

Tomorrows Therapy

OWL

Older Wiser Lifestyles

*A program for making the
last years of life the best
years of life*

Katherine Walsh
Older Wiser Lifestyle (OWL) Program
Team Leader/Senior AOD Clinician

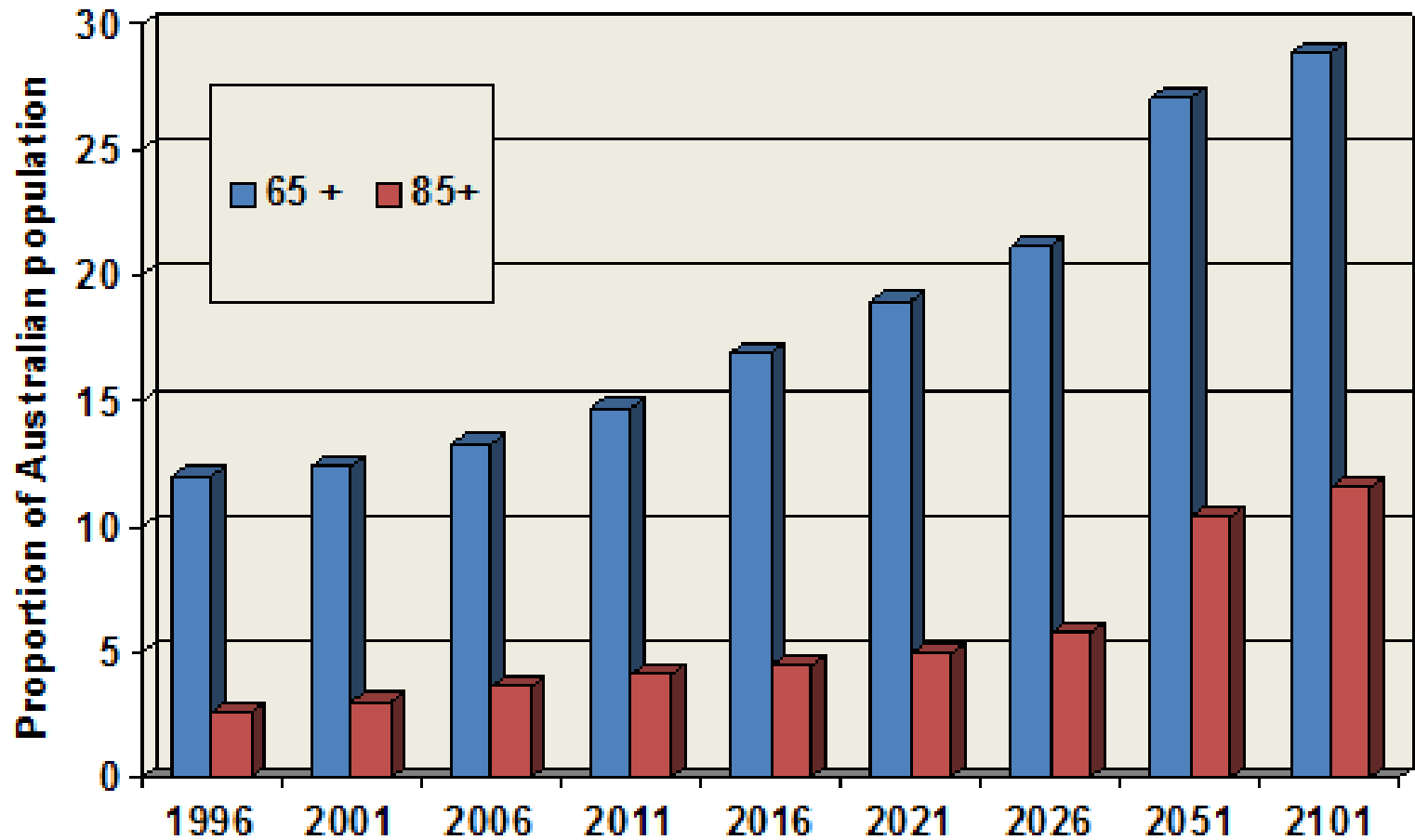


Outline

- The OWL Rationale
- The OWL Model
- The OWL Evolution
- Questions?



Projected population



Why are older adults different?

Things Change!

Physically

These changes decrease the body's ability to process all drugs including alcohol.

Psychologically

Mental health issues may present or worsen.

Socially

Multiple life changes and challenges



Barriers

Individual - mobility, stigma, lack of awareness, under-reporting, hidden population

Professional - time poor, myths, beliefs, confused about signs/symptoms, stereotyping.

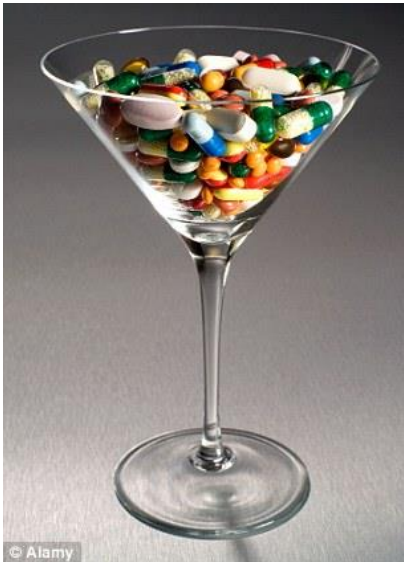
Cultural – Australian, CALD, ageism

We've put more effort into helping folks reach old age than into helping them enjoy it.” *Frank A. Clark*



Older Wiser Lifestyle (OWL) program

OWL is Australia's first older adult, age-specific AOD service for people 55+. It was established by Peninsula Health in 2008 and is underpinned by health promotion and harm minimisation principles and designed to meet the needs of a diverse client group.



Multidisciplinary team

One AOD Specialist
Two RN's with extensive knowledge in geriatrics
and aged persons mental health

The program has two distinct arms:

Early Intervention and Intensive Treatment

Both arms include:

Comprehensive Screening and/or Assessment

Engagement

Harm Reduction Strategies

Office-based and Outreach Support

Evidence-driven Best Practice



THERE'S NO SUCH THING AS AN OLD JUNKIE
TAKE BACK YOUR FUTURE. CALL 1800 191 192

FOCUS
Focus on recovery

The OWL program

Considers issues unique to older adults

Treatment for older adults needs to be individualised, incorporating an integrated treatment philosophy

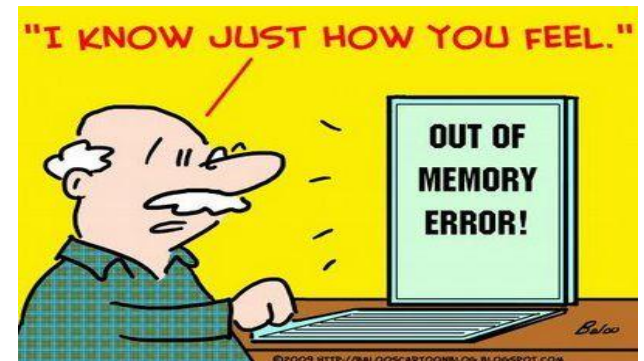
- Biopsychosocial assessment
- Holistic, flexible, slow-paced
- Utilizes outreach services
- Spirituality
- Involves families and significant others
- Groups
- Demands collaboration among treatment, health and mental health professionals



Evolution



- **Complexity**
MH, Medical Co-morbidities
- **Drugs of Choice**
illicits on the rise
- **Prescription Medications and OTC**
Opioids, sedatives (pain relief), Benzodiazepines
- **Cognitive Decline**



What's Needed?

- ✓ Skilled clinicians - interest and passion
- ✓ Older adult friendly treatment providers - detox and rehabs
- ✓ GP screening, ED screening
- ✓ Research and resources
- ✓ Policy attention - labelling on medications, older adult specific campaigns



THANK YOU FOR HAVING ME

PREVENTING AND REDUCING ALCOHOL- AND OTHER DRUG-RELATED HARM AMONG OLDER PEOPLE

*A practical guide for
health and welfare professionals*

Plug! →



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Tomorrows Therapy

ResetLife

Intensive Outpatient Treatment Program

Katrina Hailes
ResetLife Program
Key Supervisor / Team Leader

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AOD Services Program Manager



WHAT'S AHEAD...

- What is ResetLife?
- Who's in the Team?
- Who are the clients?
- The client journey
- Early Outcomes
- Referral Pathways



WHAT IS RESETLIFE?

- Funded by SEMPHN
- Based on Matrix Model
- Highly Structured and Manualised Intensive Outpatient Treatment Program
 - Assessment
 - Individual Counselling
 - Scheduling
 - Small Group Sessions
 - Family Involvement
 - Drug/Alcohol Testing
 - Additional Supports
 - Step Up/Step Down



THE RESETLIFE TEAM

- Key Supervisor
- Family Therapist
- Primary Therapists
- Peer Support Coordinator



WHO ARE THE CLIENTS?

- 50 year old female referred by another AOD service as a step up option.
- Single Parent
- Part-time employment
- Identifies Alcohol as drug of choice.
- Completed residential withdrawal prior to commencement of program.
- Long AOD history and long history of involvement with AOD services with limited success (AA, outpatient services, residential withdrawal).
- Comorbidities including mental health and physical health issues as a result of long term substance use.
- Began attending groups regularly, some lapses but engaging well.

CLIENT JOURNEY

- Intake
- Initial Assessment
- Comprehensive Assessment
- Early Recovery Skills
- Relapse Prevention Groups
- Family Education
- 1:1 counselling
- Social Support Group (from week 12)
- Post Formal Program Support – ongoing continuing care



EARLY OUTCOMES

“The Groups Sessions have taught me things about myself I couldn't have learnt anywhere else”

“Thank you for the chance!”

“I have found the ResetLife Program to be very beneficial and educational. Although it's early days in my recovery I feel better than I have since I was a teenager”

“ResetLife is an excellent program. I know that if it hadn't been for this program I'd still be drinking and probably be back in hospital”

“It has taught me valuable tools that are needed in early recovery”

REFERRALS

- Eligibility
 - Struggling with AOD use
 - Last used more than 2 weeks ago
 - Willing and able to attend and engage 3 times per week minimum

- Exclusion criteria
 - Current corrections order, bail or parole
 - Actively involved in another AOD treatment program

- Refer via SEMPHN 1800 862 363
- No wait list



THANK YOU



Questions?

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