

Power to Change

Incorporating Digital Technology into AOD Treatment Programs

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What the research tells us...

Content Design

- Standardised and manualised
- Break content into blocks
- Interactive and engaging activities
- Shorter session length
- Between session engagement
- Includes practitioner support



Platform Design

- Data security and privacy
- Audio-visual fidelity
- Ease of use
- Support and training for facilitators and participants

Power to Change

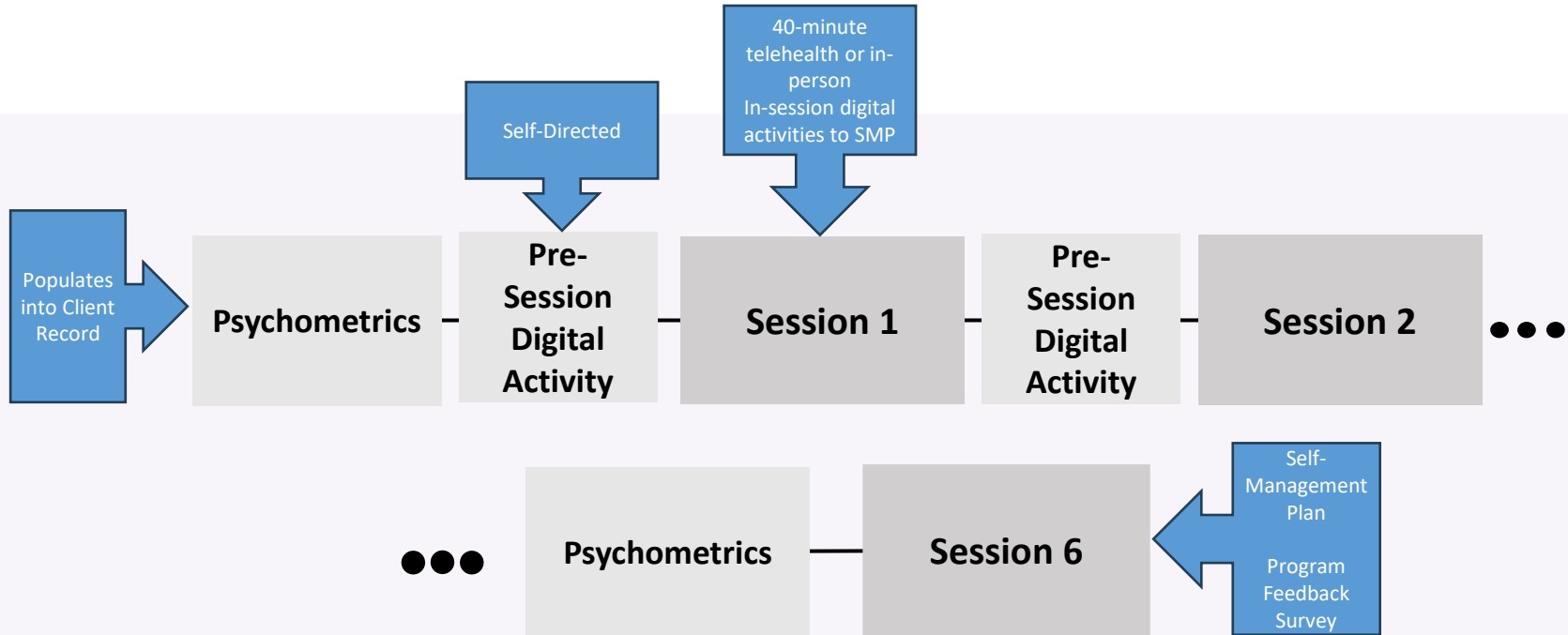
Program Overview



Power to Change Program Structure

Program Aim: Assist clients in making changes to their substance use, including ceasing or reducing harmful substance use

Target group: Individuals with problematic substance use and moderate treatment need



Power to Change: Session 2

Session 2

- 1 Welcome to understanding substance use
- 2 Learning Objectives for managing substance use
- 3 End of Session Assessment



Understanding Substance Use

It's really important to understand what influences the urge to use different substances. You will be supported to consider what this looks like for you and strategies that might help you to manage this.

Welcome back to the Power to Change program! Session 2 is all about what influences the urge to use different substances. You will be supported to consider what this looks like for you and strategies that might help you to manage this.

Please join the video call



Today's session has a specific feedback link for you to discuss securely.
If you have not already, please join the call now to connect with your coach.

Power to Change Program

Clinician View

Clients > Profile

Profile Overview

Profile Information

Activity

Notes

Attachments

Survey Responses

Assessments

Reports

Letters

Appointments

Invoices

Practitioner Assignments

Referrals

Medicare

Health Information

6

What is your country of birth?
Australia

7

What is your ethnicity/ cultural identity?
Aboriginal/ australian

8

Do you identify as Aboriginal or Torres Strait Islander?
Yes - Aboriginal

9

What is your current employment status?
Employed full time (40 or more hours per week)

10

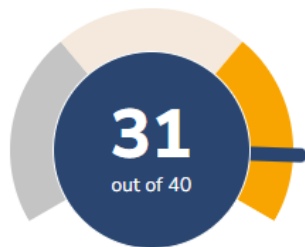
Do you have any current mental or physical health concerns?
No

11

Have you ever been formally diagnosed with a psychological / psychiatric condition?
Yes (please specify)
Mild PTSD, depression

12

In the last 12 months, have you been concerned about your use of alcohol or drugs?
Yes (please specify your main substance of concern)
Drugs cocaie



Indicative of alcohol
dependence

About

The AUDIT (Alcohol Use Disorders Identification Test) is a simple and effective method of screening for unhealthy alcohol use, defined as risky or hazardous consumption or any alcohol use disorder.

Score Interpretations



0 - 7 = Indicative of low-risk consumption

8 - 14 = Indicative of harmful or hazardous drinking

15 - 40 = Indicative of alcohol dependence

How often do you have a drink containing alcohol?

Never

Monthly or less

2-4 times a
month

2-3 times a
week

4 or more times
a week

How many standard drinks containing alcohol do you have on a typical day when drinking?

1 or 2

3 or 4

5 or 6

7 or 9

10 or more

How often do you have six or more drinks on one occasion?

Never

Less than
monthly

Monthly

Weekly

Daily or almost
daily

During the past year, how often have you found that you were not able to stop drinking once you had started?

Never

Less than
monthly

Monthly

Weekly

Daily or almost
daily

During the past year, how often have you failed to do what was normally expected of you because of drinking?

Never

Less than
monthly

Monthly

Weekly

Daily or almost
daily

During the past year, how often have you needed a drink in the morning to get yourself going after a heavy drinking session?

Never

Less than
monthly

Monthly

Weekly

Daily or almost
daily

During the past year, how often have you had a feeling of guilt or remorse after drinking?

Never

Less than
monthly

Monthly

Weekly

Daily or almost
daily

Power to Change

Case Example





Power to Change Attendance and Outcome Data

Client Utilisation

62 people commenced
73% completed

Age range **19 – 61** years



78% Male

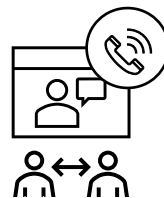
22% Female



78% alcohol



22% drugs



89% Video call

7% face to face

3% phone

Clinician Feedback



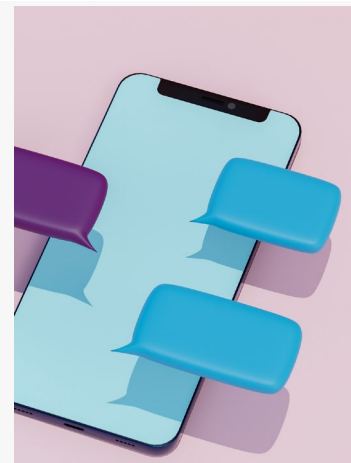
Efficiency

- 😊 Efficient use of time in sessions
- 😊 Reduced administrative hassle
- 😊 Reduced session time
- 💡 Some interruption to session flow



Accessibility

- 😊 Greater reach to more clients
- 😊 Better availability of content for clients
- 😊 Increased flexibility for clinician
- 💡 Tech access limitations



Engagement

- 😊 Increased client introspection between sessions
- 😊 Increased client accountability
- 💡 Reminders and follow-up needed

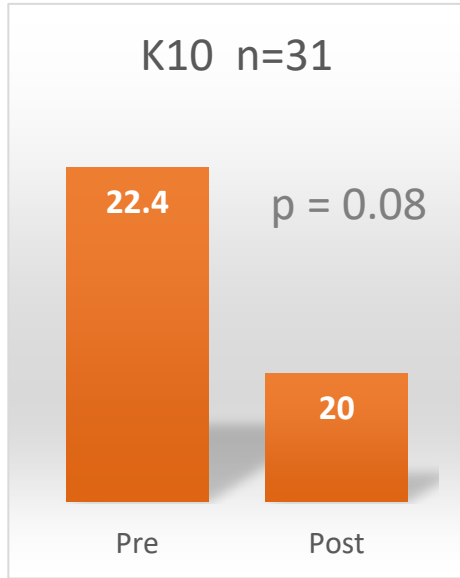
Client Feedback



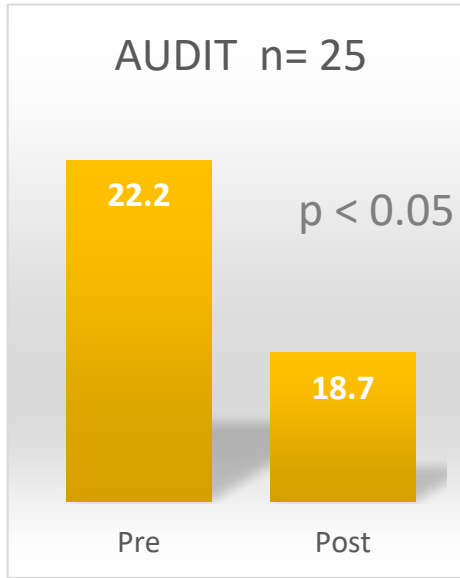
- ✓ **95%** satisfied or very satisfied with the program
- ✓ **100%** would recommend the program to others
- ✓ **94%** agreed that the digital platform was helpful in supporting their counselling

"I am so grateful for this programme. I feel hopeful that I can get my life back under control for the first time in a long time"

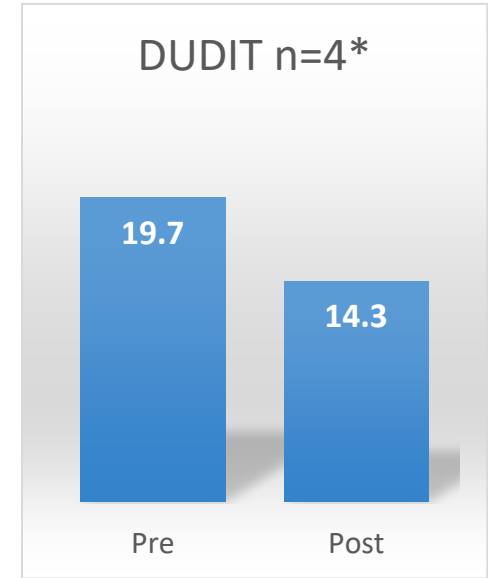
Client Pre-Post Outcomes



Some mental distress
Pre 64% Post 45%




Alcohol Dependence
Pre 92% Post 72%



Drug Dependence
Pre 100% Post 50%

In summary...

- Brief therapist-led digital programs can achieve positive outcomes, even for clients with alcohol dependence
 - When given the choice, most people prefer telehealth
 - The use of technologies can save on administrative time and create efficiencies for providers
 - Between session digital activities can increase engagement and client introspection between sessions
 - Program design of digital program takes time and resource and requires ongoing testing and enhancements
- 



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Thank you

Discussion and Questions

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Caraniche acknowledges members and Elders of the Aboriginal and Torres Strait Islander communities, their living culture and their unique role in the life of the region. The history of dispossession from their lands and waters, disconnection from culture and impacts of intergenerational trauma have caused great harm. We also recognise the strength, resilience, and courage of Aboriginal and Torres Strait Islander peoples and our vision for reconciliation is one where we work side by side with First Nations agencies and communities in collaboration and partnership to support healing.

