



WELCOME TO THE CRACKS IN THE ICE WEBINAR SERIES



Australian Government
Department of Health



THE UNIVERSITY OF
SYDNEY
—
Matilda Centre

Acknowledgement of Country



We would like to acknowledge and pay respects to the traditional owners of the land on which we meet: the Gadigal people of the Eora Nation. It is upon their ancestral lands that the University of Sydney is built.

As we share our own knowledge, teaching, learning and research practices within this University we also pay respect to the knowledge embedded forever within the Aboriginal Custodianship of Country.

The Matilda Centre is committed to embracing diversity and eliminating all forms of discrimination. The Matilda Centre welcomes all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender identity.

1

One in a series of webinars. For more information on the series visit *Cracks in the Ice* (cracksintheice.org.au)

2

You are in **listen-only** mode

3

Please type your questions using the **Q&A button** on your dashboard.

4

This webinar is being recorded and will be made available on *Cracks in the Ice*, along with a handout of the slides.



FFSP

Family and Friends Support Program

A Guide For Service Providers

PROJECT PARTNERS

The Family and friends support program is made possible by the participation and funding of the following partner organisations:



Australian Government
Department of Health



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA



THE UNIVERSITY OF
SYDNEY
—
Matilda Centre



PREMISE
RAMSAY CENTRE OF RESEARCH EXCELLENCE



FFSP Program Background

- Systematic Review of the available literature.
- Online survey + 17 Interviews with people who had/have a lived experience of a loved one who uses alcohol/other drugs.
 - Daughters, partners, a sibling, an ex-partner, a friend, a son and a grandson



Systematic Review - Focus

AFFM (e.g. family, family member, significant other, spouse, wife, husband, sibling, friend, and caregiver)



Alcohol/other Substance of use (e.g. methamphetamine, other stimulants, other non-stimulant substances of abuse)



Psychosocial intervention (e.g. psychosocial intervention/treatment/therapy/support, psychological intervention/therapy/treatment/support, counselling, self-help, and bibliotherapy).



SYSTEMATIC REVIEW

- Search Strategy
 - Parents, grandparents, family, siblings, peers, caregivers, spouses, partners
 - Methamphetamine
 - Cocaine
 - Alcohol, cannabis, illicit drugs
 - Social support, counselling, self-help, psychotherapy, intervention, treatment
- Embase, PsycINFO, CINAHL, Cochrane, Scopus, Informit Health Collection.
- PROSPERO Registration Number CRD42017056304
(<http://www.crd.york.ac.uk/PROSPERO>)



SYSTEMATIC REVIEW EFFECTIVE INTERVENTIONS:

- Drug education (Bamburg et al., 2008)
- Coping skills, self evaluation and goal setting, communication skills (Gance-Cleveland, 2004)
- Development of effective coping, increasing hope and life enjoyment regardless of substance user's actions (Gethin et al., 2016)
- Education on effects of substance use on families, focus on personal wellbeing (Platter, 2011)
- Self paced, **online** skills training (Rychtarik et al., 2015)
- Motivational interviewing, CBT, toolbox of strategies and activities for challenging times (Templeton, 2014)



SYSTEMATIC REVIEW EFFECTIVE INTERVENTIONS:

- Improving communication skills (Kondo et al., 2009)
- Accepting responsibility for their own actions (Friedmann, 1996)
- Provision of drug information (Galanter et al, 1984)
- Decision making, receive feedback about changes in mood and health (Gustafson et al., 2012)
- Managing negative emotions, improving AFFM coping skills (Hansson et al., 2004)
- Breaking barriers of societal stigma (Li et al, 2014)



ONLINE SURVEY AND INTERVIEWS

- Facebook recruitment strategy
- 371 people completed the online survey.
 - 90% identified as female.
 - Average age 46 years (18-70 years).
 - 3 people identified as Aboriginal and/or Torres Strait Islander.
 - Overwhelming majority reported multiple concerns with alcohol/other drug use.
 - Primary concern
 - Alcohol = 58%
 - Cannabis = 16%
 - Ice = 15%
 - Heroin = 7%
 - Prescription opiates = 4%



What concerns you?

- Negative impact on relationship with family and friends, including relationship breakdown and loss of custody of children
- Concerns about long term impacts of chronic use on physical and mental health
- Change in mood and cognition, including inability to function in activities of daily living
- Verbal and physical abuse, unpredictability, paranoia and aggression.
- Consequences of criminal activity including loss of license.



What concerns you?

"Daily drinking and smoking marijuana, to the point he just seems numb, and content to be wasted on a daily basis..... I can barely remember what our relationship was like years ago"

"She has let go of looking after things about the house. She gets drunk to the point of incoherence and remembers nothing the next day."



What has life been like for you?

- Dependency causes financial strain
- The burden of additional parental/familial responsibility
- Instability in home life
- Physical and psychological stress of supporting someone
- Mental health issues including depression and anxiety
- Loss of partner, parent and grief around same
- Loss of trust, anger and resentment
- Chaotic
- Feelings of embarrassment and shame.



What has life been like for you?

"His alcohol dependency puts stress on me financially as I am the one who budgets and pays bills"

"Depressing. Destroying. I constantly feel like I'm the only responsible adult able to look after our two young children.....you never know what you are going to come home to".

"I have been under extreme emotional and mental stress trying to provide support to someone who gives me little support or consideration in return."

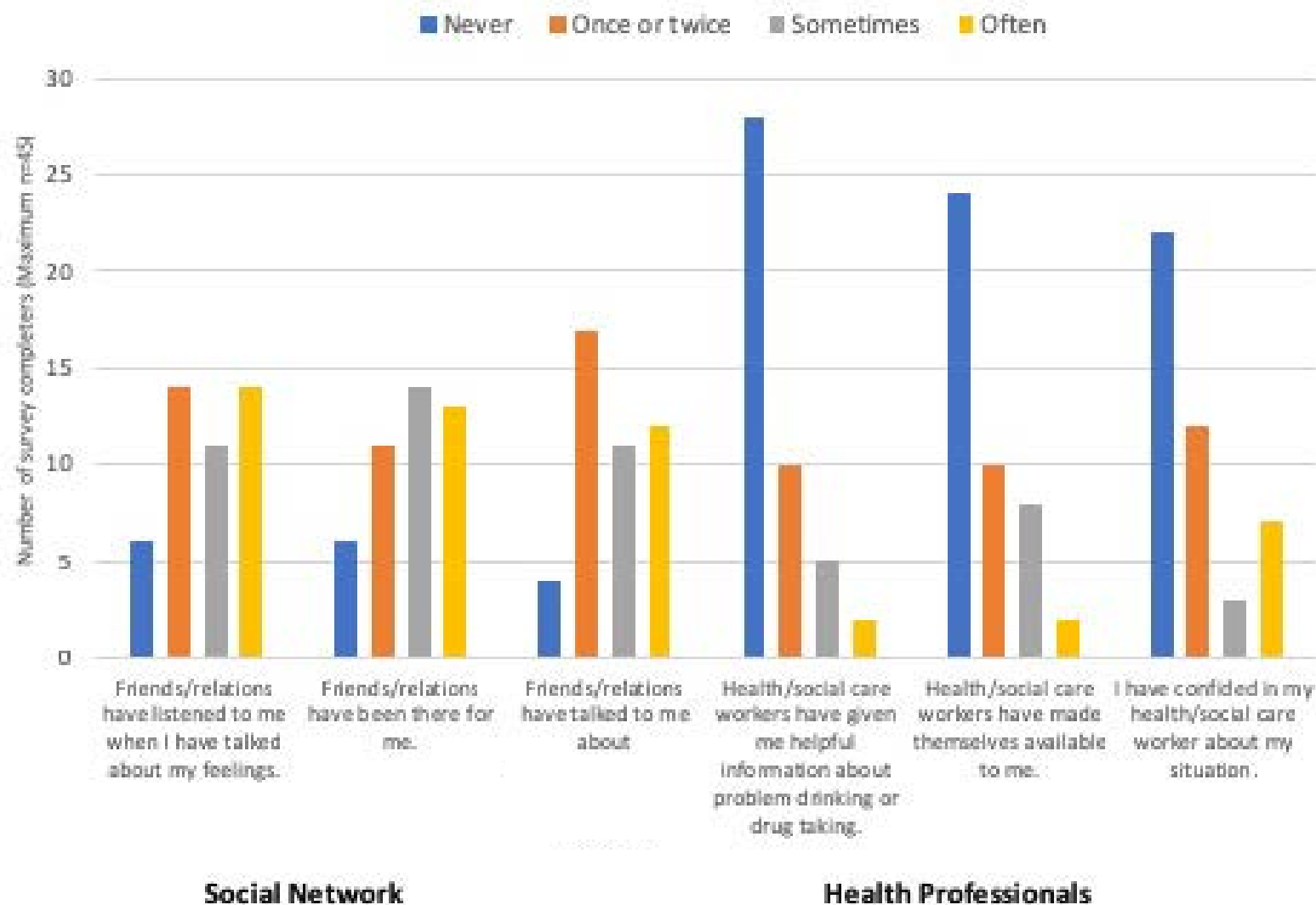
"Although M ensured my family did not go without food, clothing or housing, it felt as if we were missing a father in the emotional/attachment side aspects of childhood".

"It makes me anxious and I hate being here"

"Like a roller coaster that you can't get off."



Supports available and accessed





WHAT COULD HELP YOU?

- Support groups are important, face to face or online.
- Additional counselling support, especially for families
- Additional case management support for the user to ease the burden on carers.
- Financial and practical support



WHAT COULD HELP YOU?

"I would love to have more access to information and support services that can assist me with dealing with my partner's drug use"

"Being able to attend a support group would help, in person or online."

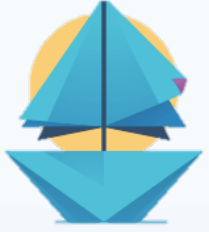
"Professional consultation with someone who REALLY knows what it's like..."

"Better information on how to deal with the situation."



WHERE (HOW, WHEN) WOULD YOU LIKE TO RECEIVE SUPPORT





FFSP- *"Live with it not in it"*





FFSP- Overall Program Features



Online program to help you manage your situation



Helpful activities



Real stories: what it's like supporting someone using alcohol/drugs

<https://aod.ffsp.com.au/>



FFSP

Online Program

<https://aod.ffsp.com.au/>

MODULES

CORE MODULES

In the first 4 modules, we want to learn about what life is like for you, what problems have developed and how have you been dealing with things so far.



1 - Your First Stop



2 - Looking Ahead



3 - Sailing Ahead



4 - Stop and Reflect



MINI MODULES

The following modules are designed to help you develop skills to navigate the path ahead



1 - Finding Support out at Sea



2 - Mapping out your Thoughts and Feelings



3 - Preparing for the Conditions



4 - Searching for Calmer Seas



7 - When the Tides Surge



6 - Navigating Values and Friendships



5 - Emergency Planning for Rough Seas





FFSP- Online Program

CORE MODULES



Module 1:

Your first stop



Module 2:

Looking ahead



Module 3:

Sailing ahead



Module 4:

Stop and reflect

<https://aod.ffsp.com.au/>



FFSP- Online Program CORE MODULES

MODULE 1

- Welcome ☒
- Living With it, Not in it ☒
- A Day in my Life ☒
- Your Life ☒
- Impact on Others ☒**
- Impact on You ☒
- Impact of the Everyday ☒
- Sharing Stories ☒
- What is important to me? ☒
- Your Values ☒
- Your Values Page 2 ☒
- Your Values Part 3 ☒
- Values into Practice ☒
- Value Planning ☒

IMPACT ON OTHERS

We would now like you to think about what life has been like for each of these people since the problem began.

We'd like you to consider the impact this has had on them, on their relationship with the person using alcohol and/or drugs, and finally on their relationship with you.

Below, you will find the names of each of your loved ones along with the avatars you selected for them. You should also see some coloured boxes under the heading 'Examples'. Please drag the examples that are relevant to each person into their box. If the examples provided are not appropriate to your situation, please feel free to write your own.

EXAMPLES

Feeling embarrassed

Feeling like a 'single parent'

Changes to intimacy and affection

Anger and resentment

Family tension

Guilt and self-blame

Financial strain

Exposure of children to drugs

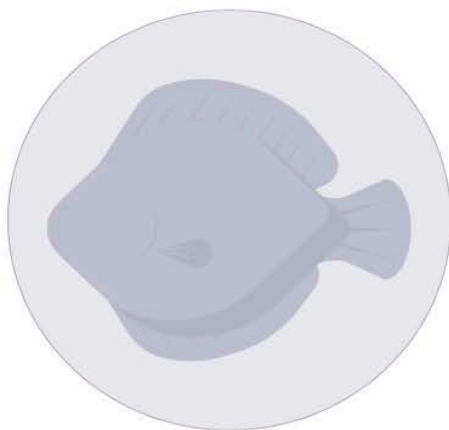
Property damage

Unreliability

Loss of time



YOUR STORY



RELATIONSHIP TO PERSON YOU SUPPORT

YOUR AGE

YOUR STORY



FFSP- Identifying Values

18 ?
Health

DRAG THESE CARDS TO SORT

UNDO LAST MOVE

1

NOT VERY IMPORTANT

SEE CARD LIST

2

MODERATELY IMPORTANT

SEE CARD LIST

1

HIGHLY IMPORTANT

SEE CARD LIST

VALUE	PUT INTO PRACTICE		SCALE	
	N/A	Didn't want to	Not successful at all	Highly successful
1 Security	<input type="radio"/>	<input checked="" type="radio"/>	<input type="range"/>	
2 Creative Self-Direction	<input checked="" type="radio"/>	<input type="radio"/>	<input type="range"/>	
3 Resolving Disputes	<input checked="" type="radio"/>	<input type="radio"/>	<input type="range"/>	



FFSP- Online Program

MINI MODULES



Mini Module 1:

Finding support when out at sea



Mini Module 2:

Mapping out your thoughts and feelings



Mini Module 3:

Preparing for the conditions



Mini Module 4:

Searching for calmer seas



Mini Module 5:

Emergency planning for rough seas



Mini Module 6:

Communicating: Navigating values and relationships



Mini Module 7:

When the tides surge

MINI MODULE 2

FFSP-

Cognitive Behaviour Therapy

Mapping out your thoughts and feelings ✓

Clouded Judgement ✓

Feelings and behaviours ✓

Feelings and behaviours continued ✓

▶ Helpful alternatives ✓

Feeling and behaviours continued ✓

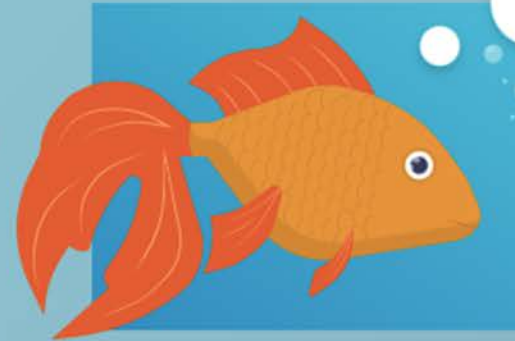
Feelings and behaviours cont'd ✓

Letting yourself off the hook ✓

Changing your thinking ✓

Key Points ✓

Next, ask yourself what you might do, or how you might feel if your first thought was true. Write down how you would feel in response to this in the first column.... The one labelled "feelings". Then, think about what you would actually do- your behaviours- if this first thought was actually true. Type these actions or behaviours in the second column labelled "behaviours".



"They're ignoring me!"



FEELINGS

+ ADD



BEHAVIOURS

+ ADD

In the activity below, you can select the statements that you'd like to use when you're in a crisis.

OR you can create your own statements by clicking the 'ADD STATEMENT' button.

Helpful Statements

I will find a way through this.



I've managed this before, I know what I need to do.



I will get help from friends/family.



ADD STATEMENT



FFSP- Online Program

ADDITIONAL FEATURES



This option allows you to bookmark a page for easier access. This will be available for you to access from your FFSP home page.



This will allow you to print the current page.



This icon will take you to a toolkit that houses a number of resources that you may find helpful.

<https://aod.ffsp.com.au/>

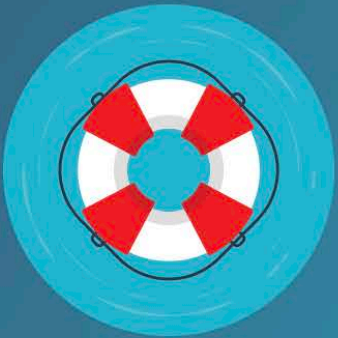


FFSP- Helpful Activities

TOOLBOX

USER GUIDE FOR FFSP

This is where you can find all activities, audio clips, videos, and PDF handouts from the program.



ACTIVITIES



VIDEOS



AUDIO



RESOURCES

www.ffsp-aod.com.au



FFSP- Helpful Activities

Alcohol resources



Help, treatment, quit etc.

Find services in your local area with this nationwide directory

<https://adf.org.au/help-support/>



Alcohol and other drug support and chat counselling. Confidential, free and available 24/7.

<https://www.counsellingonline.org.au/>



A free self-help program online to help people using alcohol to set goals and make a plan to change their lifestyle

<https://www.counsellingonline.org.au/find-support/self-help-modules>



Info for children and young people about alcohol addiction and how to stay away

<https://kidshelpline.com.au/teens/issues/drugs-and-alcohol>



Information on treatments for heroine dependence and referral options

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/heroin-dependence-medication-treatments>





Topics covered:

- o what it is
- o use and effects (including hangovers and sobering up)
- o withdrawal
- o mixing with other drugs
- o other types of depressants
- o available treatments/ support services



Topics covered:

- o what it is
- o effects
- o overdose, coming down, withdrawal
- o **safety strategies**
- o **mixing with other drugs (including HIV meds and hormone therapies)**
- o available treatments/ support services



Topics covered:

- o what it is
- o use and effects
- o withdrawal, overdose
- o **safety strategies**



Topics covered:



Topics covered:



FFSP- Real Stories

“

When James was in and out of my life through his 20s, you know I'd be worrying about him.

I'd call the police. I'd give them addresses just to do a welfare check because sometimes he was floating in and out of my life and I'd worry where he was. You know... where was he, was he sleeping under the bridge, was he in a house, did he have enough food? This went on for a long time and I was always worried... it was a horrible, horrible time.

”

“

I was tired, because that's what it's like caring for somebody with an addiction...

A 69-year-old woman doesn't want to have to run around after a two-year-old. If you're 69 and you've got a daughter or son that has an addiction problem that's what you're dealing with. You're dealing with a naughty little kid. You know, that's how I looked at it and how I felt... You've got a little kid, a naughty kid doing all the wrong things and when you get to my age your body, you're worn out, you're tired...

”

“

Yeah, friendship, hobbies – all that went out. I can only do part-time work, and even then, at the moment, I'm struggling with that.

”

- Quotes interviews with family and friends
- Opportunity to share their own story



Share your story



FFSP
Providing an anchor for the storm



REGISTER

LOGIN

THE FAMILY AND FRIENDS SUPPORT PROGRAM

The Family and Friend Support Program is designed for people supporting a loved one who uses alcohol and/or other drugs.

[Read more →](#)

[GET STARTED →](#)

<https://aod.ffsp.com.au/>

Q & A



FFSP

Providing an anchor for the storm

THANK YOU!

Find out more at:

cracksintheice.org.au



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