

'STEPPING FORWARD'



Education & Interactive sessions for families with AOD users

Session 1 - Drug Information

Session 2 - Stages and Balance

Session 3 - Communication

Session 4 - Treatment & Recovery

Introduction

'Stepping Forward' delivers useful information and support for families supporting alcohol and/or drug (AOD) user(s). The sessions will appeal to a wide audience with emphasis on being straight forward, reality based and interactive.

'Stepping Forward' is created under the FDS' 'Bridging the Divide' banner. The Department of Health and Ageing (DoHA) provides funding under the Families and Treatment project.

The delivery of 'Stepping Forwards' will be undertaken by the 'Bridging the Divide' officers as part of their performance indicators.

Format

There are four sessions on offer focusing on areas of challenges for families. The sessions can be presented alone or as part of a series (including one or more of the other sessions). Whichever format, sessions are designed so that the participants will take away something of value without having to attend other sessions.

Delivery, timing and group size

The sessions are delivered by way of a community education forum. There is virtually no limit as to the size of the audience. Each session is designed to run for two to two and a half hours.

Fitting in with other FDS services

Stepping Forward does not replace FDS' flagship support program – Stepping Stones to Success. Stepping Forward is created in recognition that not all families can attend Stepping Stone's 27 hours format and not everyone will want the complexity and intensity of Stepping Stones. Some people simply will not attend groups.

It is hoped that some of the participants from Stepping Forwards will go on to attend Stepping Stones to Success.

The rest of this document provides the Agenda items for each of the four sessions. This is provide general information regarding the sessions and the topics for delivery.

'Stepping Forward'

Session One - Information

Agenda

1. Introduction to FDS and services
2. Introduction to Bridging the Divide
3. Drug information
4. Evaluation
5. Close

Session Two – Stages of Change (User and Families) and Balance

Agenda

1. Introduction to FDS and services
2. Stages of Change for the user
3. Stages of Change for families
4. Balance pole of life
5. Letting Go
6. Evaluation
7. Close

Session Three – Communication

Agenda

1. Introduction to FDS and services
2. Introduction to Bridging the Divide
3. Stages of Change user and families (a quick revision)
4. Communication - what doesn't help and what works
5. The essentials of communication
6. Triangles and secrecy
7. Evaluation
8. Close

Session Four – Treatment and Recovery

Agenda

1. Introduction to FDS and services
2. Introduction to Bridging the Divide
3. Drug treatment and recovery – what is it and how does it work?
4. What goes on for families when someone goes into treatment
5. Common terms in rehab/treatment
6. Tips for when someone goes into rehab/treatment
7. Evaluation
8. Close