



# SUPPORTING CARERS & FAMILIES

**CHAIR: JANE MORETON, PROJECT MANAGER SECTOR CAPACITY BUILDING, VAADA**

1. A mixed-methods study of online peer-led support for family members of people living with addiction
2. "Life is a roller coaster, we all have to ride it". How Uniting supports families
3. Intersectional and Family approaches to youth AOD treatment and care

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



# "Life is a roller coaster, we all have to ride it". How Uniting supports families

Keryn Ralph, Uniting  
Lis Steen, Uniting  
Kelly Foy, 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.

# Uniting AOD and Mental Health

“The world is a roller coaster; we all have to ride it”.  
How Uniting supports families.

**Uniting**

We acknowledge the Traditional Owners of Country throughout Australia and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and emerging.



## Program Overview:

- What is Single Session Family Work (SSFW) and Family Counselling (FC)?
- How is it delivered?
- Who delivers it?
- Where do referrals come from?



## Key Evaluation Questions:

- Does engagement in family work improve a family's ability to cope with their loved one's substance use?
- Does engagement in family work improve those family member's wellbeing?

## Theory of change:

Families engaged in SSFW and FC experience a better quality of life

## Data collection and analysis

- Pre and Post Questionnaire-Day 0 and end of treatment
- Interview at 4 months post initial session
- 15 families across 4 months

## Questionnaires:

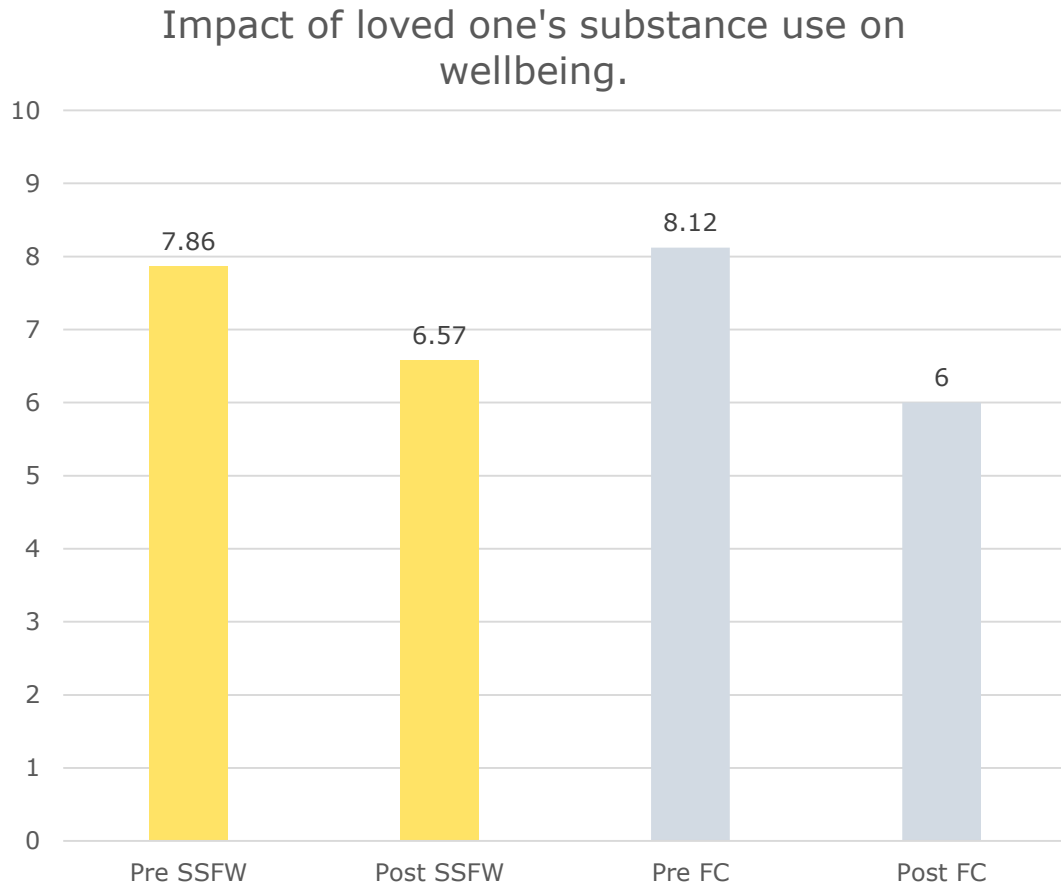
- What are the main issues that bring you to this service?
- How upset / worried are you about your loved one's substance use?
- Are there other difficulties you are coping with now?
- How much is this impacting your well-being?
- What made you decide that now was the right time to seek help?
- How confident are you in your ability to cope with your loved one's substance use?
- If counselling was effective, how would this impact your family?

# Warwick Edinburgh Mental Wellbeing Scale (WEMWBS)

- I've been feeling optimistic about the future
- I've been feeling useful
- I've been feeling relaxed
- I've been interested in other people
- I've had energy to spare
- I've been dealing with problems well
- I've been thinking clearly
- I've been feeling good about myself
- I've been feeling close to other people
- I've been feeling confident
- I've been able to make up my own mind about things
- I've been feeling loved
- I've been interested in new things
- I've been feeling cheerful

# Key findings

## Impact on Wellbeing:

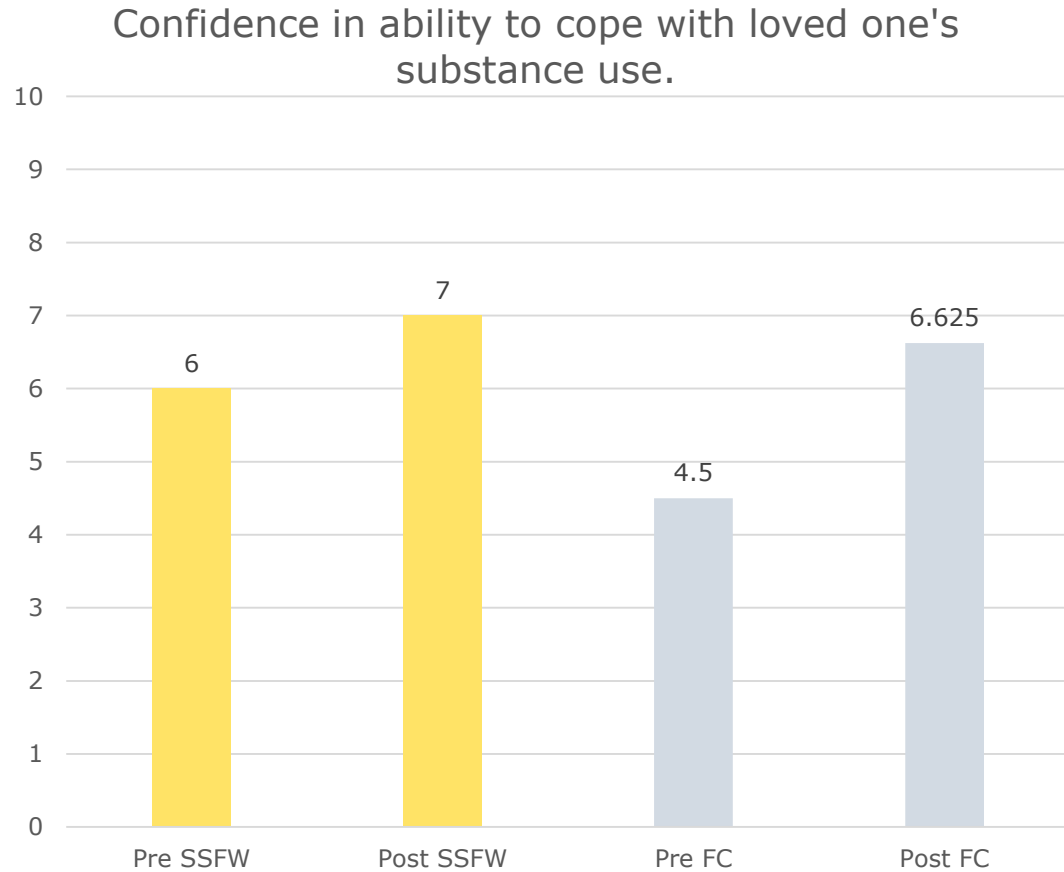


## Themes:

- Mental health
- Health impacts on the person using substances
- Personal stress and distress
- Anxiety



# Ability to cope:



## Themes:

- Coping skills
- Boundary setting
- Lapse and relapse
- Withdrawal and rehabilitation

“We are in an episode of relapse now. It’s been challenging, but we have changed the dance.” – family member

**Uniting**

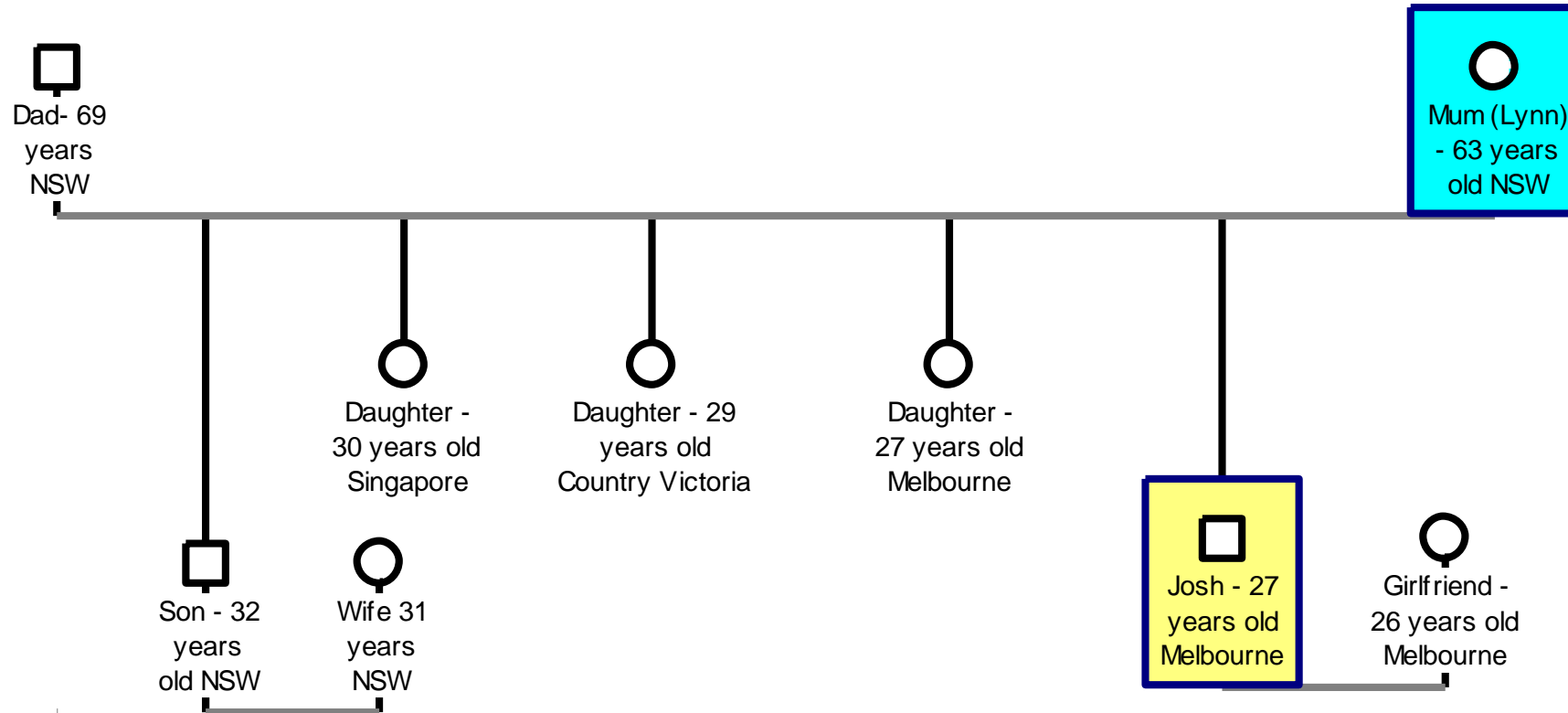


# Implications of the findings:



1. Approximate 10% improvement across all data within a 4 month time period – what would this look like with 12 months of Family Support?
2. Qualitative and quantitative data demonstrates a shift towards family's improved quality of life

# Case study:



## Recommendations:

- Continue to offer Single Session Family Work
- Continue to offer Family Counselling
- Continue to collect and evaluate data
- Use the WEMWBS for all clients
- Continue to train staff in Single Session Family Work
- Use the Warwick Edinburgh Mental Wellbeing Scale ongoing
- Continue to look for ongoing sources of funding

“I was able to offer support when he needed it rather than taking over, he was then overseeing his own change.” – family member

Questions?



# Thank you.

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