

**KARRALIKA**

programs to help you choose a better life

# Karralika Programs Inc.

**Women's Pilot AOD Program**

*The Circle of Growth*

*Karralika Programs acknowledges that we are on the lands of the traditional custodians, and we pay respect to Elders and leaders past, present and emerging. We are committed to improving the health and well-being of all Aboriginal and Torres Strait Islander people and we strive to make sure all people from all diverse backgrounds feel welcome and supported in our programs.*



# Karralika Programs



# Introduction



- ▶ The Canberra prison, The Alexander Maconochie Centre (AMC), has a full detainee cohort of 350 400 people.
- ▶ Sentenced detainees, both male and female, have access to general programming, however, given the small number of women, this can also be limited.
- ▶ Female detainees often do not have access to specialist alcohol and other drug treatment.

# Recognising the Need

- ▶ Long recognised that female detainees in the AMC do not have access to much needed AOD treatment while in custody.
- ▶ Opportune time as AMC/ACTCS was introducing a new integrated offender management framework and clinical model of care.
- ▶ Acknowledging the significant evidence available regarding impact of AOD use on criminal activity and recidivism.



## Slide 5

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**STO**

think on this slide (or in your speaking points) it is not only recognising the need but also the opportunity as the AMC/ACTCS was introducing a new integrated offender management framework and clinical model of care it was an opportunity to pilot a new program for women within those new operating environments, and to continue to show how a govt/ngo partnership with a specialist AOD service provider produced good outcomes

Sharon Tuffin, 2023-10-10T04:21:33.659

# Collaboration



- ▶ Karralika and ACT Corrective Services – long standing partnership with the delivery of the Solaris Therapeutic Community in the Alexander Maconochie Centre.
- ▶ Karralika appointed program development officer.
- ▶ Project Reference Group brought together consisting of key people in ACT CS and Karralika.



# Therapeutic Community Model

- ▶ Female detainees long called for a “TC like the men have”.
- ▶ It was not feasible to pick up the Solaris program, rebrand and put in into the women's area of the prison.
- ▶ The Women’s AOD pilot was strongly underpinned by core Therapeutic Community principles:
  - behaviour change
  - mutual responsibility and
  - relationships based on trust and right living.



## Slide 7

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**STO**

you might also need to speak to (even if not in the slide) on how community as method was put into practice - unless that is what you mean by mutual responsibility

Sharon Tuffin, 2023-10-10T04:23:01.944

# 'Helping Women Recover'



In 2008, Dr Stephanie Covington designed an AOD treatment program, 'Helping Women Recover' with a 2<sup>nd</sup> edition released in 2019.

Specifically developed for women in custodial setting wanting recovery from alcohol and other drugs.

Whilst Karralika modified the 'Helping Women Recover' program and groups to suit our purpose and context, the gender sensitive material and language remained.

*Dr Covington wrote: "I chose the lotus flower for the cover... because the lotus can be a meaningful symbol for women's recovery."*



# Karralika Matrix Day Program



- ▶ Karralika's Matrix Day Program is an internationally validated day group program.
- ▶ Originally developed in the United States for people using stimulant based drugs.
- ▶ Adapted into Australian context for individuals and families impacted by all alcohol and other drug use.
- ▶ Primarily a relapse prevention group program.

# Program Finalisation



“Logo” Designed by  
1<sup>st</sup> Round Participant

- ▶ 10 Week program
- ▶ 10-14 women per group program.
- ▶ 4 group sessions per week, 1hr – 2hrs each.
- ▶ Facilitators: 1 Karralika clinical staff member and 1 ACT CS programs officer.
- ▶ Cultural support and activities.
- ▶ Specialist AOD counselling available.
- ▶ Case Management provided by ACT CS.

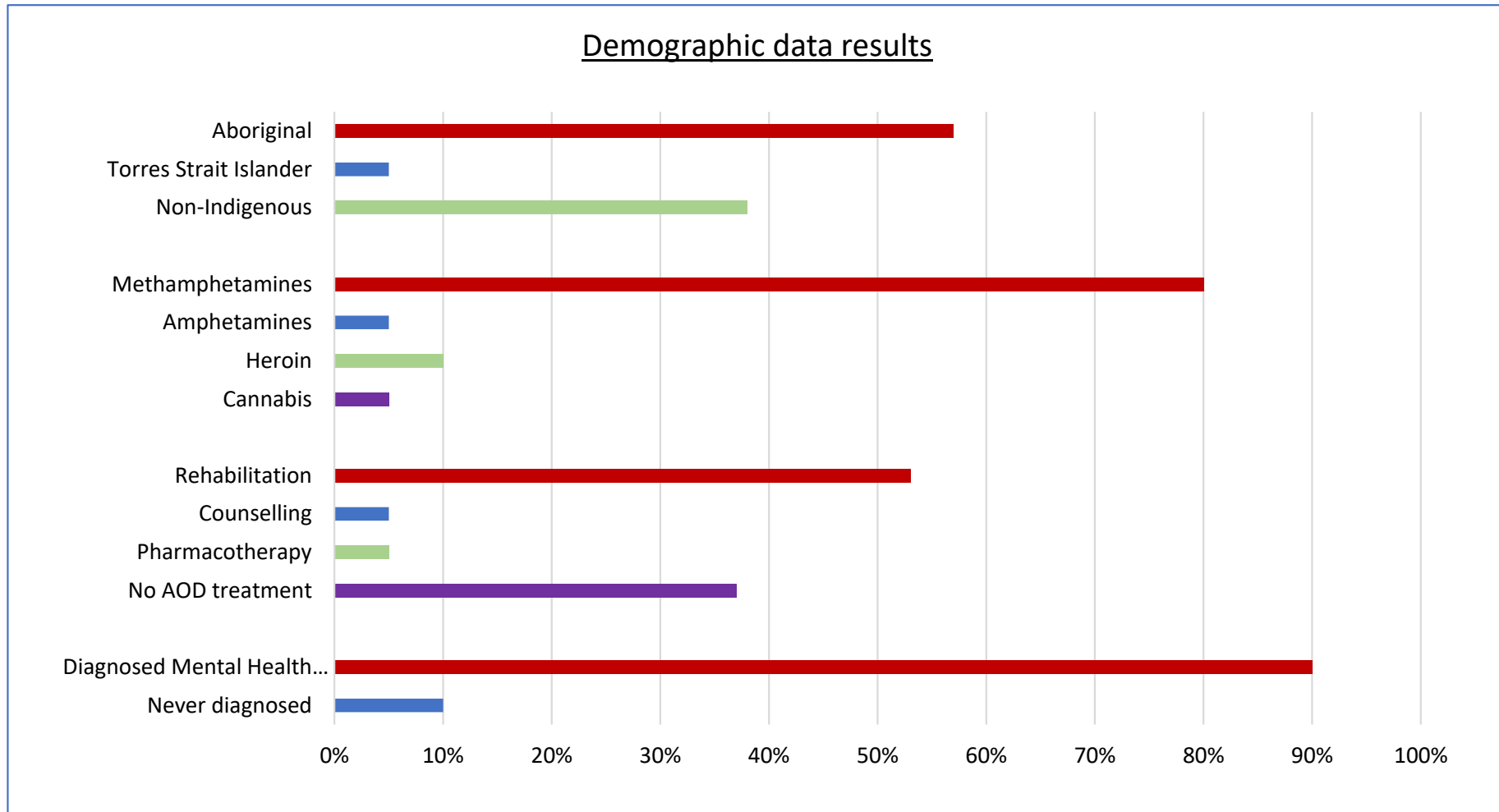
# Program Modules



- ▶ Program was been divided into four modules:
  - Intro and Safety Planning
  - AOD Deep Dive
  - Sense of Self
  - Family and Relationships

Also incorporates recovery-based art activities, relapse prevention planning sessions through out and cultural activities facilitated by Karralika Cultural Support & Liaison Officer

# Demographic Data



# Participant Feedback

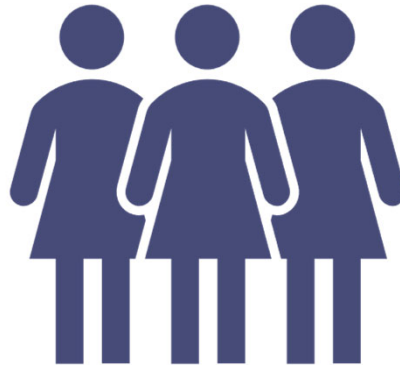
We need more counselling.  
\*Counsellor\* is great but  
you only get to talk to her  
once every couple of weeks  
because the other girls need  
to see her too."

Thank you for making  
me feel strong enough  
to take the steps to stay  
sober.

Facilitators are  
understanding and  
approachable

Thanks...for making  
me realise it's a  
good thing to be in  
recovery.

(The program)  
changed my mind  
about recovery.




# THANK YOU



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