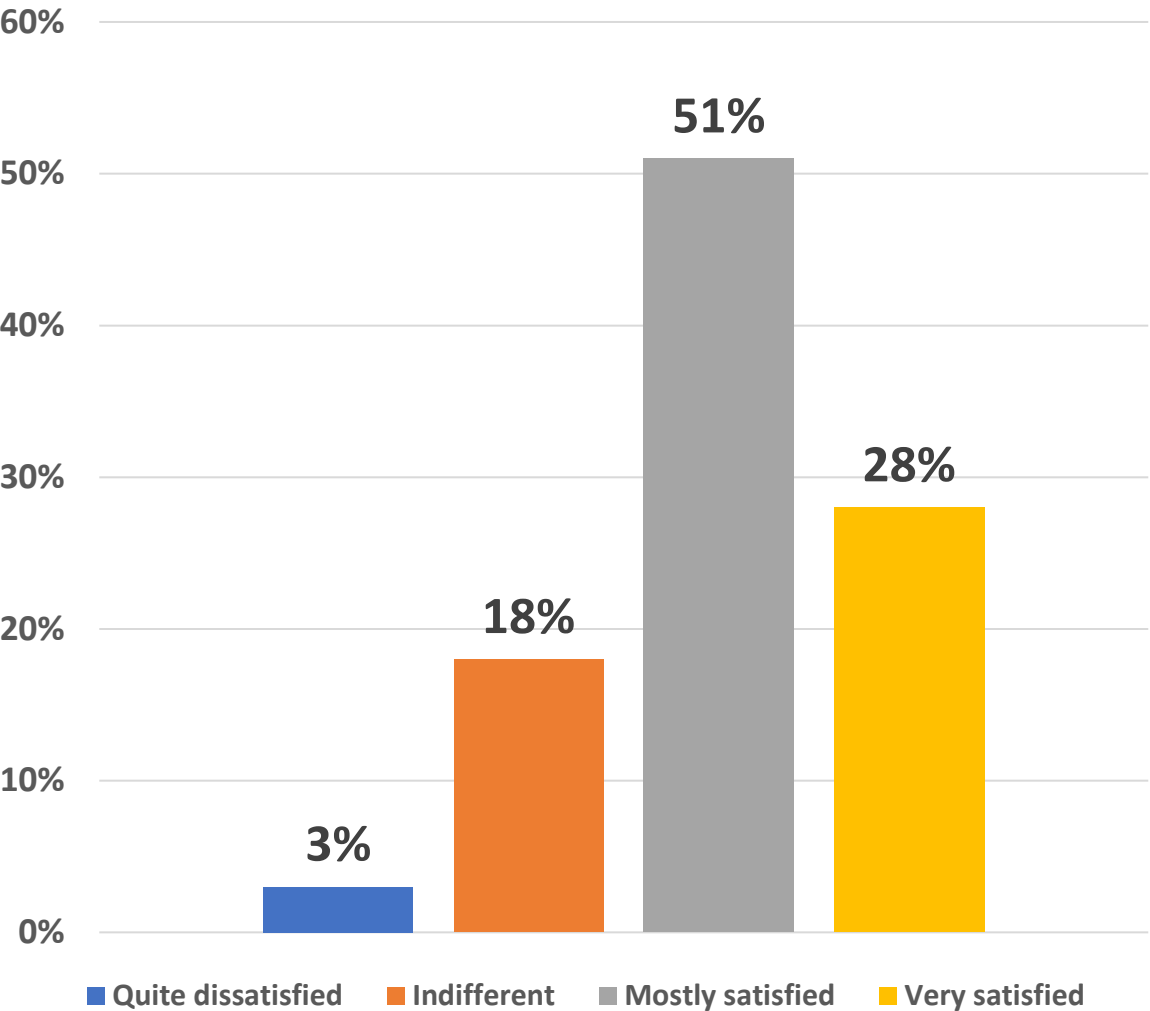


Participant Retention

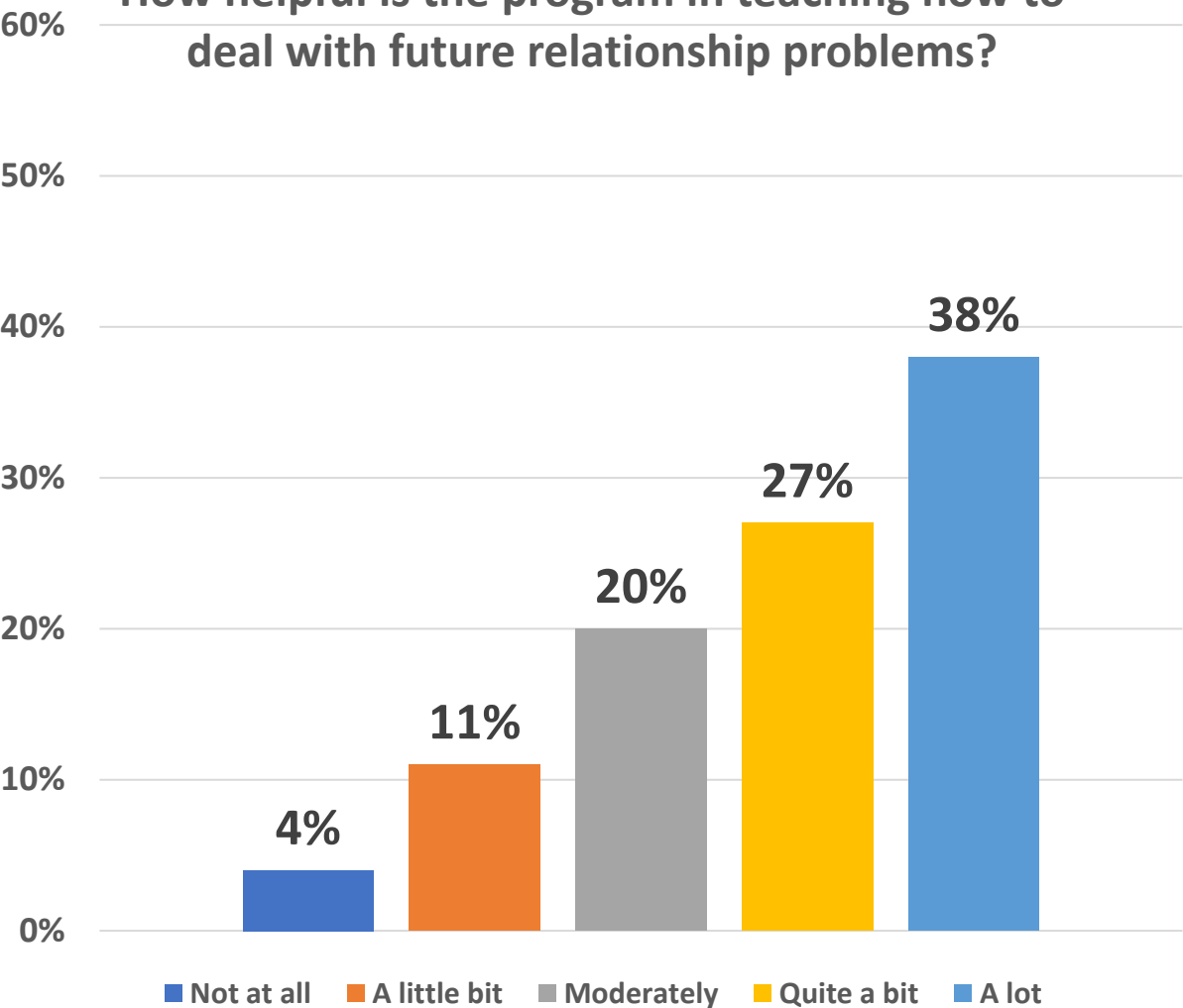


Post Program Outcomes

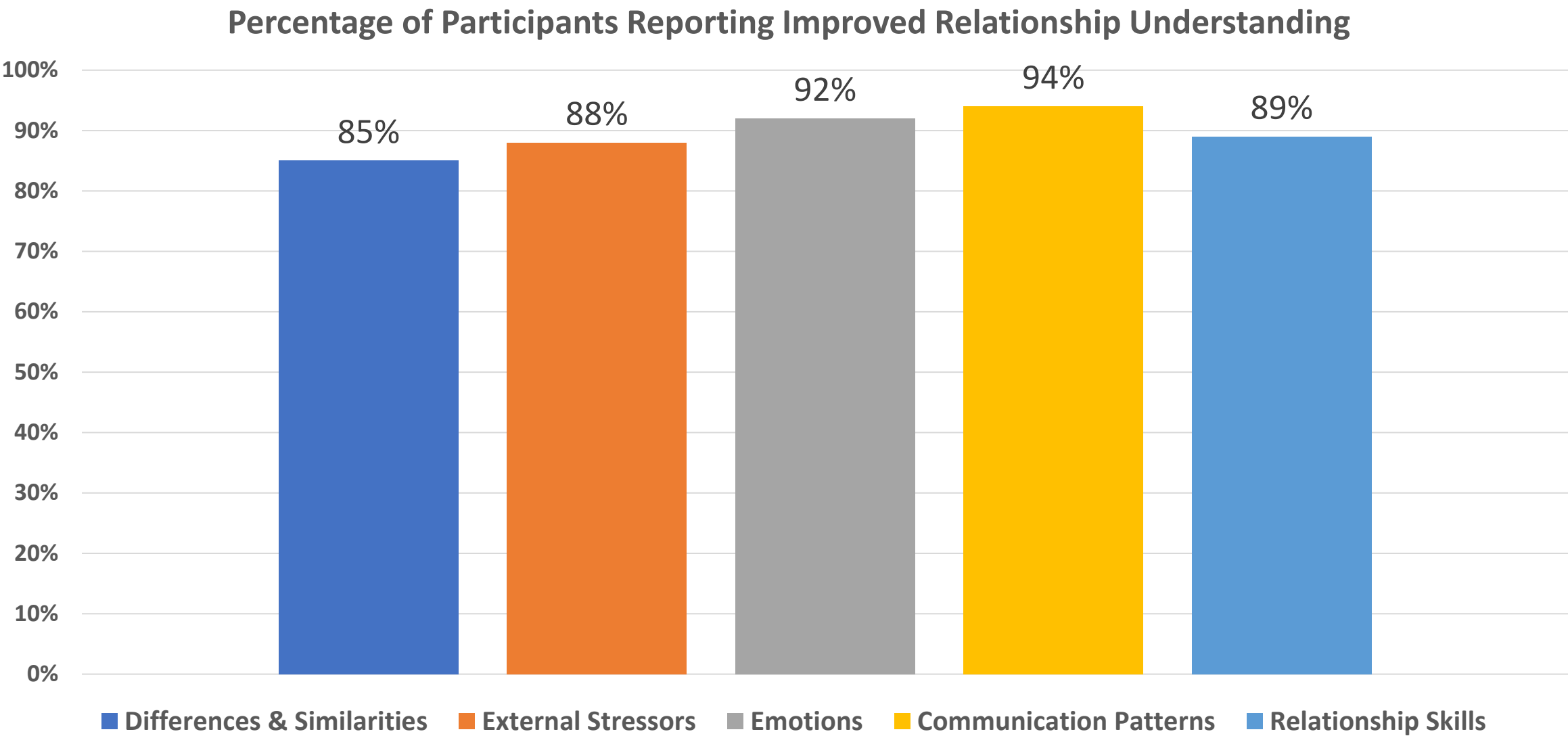
Program Satisfaction



How helpful is the program in teaching how to deal with future relationship problems?



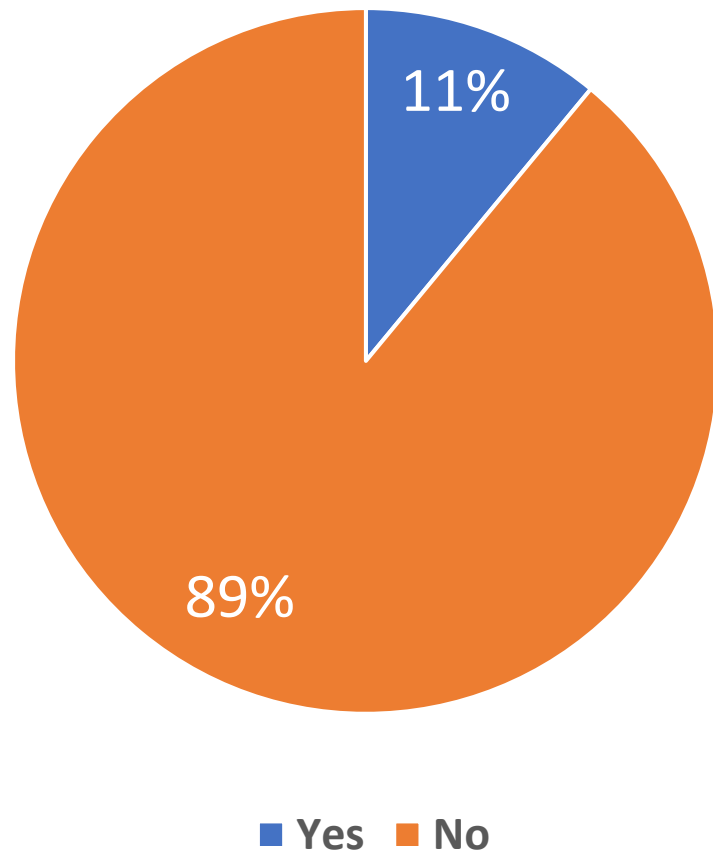
Post Program Outcomes (cont.)



3-Month Follow-Up (n = 47)



In a relationship?

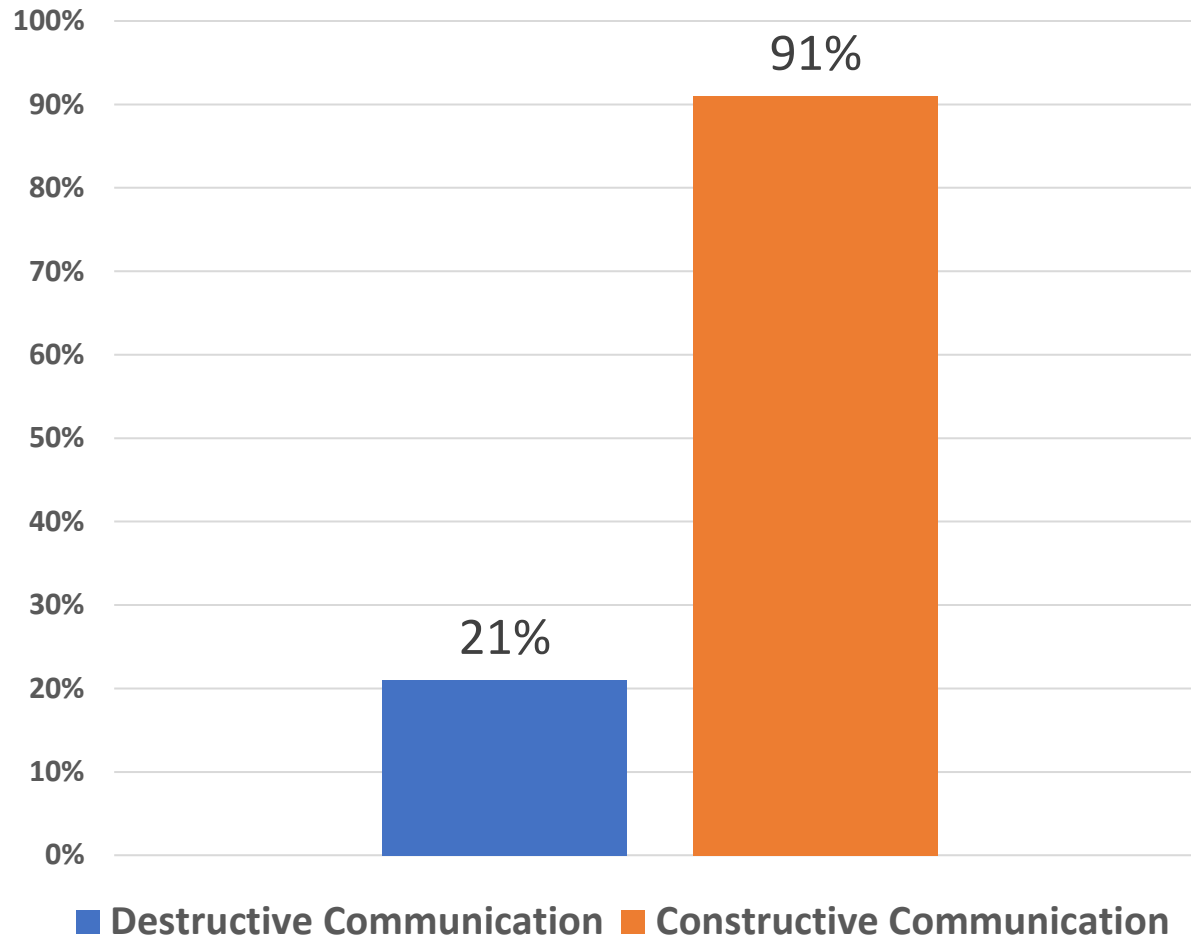


Number of participants still in rehab: 41/47 (87%)

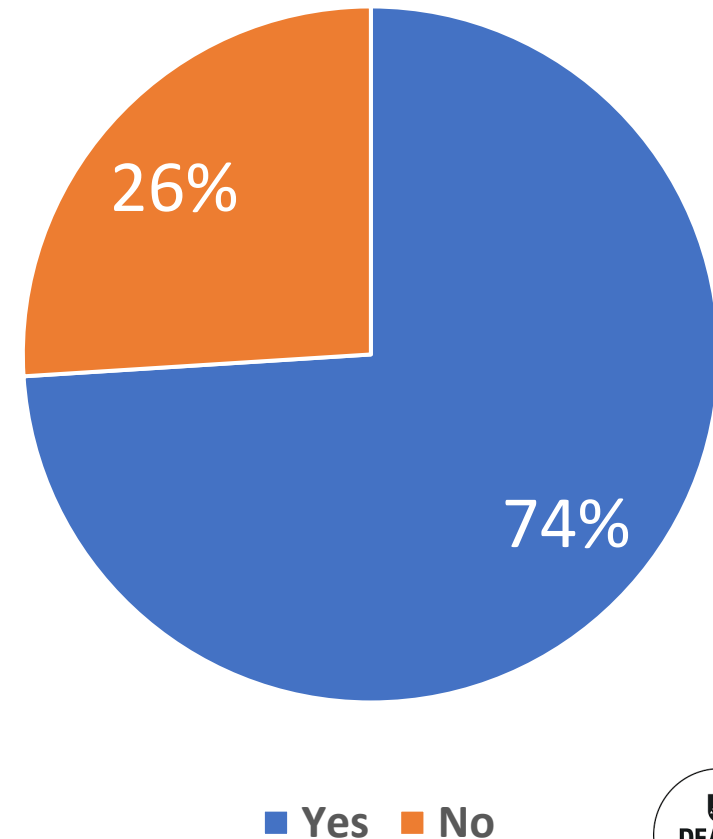
AOD Type (n = 6)	Participants
Alcohol	1
• More than 4 std drinks in one sitting?	0
Cannabis	1
Amphetamine or stimulant (not prescribed)	0
Sedative	0
Street opioid	0
Hallucinogen or other psychoactive substance	0

3-Months: Future-Oriented Relationship Outcomes

Beliefs about Communication in Future Relationships



Were Participants Confident that they could Handle Conflict in Future Relationships?



Conclusion

- High levels of feasibility and acceptability of OUR program in residential AOD treatment
- These early findings suggest high levels of satisfaction, improved understanding and skill development regarding intimate relationships in clients in residential rehabilitation
- Implications: completion of the 6 month evaluation will allow us to examine interaction between relationship skills and relapse to AOD use

Thank you

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