



Anyone who  
cares

Family Drug  
Support

Treatment  
Services &  
AOD Agencies

Family  
Members

**SIDE BY SIDE**

**”Over a decade of supporting families”**



**Who are we?**

**What do we do?**

**How do we do it?**



FDS - Theo Chang

Damien

Trimingham

– A pictorial tribute

A simple and yet  
powerful Television  
advertising  
campaign

# MISSION STATEMENT

To assist families throughout Australia to deal with drug issues in a way that strengthens relationships and achieves positive outcomes

# PHILOSOPHY

Our energies are given in primarily supporting families struggling as a result of drug use. We aim to assist in any way possible to empower families to cope with the realisation of their situation and survive intact

# FDS HISTORY

- ✓ Established 1997
- ✓ Non government organisation
- ✓ Non-profit – registered charity
- ✓ Funding – Government & donation

# FDS ACHIEVEMENTS

- ✓ 2000+ members – 200+ volunteers
- ✓ 27,000+ calls annually
- ✓ 19 supports groups – 5 states
- ✓ Stepping Stones to Success awards & accreditations
- ✓ Recognised by government
- ✓ National / International recognition
- ✓ Individual recognition OAM

# FDS SERVICES

- ✓ 24hr phone support
- ✓ Open family support meetings
- ✓ Stepping Stones to Success course
- ✓ Bridging the Divide – Treatment services
- ✓ Bereavement support – remembrance ceremonies
- ✓ Volunteer training
- ✓ Education & workshop
- ✓ Newsletter to over 2000 members
- ✓ Publication – GTC, In my Life, AGPN ‘Can Do’
- ✓ Bi-monthly newsletter – FDS Insight
- ✓ Prisoner Support

# Families and carers need options





**What goes on for families?**



????





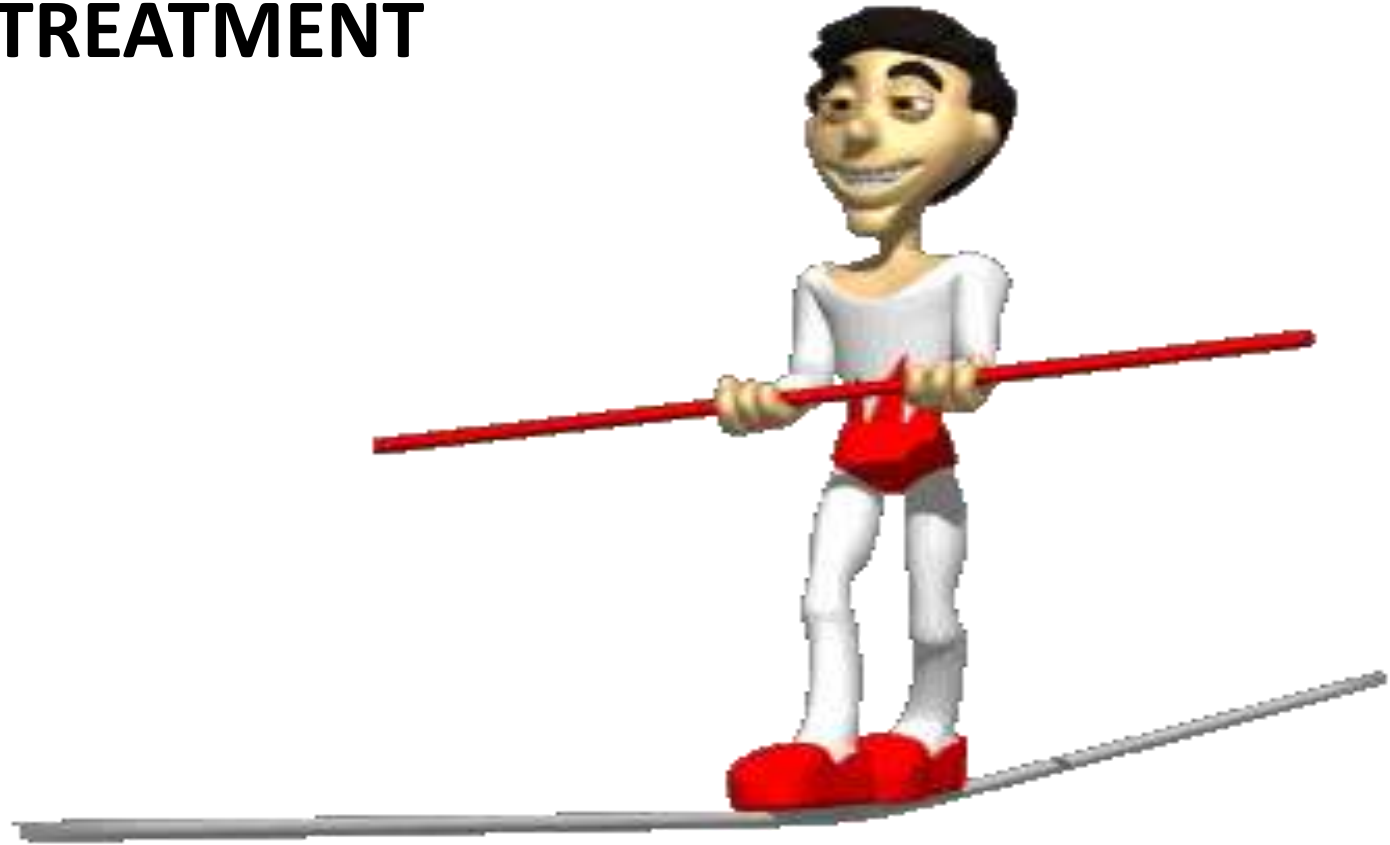




# Walking the tightrope: Discovering someone you care about is having problems with drugs & alcohol



# WHAT HAPPENS FOR FAMILIES WHEN A PERSON GOES INTO TREATMENT



When they go into treatment or take action, we  
breathed a sigh of relief.....

**When someone goes into treatment or a rehabilitation Program families can experience a range of feelings!**

**ANXIETY**

**Resentment**

WILL IT WORK?

**WHAT HAPPENS IF THEY LEAVE EARLY?**

**WHAT WILL HAPPEN WHEN THEY GET OUT?**

**Believe this will fix everything!**

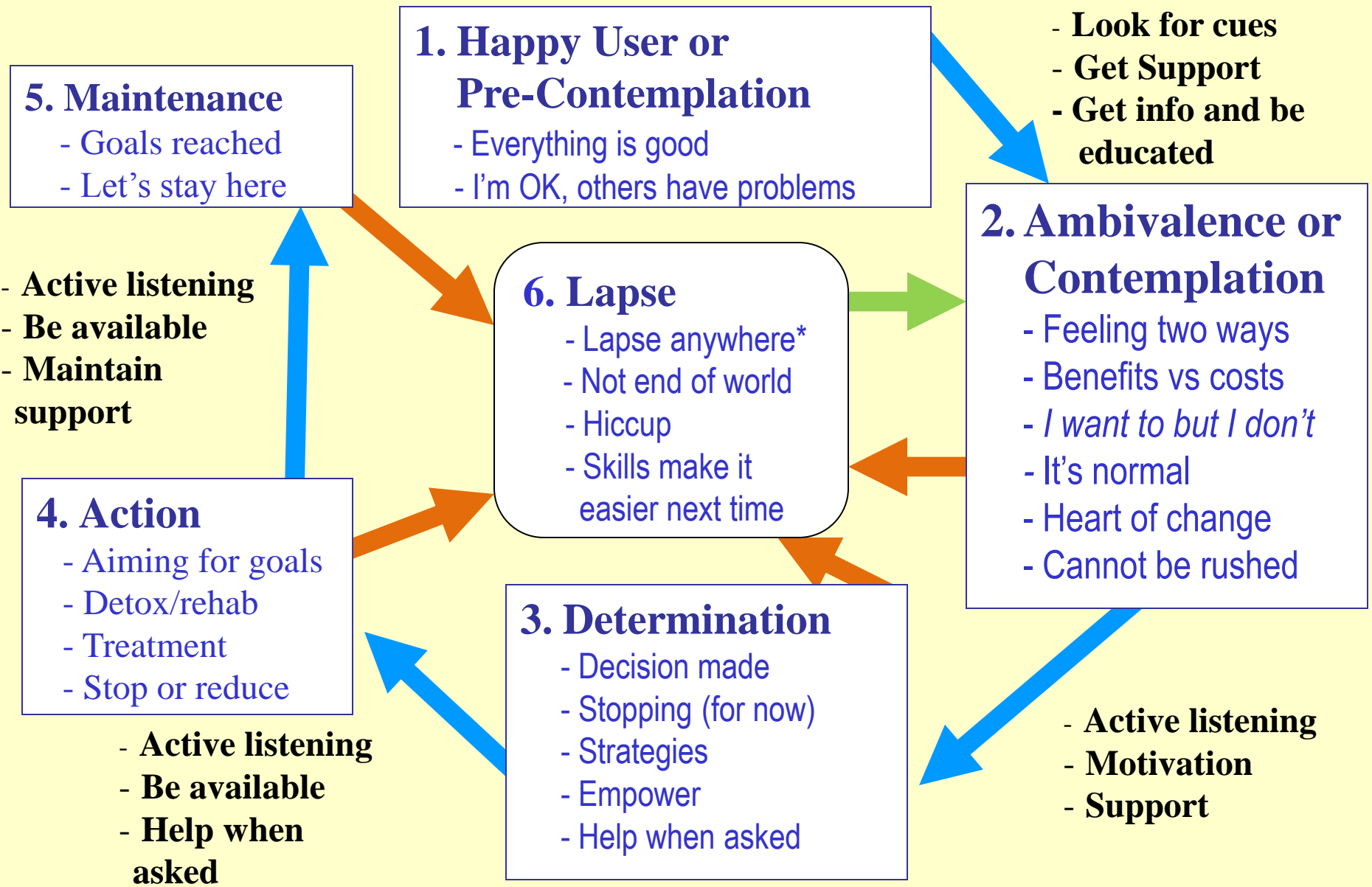
**RELIEF**

**H  
O  
P  
E**



# STAGES OF CHANGE – DRUG USER

- by Prochaska & Di Clemente (1986)



# CYCLE OF CHANGE FOR FAMILIES

## DENIAL – DON'T WANT TO...

- Can't happen in our family
- Hearing what we want to hear
- No knowledge of drugs
- Thinking its over



## EMOTIONS – LOTS OF IT!

- Reactive & unmanaged
- Anger! Masking others
- Shame/stigma, Guilt, Grief
- Blame

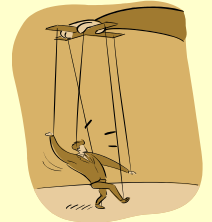


*control*

## CONTROL – FIX IT...NOW

Rigid, ultimatums, 'my way' vs Rescue, Collusion, Over Involved

- Judgemental
- Distrust
- Poor Boundaries
- Expectations
- Agendas
- Masks – brave face



## CHAOS – What do we do...

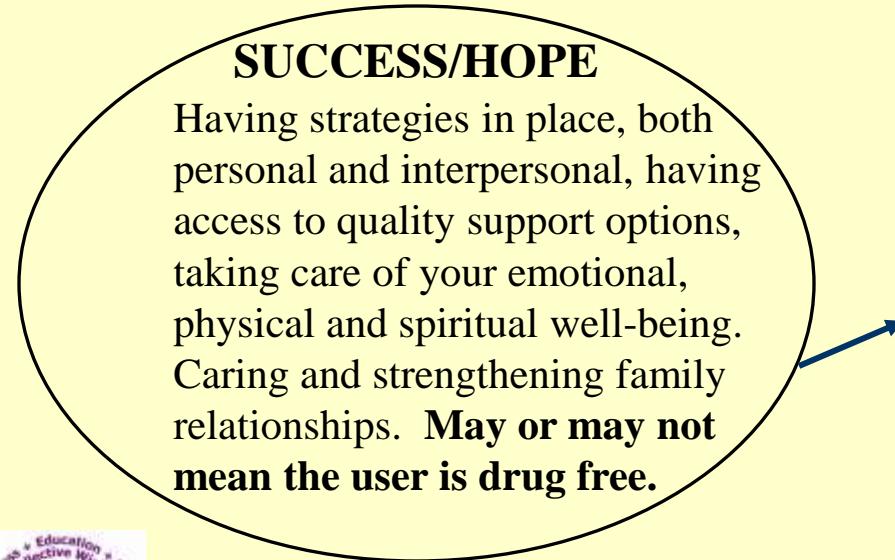
- Feeling useless/hopeless
- Not sure what to do
- No support or respite
- Powerless/Panic



# ACKNOWLEDGING FEELINGS



# STAGES OF CHANGE – FAMILY



**Drug Use Discovered**



**Success is not a fixed point**  
Success is maximising what is possible at each point along the family's journey.

Management and coping can happen at any point and are a continuous growth process.

**DEFEAT/DESPAIR**  
Lack of help, support, education and resources can lead to exhaustion, hopelessness & disconnection.

# What we do & want we don't do...

- ✗ Advice and solutions
- ✗ The magic cure / magic wand
- ✓ Expressing feelings – ‘the gunnysack of emotions
- ✓ The power of narration / story telling

'Do not HARM!!'

# FDS APPROACH & BELIEFS

- ✓ DEALING WITH THE REALITIES OF DRUG USE
- ✓ EMPHASIS ON STRENGTH, COURAGE AND LOVE — SURVIVAL
- ✓ FOCUS ON SELF AND SELF CARE
- ✓ FAMILIES ARE IMPORTANT/CRUCIAL TO THEIR DRUG USER
- ✓ FAMILIES ARE THE EXPERTS
- ✓ NO RIGHTS OR WRONGS — BREAK THE CYCLE OF BLAME/SHAME
- ✓ THE PAST — NO EVIL INTENT

# THE PROGRAM BELIEVES

- If the family is nurtured it will maintain the energy required for change
- Most families have influence over the drug user
- The influence of family/peers/partners can be positive or negative
- Change is inevitable - it can also be positive or negative
- Ventilation of emotions and acknowledgment of feelings is therapeutic

# TAPPING INTO COLLECTIVE WISDOM

- Families are experts
- Families have skills, knowledge, resources
- Families have wisdom and experience in dealing with drug use
- Share in the collective and practical wisdom and experiences of group members
- New wisdom can be developed
- Professionals have knowledge, skills and expertise which may also be useful to families



# Stepping Stones to Success

# What is it?

- **Group work** - Closed, experiential & psycho-educational group – families and carers of AOD dependents
- **Award winning** – 2009 National Annual Drug and Alcohol Awards ‘Excellence in Prevention and Community Education’
- **National Endorsement** – Institute of Group Leader’s national endorsement program to Silver Status
- **Publications** – pending
- **New user workbook**
- **Train the trainer** – 7 leaders and others in training

*Family Drug Support's flagship family support program*

# Statistics

- **2001-present** – 83 courses servicing 780 participants
- **Location** – Most major metropolitan cities and some regional centres on the eastern seaboard
- **Quantitative data** – Pre/Post questionnaire & evaluation forms
- **Qualitative data** – Free form evaluation forms & interviews

	Anger	Boundary	Control	Denial	Family	S/E	Trust	Total
Pre/Post	12%	13%	19%	9%	14%	6%	13%	13%
Post/FU	5%	6%	3%	5%	3%	0.5%	2%	4%

*'It does work!!'*

# BRIDGING THE DIVIDE

FAMILIES AFFECTED  
BY ALCOHOL &  
OTHER DRUGS



DRUG  
TREATMENT  
SERVICES



# FDS

FAMILY DRUG SUPPORT

**‘Bridging the Divide’ provides support services to families with members accessing treatment services**

The NGO Treatment Grant is funded by:



**Australian Government**  
**Department of Health and Ageing**

