



# FAMILIES, CARERS & RELATIONSHIPS

**CHAIR: DAVE TAYLOR, POLICY AND MEDIA, VAADA**

1. Evaluation of the OurRelationship Program within Residential AOD Services
2. Making a Mosaic From Broken Pieces - A Spotlight on Affected Families and Friends in a Changing Landscape
3. Unseen Unheard - The Grandparent Project

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VAADA

Shifting Landscapes

Building the Holistic Treatment Mosaic

**CONFERENCE**  
FEBRUARY 9-10  
**2023**



# Unseen Unheard - The Grandparent

Project Lynne Ruggiero, Odyssey House Victoria  
Andrew Bramham, Uniting

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VAADA acknowledges the traditional owners of the land on which the conference is gathered, the Wurundjeri People of the Kulin Nation and pay their respects to Aboriginal culture and Elders past and present.



ODYSSEY HOUSE  
VICTORIA

**TaskForce**  
Where hope finds help.



# Grandparent Project

**Lynne Ruggiero**

Family Drug Support Therapist

**Andrew Bramham (Dec.)**

AOD Clinician

# Project Development



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- ❖ Partnership with Family Drug & Gambling Help (Sharac)
- ❖ Steering Group including Lived & Living Experience member
- ❖ Literature Review
- ❖ Gap Analysis
- ❖ Focus Groups

# Project Development cont.



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- ❖ Thematic Analysis
- ❖ Program Development
- ❖ Pilot Group
- ❖ Evaluation

# Focus Groups



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- ❖ 2 Focus Groups – 1 online, 1 face to face
- ❖ 12 Grandparents attended (2 no shows because of caring responsibilities)
- ❖ 3 Individual interviews
- ❖ Interpreters offered
- ❖ Mostly aged 51-60. 1 aged in 80s, 1 aged in 40s

Questions based on three key themes

- ❖ Practical Guidance
- ❖ Relational Support
- ❖ Health & Quality of Life

## Education to Empowerment

- ❖ Systems – Child Protection, Mental Health, AOD, Legal

“I’ve gone to that 6-week course and come out feeling much stronger”  
(InFocus program)

- ❖ **Supports**

“you go to them for help and then they show up and start interrogating you, it’s horrible”

## ❖ Relationships / Interpersonal

“My daughter put a wedge between my husband and me”

“I should be breaking rules with them (grandchildren) not telling them what they can and can't do”

“you feel like you're a stuff up as a parent”

“We split up over it all, it was just too much, the kids, he couldn't handle the kids, and that every weekend we had the kids”



## ❖ Stigma

“I don't tell anyone what's going on”

“I push them away, I don't want their judgement”

## ❖ Self Care / Quality of Life

“I see my friends enjoying there caravans and their retirement, I’m grieving what could have been”

“I have PTSD, my husband has been to hospital for heart issues, it because of all of this”



- ❖ **Content Development**
- ❖ Including:
  - ❖ information gathering from experts e.g. Child Protection, Bouverie, Mirabel Foundation
  - ❖ 'In Focus' Program (Family Drug & Gambling Help – Sharc)

# Next Steps



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- ❖ 6 week pilot program (end of April)
- ❖ Evaluation
- ❖ Flyers for pilot program (late March)

- ❖ Lynne Ruggiero
- ❖ Family Drug Support Therapist
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**I'd like to acknowledge the work of Andrew Bramham and Tad Davis.**