

AUSTRALASIAN THERAPEUTIC COMMUNITIES ASSOCIATION

SYMPOSIUM:

(Macquarie Dictionary: A meeting or conference for discussion of a topic, especially one in which the participants form an audience and make presentations;
A convivial meeting for intellectual discussion)



Latest Trends, and...
Latest Trends, and...

You tell us...

MONDAY 17 SEPTEMBER 2018

THE SALVATION ARMY

140 ELIZABETH STREET, SYDNEY

8.30am - 5pm

Presenting:



The SONAR Study

Melinda Beckwith

Turning Point and Monash University

Petra Staiger, Associate Professor

School of Psychology

Deakin University

LATEST TRENDS, and...

You tell us...

The ATCA Board of Directors invites you to the 2018 Annual General Meeting and ATCA Symposium, which this year takes the theme: **Latest Trends, and... You tell us...**

TCs are acknowledged as working with the most complex and chaotic populations. Outcomes, nevertheless, have been shown to be impressive over many studies in Australia and internationally. As we take up the challenges of the coming years, what will the AOD landscape present, and how do we continue to influence the policy framework through practice-based evidence?

Over the past three years, ATCA in association with our New Zealand members and Matua Raki, has developed the TC Training Course. After two successful programs in New Zealand, the TC Training Course was adapted for Australian audiences, and has been rolled out across Australia over the past six months. As we come to the Symposium, more than 170 participants will have completed the training in Sydney, Melbourne, Brisbane and Adelaide – and in the coming weeks further courses will be offered in Canberra and Melbourne. This is just one of the initiatives we have introduced as part of our Workforce Development strategy.

The ATCA Standard is now imbedded in the Quality Assurance model, with a growing number of our services – both TCs and Residential Rehabilitation Services (RRS) – undertaking certification against the Standard. While we have had some limitations in terms of roll-out, a second Certifying Body is expected to be in place before the ATCA's AGM – providing more opportunities for all our members to undertake the certification process.

One of our key challenges right now is to inspire those coming through our programs and entering into TCs as staff, to maintain the enthusiasm, the passion and the commitment to the TC model.

So - a challenge to our members – as you register your delegates for this year's Symposium – bring with you at least one of your newest staff members – these are our emerging leaders and the people who will carry our TCs forward into the next decades as we address the issues ahead of us. Help us to support and nurture them to become passionate about TCs.



SPEAKERS AND SESSIONS

The SONAR Study – 9.30am – 10.15am

The Social Networks and Recovery (SONAR) study is the largest TC-based research project ever run in Australia, tracking over 300 residents across five TCs from admission for up to 12 months to understand changes in social networks and social identity that support recovery. This is also the first addiction recovery study in the world to track change in social identity over time – a key component of a TC model. Although central to the recovery process, capturing change in social identity during treatment and recovery has proved difficult. SONAR used an innovative tool to create a visual map of the groups people belong to and key characteristics of those groups that shape identity, including substance use norms.

This session will present the key findings from the SONAR study, what this adds to the knowledge base around recovery, and what this means in practice. This project has enabled us to develop greater insights into the social network influences and social identity change processes of individuals in recovery and, in this respect, provides a unique opportunity to link practice with research outcomes.

The second half of this session will provide a hands-on workshop. Using the mapping process from the SONAR study and regular office stationery, participants will be guided through the creation of their own Social Identity Maps. We hope to illustrate how engaging and effective this tool can be in gaining important yet complex information about a resident, or indeed oneself, supporting use of this tool in therapeutic work.

Presenters from the SONAR research team:



Melinda Beckwith is an independent researcher and this project was the focus of her PhD, undertaken through Turning Point and Monash University. She is a former clinician, trained as a clinical psychologist, and has worked for 14 years in the AOD field in a range of capacities including data management, population health and treatment research, teaching, and of course clinical work. Melinda has an interest in the process and mechanisms supporting wellbeing – the ‘end game’ of treatment – specifically what supports the process of moving away from problematic substance use and/or poor mental health.



Petra Staiger is an Associate Professor within the School of Psychology at Deakin University. She is a clinical researcher who has developed and evaluated a range of substance use interventions. She began her career as an alcohol and other drug counsellor and her research work has enabled her to continue working with clients in the field of treatment research. She has been working in partnership with Odyssey House for a decade and is committed to improving outcomes for those who engage in treatment.

Morning Tea – Poster presentation

10.15am – 11.05am

Nadia O’Toole and Dawn Bainbridge – Karralika Programs

Beyond Talk Therapy: Providing a variety of mechanisms for people to explore their recovery and participate in community

Along with the more traditional approaches to drug and alcohol treatment, Karralika Programs offers a variety of innovative therapeutic interventions that encourage clients to explore their thoughts, feelings and behaviours in different ways, beyond talk therapy.

Our visual display will highlight the various ways these non-verbal treatment options are integrated into the clients’ daily routines, how they assist staff to better engage with clients and how they are helping clients discover new ways of communicating as part of their recovery experience.

Biographies

Karralika Programs has been operating specialist alcohol and drug services in the Canberra and surrounding regions for over 40 years.

Nadia O’Toole is the Justice Services Manager which includes the Solaris Program, a modified Therapeutic Community provided in the Canberra-based prison.

Dawn Bainbridge is the Residential Services Manager including the community-based Therapeutic Community providing residential treatment for single males, females, couples and parent(s) with children.

Stream 1

2.00pm – 2.30pm



**Nathanael Martin: Transition Coordinator,
Goldbridge, Queensland.**

The Trials and Tribulations of social Media in a modern TC Aftercare

Goldbridge coordinates a 6 month After-Care program called the 'Transition-to-Community Program. This program has seen many changes over the years, most notably the impact of advances in technology and how this has changed the way we communicate and share information.

Over the past 20 years, social media has become an integral part of life and more recently, the invention of the Smart phone has opened up a myriad of possibilities for online connections which brings many positive aspects, including opportunities for networking, forming and maintaining social connectivity and access to limitless information.

However, these platforms have also brought a unique set of challenges, that we would not have seen in the past. As online social websites and applications proliferate, we foresee the challenges increasing.

This presentation will explore some of the trials and tribulations of social Media and how, in the modern TC, can we manage these and continue to support our clients to maintain a Recovery lifestyle.

Biography

For over 20 years (on and off) Nathanael has worked in the AOD sector and his professional experience includes working and assisting in the program development of a residential TC and the coordination and development of transitional programs.

Nathanael joined the Goldbridge team in April 2016 as the Transition Coordinator.

Nathanael has also diversified into working in human resources and the film and TV industry, so he brings a wide variety of academic, experiential skills and passion for recovery to the Goldbridge Team.

2.30pm – 3.00pm



Mark Stevens: Residential Services Program Director, Odyssey House NSW

What happens when an established therapeutic community meets a brash young community based AOD service...

Odyssey House NSW was an established, traditional Therapeutic Community about to celebrate its 39th birthday when the management team decided to add a new community service covering four Sydney PHNs.

Six months later the young community service was born. For the next twelve months the community service focused on developing relationships with other services providers, building up a client base and achieving its KPI's. However, the relationship between our community and residential services was not fully formed and needed to be integrated. I was asked to do this and if you want to know what happened next come to my presentation ...

Biography

Mark Stevens is a UK trained small group analytical psychotherapist, consultant nurse and nurse prescriber. He has worked in the AOD field for over 38 years as a very active clinician, clinical manager and service developer. Mark moved to Australia last year and has been working for the 12 months developing AOD community services in Sydney.

3.00pm – 3.30pm

Joe Coyte: CEO The Glen

Innovation and Diversity of the Therapeutic Community Model

The Glen is an Aboriginal Community Controlled Modified Therapeutic Community for men experiencing alcohol and drug dependence. Located on the beautiful Central Coast of New South Wales, The Glen sits on pristine bushland, which clients describe as calming and tranquil.

In the early 1990s, The Glen's Founder, Cyril Hennessy, A proud Aboriginal man, worked as a parole officer and was alarmed at the rate of recidivism in the Australian justice system. He could see that men would continue re-offending because they needed treatment for their drug and alcohol addiction, which was causing the offending behaviours.



With strength, passion and determination, The Glen was established in 1994 and has been a shining example of the triumph of the Koori and the human spirit for the past 24 years. Indigenous values are utilised and adopted throughout The Glen's program, evident through the strength-based approach which shows clients what they can do, not what they can't do. Indigenous Elders are regularly invited to join the groups to share cultural stories, wisdoms and philosophies with all our clients.

There has, and continues to be, an over representation of Indigenous Australians in the prison system, and The Glen will continue our work to change this until our services are no longer required.

Currently, The Glen is led by five strong Indigenous women who have been personally touched by the effects of drugs and alcohol and are all extremely passionate about The Glen's cause.

Biography

Joe Coyte has a background in finance and counselling. He has worked in and around Aboriginal Residential Rehabilitation centres for over 15 years.

Joe is currently employed as the CEO at The Glen Drug and Alcohol Rehabilitation Centre. In his time as Assistant Coordinator at The Glen Centre Joe has been responsible for coordinating the review and restructure of the services and programs provided to clients and community by The Glen. Using a continuous quality improvement approach Joe has not only improved the efficiency of operational systems within the Glen but has led The Glen to achieve accreditation (for the first time) against the Quality Improvement Council of Australia's Health and Community Services Standards in November 2012. The Glen was then re-accredited in 2015 and set a national record for exceeded standards.

Joe is a strong advocate of good governance. He enjoys a close and collegiate relationship with the board of Ngaimpe Aboriginal Corporation (The Glen). He has held positions on the Boards of other non-government organisation e.g. Gosford / Narara Community Centre (36 months) and also The Hunter Valley Financial Counselling Project (12 months as a short-term board member). Joe is currently a board member of NADA and also sits on the board of Regional Development Australia (Central Coast). Joe has also been the President of Doyalson Touch Footy club in the 2017/18 season which saw them become the first Country team to win the Vawden Cup in Sydney while also being the Country and Regional Champion.

Personally, Joe is a loving husband and devoted father of three children 16, 14 and 10. He considers fatherhood is most important role. Joe's strong family values are reflected in his future plans for The Glen, where he would like to see a greater role for family members, where clients consent, in the rehabilitation of their loved ones.

Chris Mason

Chris Mason is a proud Ngemba man. His family is from Brewarrina in the far North-West of NSW. He has been employed in the community services sector for over 10 years and is very skilled and passionate about assisting people turn their lives around. Chris has worked in various roles in the judicial, homeless, mental health, education and employment sector's and is now working at The Glen Centre in the AOD sector, believing AOD system is the most dynamic of them all. Chris now

works at The Glen Centre where he has worked as a Counsellor, Case Manager and now Program Co-ordinator. This is where Chris has the opportunity to utilise all the above-mentioned experience.

The AOD sector, and particularly working at The Glen Centre as a program co-ordinator, assisting people not only struggling with their addictions, but all these other facets of the client's complex needs makes for an interesting working environment. Chris likes utilising his experience in working with clients, supporting them to become abstinent from drugs and alcohol, making healthy, positive decisions that ultimately lead them to becoming contributing, tax paying members of the community.

When Chris was asked as a child what he wanted to do when he got older, he replied, "help People" and here he is many years later, in an environment where he has the opportunity to do that in his own small way putting meaning and purpose in his own life.

Stream 2

2.00pm – 2.30pm



**Gerard Byrne: Operations Manager, Recovery Services
Salvation Army**

A randomised controlled trial of a continuing care telephone intervention following residential substance abuse treatment: Description and initial project update.

A priority area in the field of substance abuse treatment is reducing the rates of relapse. Studies in the United States have demonstrated that telephone delivered continuing

care interventions are both clinically and cost effective when delivered as a component of outpatient treatment.

The trial examines a well-established telephone delivered continuing care intervention for people exiting residential substance abuse treatment. The study is a randomised controlled trial, where participants are randomised to one of three conditions: (i) usual care (i.e. aftercare plan, referral to 12-step meetings), (ii) usual care plus a 4-session continuing care telephone delivered intervention, or (iii) usual care plus a 12-session continuing care telephone delivered intervention.

Participants are from the therapeutic communities in NSW provided by either The Salvation Army or We Help Ourselves. Outcomes assessed between the three conditions include substance use, mental health, and well-being variables.

It is hypothesised that: (i) participants in the continuing care treatment conditions will demonstrate significantly higher rates of days abstinent from alcohol and other drugs at follow-up compared to the treatment control (usual care) condition and (ii) that participants in the 12-session continuing care condition will demonstrate higher rates of percentage of days abstinent at follow-up compared to the 4-session condition. The study also incorporates a nested feasibility study that will examine the capacity for the intervention to be delivered through a call centre not affiliated with specific services.

It is anticipated that the study will demonstrate that a continuing care intervention is a relatively low-cost clinical intervention that can help to support people following more intensive residential care. The current presentation will provide a description of the project, content of the continuing care sessions and an update on project progress.

Biography

Gerard Byrne has spent the past 29 years working in the AOD field; and is currently the Operations Manager for The Salvation Army Recovery Services, which covers NSW, QLD and the ACT. He holds Board positions on NADA, Queensland Network of Alcohol and Drug Agencies (QNADA), Alcohol Tobacco Other Drugs Association ACT (ATODA), and has been the Treasurer of ATCA for the past 7 years.

2.30pm – 3.00pm

**Clare Davies: Executive Director Rehabilitation Services,
Windana Drug and Alcohol Recovery**

Outcomes, dashboards and cupcakes

Outcomes based performance management is heading our way. We know it and at Windana we are getting ready, but we wanted an outcomes measurement framework that works for us and our residents, one that is meaningful, robust and proportionate. We wanted it not to be a tick-box, top-down, administration burden but something that could add value to our work and perhaps in drive our work.



Windana embarked on an outcomes measurement journey in April 2017. Our ambition was to introduce real-time outcome measurement at the therapeutic community in Maryknoll, Victoria. We took the time to build the skills and knowledge of our team about what outcomes are versus outputs, our residents participated in a ‘theory of change’ workshop, allowing us to identify our short, medium and long-term outcomes.

The consultants worked with us to recommend validated tools to collect data that aligned with our intended outcomes. We visioned a dashboard of how this data could be feed back to the residents and staff in real-time. We launched our dashboards on 4th December (this is where the cupcakes come in) and have been collecting and using the data to support our work in Maryknoll.

This paper will include feedback from staff and residents 9 months into using our live dashboards i.e. was it worth it? is it adding value to our work? what are we learning?

It also includes the process including what worked well and what we could have done better. Recommendations for setting up outcome measurement in other therapeutic communities and programs in the AOD sector and ‘what next’ thinking about shared measurement across the sector and opportunities for data linkage.

Biography

Clare is the Executive Director of Rehabilitation Services at Windana. She has extensive operational, advocacy and management experience across the health and social services sector. She commenced her career at a Therapeutic Community in 2001 and continues to be motivated by the life changing outcomes that this model produces for our residents. She has qualifications in psychology, AOD work and her current education interests are social work and psychodrama.

3.00pm – 3.30pm

Sally Nathan¹, Patrick Rawstorne¹, Andrew Hayen¹, Joanne Bryant², Eileen Baldry³, Mark Ferry⁴, Megan Williams⁵, Marian Shanahan⁶, Ranmalie Jayasinha and Alexandra Gibson¹

¹School of Public Health and Community Medicine, Faculty of Medicine, UNSW Australia; **²Centre for Social Research in Health, Faculty of Arts and Social Sciences, UNSW Australia;** **³School of Social Sciences, Faculty of Arts and Social Sciences, UNSW Australia;** **⁴Ted Noffs Foundation, Australia;** **⁵Indigenous Health, Graduate School of Health, UTS;** **⁶National Drug and Alcohol Research, Faculty of Medicine, UNSW Australia**



Australian Research Council and Ted Noffs Foundation Youth Pathways Study 2015-2019

This presentation will focus on the early findings from a mixed-methods Australian Research Council and Ted Noffs funded Youth Pathways Study 2015-2019 that retrospectively and prospectively examines young people’s pathways into and out of a residential life management program. The study is a collaboration between UNSW and UTS academics and the Ted Noffs Foundation. The study involves three components: 1) retrospective data linkage of program data to health and criminal justice administrative data sets in ACT and NSW, 2) prospective cohort (using existing program baseline data and a follow-up survey) and 3) qualitative in-depth interviews with a sub-sample of the prospective cohort.

The quantitative components will compare findings among young people who are referred and a) stay 30 days or more in the program (including those who go on to continuing care and those who do not); b) start but stay fewer than 30 days in the program; c) are assessed, but do not start the program.

Firstly, we will share the data linkage results at a broad level and describe the linkages of the 4000 client IDs from Ted Noffs data set that have been found in health and justice data sets in NSW and the ACT and outline a few of the proposed analyses. Secondly, progress with the 12-month survey will be outlined and the challenges we have faced in this process. Thirdly, some findings from the qualitative data will be shared. The presentation will conclude with next steps and an opportunity to ask questions.

Biography

Dr Sally Nathan will present on behalf of the study team listed.

Sally’s research has focused on the use of innovative approaches to measure and understand complex social change including research into consumer/community participation as well as research approaches which engage and partner directly with vulnerable and marginalised communities and the organisations that represent and advocate for them. Sally has published on consumer/community participation in health service decision-making, advocacy by the non-government sector, and adolescent drug and alcohol treatment. She has led three recent grants totalling over \$500K including the 2014 Linkage Grant from the ARC with the Ted Noffs Foundation to understand the pathways of vulnerable adolescents.

SYMPOSIUM PROGRAM					
Time	Session	Chair	Speaker		
8.30am-9.00am	Registrations & coffee				
9.00am-9.30am	OPENING SESSION				
	Welcome	Garth Popple, Chair ATCA Board			
	Welcome to Country	Gadigal Elder			
9.30am – 10.15am	THE SONAR PROJECT	Eric Allan	Melinda Beckwith and Associate Professor Petra Staiger: The SONAR Study		
10.15am-11.05am	MORNING TEA – Nadia O’Toole and Dawn Bainbridge - Karralika poster presentation				
Time	Venue Chair	Stream 1	Venue Chair	Stream 2	ATCA Standard Workshop
11.05am – 12.30 pm	Clare Davies	Melinda Beckwith and Petra Staiger		Using the mapping process from the SONAR study and regular office stationery, participants will be guided through the creation of their own Social Identity Maps.	
12.30pm – 1.15pm	LUNCH				
1.15pm – 1.50pm	Gerard Byrne	Lynne Magor-Blatch		What do we really know about the evidence for TCs?	
2.00pm – 2.30pm	Carol Daws	Nathanael Martin – Transition Coordinator, Goldbridge. <i>The Trials and Tribulations of social Media in a modern TC Aftercare</i>	Mark Ferry	Gerard Byrne – Operations Manager, Recovery Services Salvation Army. <i>A randomised controlled trial of a continuing care telephone intervention following residential substance abuse treatment: Description and initial project update.</i>	Barry Evans: Proposed changes to the ATCA Standard will make it more accessible to the membership and eliminate the need for services to undertake two levels of accreditation. This workshop will introduce the proposed comprehensive model that covers all domains, together with information on the accredited Certifying Bodies with which members can engage.
2.30pm – 3.00pm		Mark Stevens – Residential Services Program Director, Odyssey House NSW. <i>What happens when an established therapeutic community meets a brash young community based AOD service...</i>		Clare Davies – Executive Director Rehabilitation Services, Windana <i>Outcomes, dashboards and cupcakes</i>	
3.00pm – 3.30pm		Joe Coyte – CEO, The Glen; Chris Mason – Program Coordinator, The Glen. <i>Innovation and Diversity of the Therapeutic Community Model</i>		Sally Nathan – School of Public Health & Community Medicine, UNSW. <i>Australian Research Council and Ted Noffs Foundation Youth Pathways Study 2015-2019</i>	
3.30pm – 3.45pm	Afternoon Tea - CLOSING AND INVITATION TO ADELAIDE IN 2019				
3.45pm – 4.30pm	ATCA AGM and reports from the Board – Moving into the Future. Challenges and directions for the year ahead				

ATCA 2018 SYMPOSIUM & ANNUAL GENERAL MEETING

MONDAY 17 SEPTEMBER 2018

LATEST TRENDS, AND... YOU TELL US...

SALVATION ARMY, 140 ELIZABETH STREET, SYDNEY.



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Name: _____ Email: _____

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<input type="checkbox"/> Registration (ATCA Member) fee includes GST	\$165.00	_____
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