

## **An Intensive Support Service for AOD clients with complex needs**

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## History of ISS

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- Restructure of residential withdrawal services at Moreland Hall 2002
- Outcome: Clinical File audit 2002
- Key Findings

## Key findings

- Indicators of intensity
- Common features
- Limitations of residential withdrawal
- Common treatment issues

## Recommendations

- Redesign of client files
- Regular case reviews (3 monthly)
- Pilot program for clients with complex needs

## Current indicators of complexity

- 5+ year history of AOD issues
- Diagnosed or yet to be diagnosed psychiatric illness
- Concurrent health conditions
- History of / at risk of or currently homeless

## Current indicators of complexity cont...

- Involvement in forensic sector – CBOs / imprisonment
- History of ineffective engagement in multiple services
- High risk / problematic behaviours: self harming / aggression

## Practice Model

- Outreach
- Intensity
- Case management
- Therapeutic interventions
- Crisis management
- Duration of treatment

# Therapeutic interventions

- Harm Minimisation and Relapse Prevention
- Motivational Interviewing
- Cognitive Behavioural Therapy
- Rational Emotive Behaviour Therapy
- Dialectical Behaviour Therapy

## Therapeutic interventions cont...

- Narrative Therapy
- Ecological Transactional Model
- Strengths-based practice
- Client-centred approach

# Crisis management

- Access
- Flexibility
- Risk management
- After hours

## Duration of treatment

- Long-term
- Response to changing needs
- Therapeutic relationship
- Review of therapeutic goals

## Case study – John 34 year old male

- Substance use: alcohol, benzodiazepine abuse, amphetamines
- Mental health: severe generalised anxiety disorder, depression
  - suspected ABI
  - multiple health issues
  - poor social functioning

# Case Management Interventions

- ARBIAS: Assessment & recommendations
- Jobco: Intensive holistic employment support
- GP: Collaboration & support in managing Benzo related issues

## AOD interventions

- Reduction regime: alcohol focus
- Motivational interviewing
- Relapse prevention

# Therapeutic Interventions

- CBT
- Behavioural
- Narrative
- Family systems
- Anxiety management

## Outreach components

- Minimum twice weekly home visits
- Transport & co-support attending community agencies: GP, Jobco, ARBIAS

## Outcomes at 10 months

- Alcohol free
- Benzo consumption as prescribed
- Part-time employment
- Continued support with Jobco
- Improved family relationships
- Increased physical activity with 25kg weight loss

## Outcomes at 10 months cont...

- Recommenced driving – independent
- Positive ongoing engagement with GP
- Liver function significantly improved
- Reconnection with social networks
- Managed anxiety

## Travis - Substance use history

- 34yr old man with a 23yr history of polysubstance abuse
- 12yrs Cannabis 3-4 grams daily
- 20's Amphetamines, Alcohol and Benzodiazepines (IV)
- 31yrs Heroin \$50 - \$100
- 33yrs Buprenorphine IV

# Treatment history

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- Counselling at Moreland Hall
- Residential withdrawal
- Pharmacotherapy – Methadone and Buprenorphine

## Medical issues

- Chronic sleep disturbance
- Poor nutrition
- Head injuries
- Vein damage
- Dental problems

## Psychiatric history

- BPAD
- Suicidality and deliberate self-harm
- Private Psychiatrist
- Multiple Psychotropic medications

## Current mental state

- Labile mood and flat affect
- Sleep disturbance
- Anhedonia
- Deliberate self-harm
- Suicidal ideation with plan & intent

## Psychosocial history

- Childhood abuse
- Partner of 4 years died in Dec 2005
- Living alone and socially isolated
- Unstable accommodation

# INTERVENTION – Case Management

1. Safety plan
2. Secondary consultation
3. Referral
4. Goal setting

## Drug & alcohol

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1. Harm minimisation
  2. Admission to residential withdrawal
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# Therapeutic

## 1. Grief and loss:

- The process
- Finding meaning/integration
- Validation/Normalisation

## 2. Cognitive behavioural therapy

- Reframing
- Triggers
- Problem-solving
- Stress management

# Therapeutic cont...

## 3. Family work

- **Support**
- **Impact**
- **Education**

## 4. Narrative Therapy

- **Storytelling**
- **Inner resources**

## 5. Strengths-based work

- **Focus on strengths**
- **Encourage independence**

# Outreach

- Twice weekly contact
- Transport
- Advocacy



## Outcomes after 2 months

- Links with G.P and Psychiatrist strengthened
- Implementation of crisis plan
- Linked with Suicide Prevention Service
- Use of harm minimisation strategies
- No IV benzodiazepine use

## Outcomes after 2 months cont...

- Reduction in heroin use
- Linked with grief counsellor
- Enhanced relationship with parents
- Improved self-efficacy
- Completion of residential withdrawal

## What has been learned?

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- Effective treatment responds to the unique and complex needs of the individual
- Challenging mainstream treatment approaches (withdrawal, counselling) enables the development of more effective interventions for clients with complex needs

## What has been learned cont...

- The introduction of new treatment pathways initiates positive changes in organisational culture and broadens the scope of clinical practice
- Collaboration with other community agencies is vital to improved treatment outcomes for clients
- Ability to provide a combination of therapeutic intervention and case management based on a unique outreach model of support

## Limitations

- Clients presenting with alcohol misuse not eligible due to funding constraints
- Length of episode
- Number of staff at grass roots level