

A Ten Foot High Barbed Wire Fence

Integrating a drug reduction program into a drug free
abstinence based Therapeutic Community – the
challenges and triumphs of Organisational change at
The Buttery

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What we're going to cover today

- Background and rationale
- Challenges
 - Initial Reactions
 - Change Management
 - Recruitment & Cooperation
- Program Development
- Early Results & Impressions of the Program

Rationale for the Program

- In February 2011 the Government (MHDAO) committed to provide \$10M over four years to the NGO sector for the enhancement of drug and alcohol rehabilitation services and programs.
- Northern Rivers has approximately 1850 clients on opioid maintenance programs with limited service availability.
- Pathway gap acknowledged for clients on maintenance wanting to access Abstinence Treatment Services.
- Service expansion to a more holistic pathway of delivery.

Evidence Based Supporting Literature

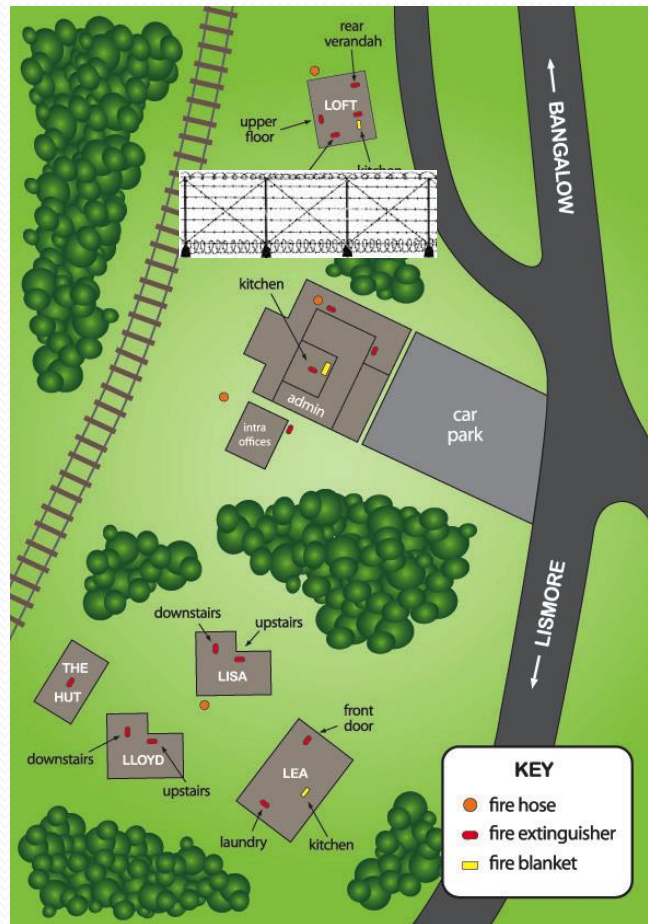
- Several studies provide support for the inclusion of maintenance medication management within TC settings and were referenced during program set-up.
- J.E. Zweben et al. (1998)
- Greenberg et al. (2007)
- Sorensen et al. (1984 & 2008)
- De Leon et al. (1995)
- Collins et al. (2006)

The Change Management Process

- Consultation with Executive Director & Program Manager
- Consultation with current TC Staff
- Consultation with current Resident Population
- Team External Supervision including Executive Director
- Recruitment of MTA Program Manager
- Arrival of New Residents

Initial Reactions

An artists impression
of the Binna Burra
Site.



Enter The Ten Foot
Barbed Wire Fence

The Change Management Process

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Core Objectives

- Reduce the number of people dependant on drugs.
- Improve psychosocial outcomes for people recovering from drug dependence.
- Provision of a safe and supportive holistic care environment for people to withdraw and detox from maintenance medication.
- Optimize pathway opportunities to access ongoing support services (e.g. residential rehab or half-way houses).
- Operate within core components of a Generic TC environment (adaptation from The Buttery TC).

Core Objectives – cont.

- Provide opportunity for clients to commence work on core issues while also undertaking reduction and detox.
- Focus on Relapse Prevention Program for post service support.
- Educate on network/support development through engagement with local NA community.
- Educate on social and living skills.

Program Start-Up

- Creating Therapeutic Partnerships:
 - Dispensing Pharmacy
 - Buprenorphine Prescriber
- Ongoing consultation with current Abstinent Community (staff and residents).
- Program Development and integration with Abstinent Community.
- Decisions around further integration.



Current Program Schedule

MTA Program Weekly Timetable							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00am Out of Bed and Breakfast together at 7:30am	Prescriber Appointments	Out of Bed by 7:00am and Breakfast together at 7:30am				
8:45 to 10:15	Morning Meeting (9:00 - 9:45) Group Check-In (9:45 - 10:15)	Morning Meeting Group Check-In	Morning Meeting Group Check-In	Morning Meeting Work	Morning Meeting Group Check-In	Community Responsos	<i>O u t i n g</i>
	Morning Tea			Morning Tea	Morning Tea		
10:45 to 11:45	Art/Drama (10:45 - 11:45)	Lunch Prep for Meeting Travel Time	New Resident DVD (De Leon) Fellowship Meeting	Morning Tea Work	Introduction to 12 Steps Break		
12:00 to 1:00	Art /Drama (12:00 - 13:00)	Fellowship Meeting	Self Nurture Fellowship Meeting	Work	New Residents/Booking	House Cleaning	
	Lunch					House Inspection	
	Peer Booking	Self Nurture	Peer Booking	Peer Booking	Peer Booking	Lunch	
2:00 to 3:15	New Residents/Booking (14:00 - 15:15)	Topic	New Resident DVD Discussion Self Nurture	Morning Meeting Group Check-In	Relapse Prevention	Community Responsos	
	Afternoon Tea						
3:30 to 4:30	Choir (15:30 - 16:45)	Farewell / Free Time / Bookings	Yoga	Reviews / Awarenesses / Dialogue	Free Time		
	Break						
Evening	NA / AA (Community)	NA / Gender - Optional	House Meeting	NA - Optional	Free Night	Free Night	Community Meal

Service Provision

- Located at Binna Burra, NSW on site of current Buttery Residential Rehabilitation Service.
- 7 funded beds.
- Male and Female residents 20yrs and over.
- Currently stabilised on opioid maintenance program.
- Entry to Program conditional on transfer to Buprenorphine (if not already maintained) – Maximum dose 32mg.
- 90 Day Program.

What Has Happened So Far?

- # of Admissions = 36
- Male = 20
- Female = 16
- Average length of stay = 64.9 days
- Clients completing Program = 48%
- Clients completing reduction = 84%
- Self-discharge = 29%
- Involuntary discharge = 23%
- Progression to Abstinence Program = 35%

What Has Happened So Far?

- Some early trends around Program Completion vs Non-Completion:
 - 87% of clients successfully completing the Program have remained Abstinent.
 - 38% of clients who did not complete the full Program remained Abstinent.
- Kessler-10 Results:
 - On Arrival 68% record Severe to Moderate Rating (39/29)%.
 - On Exit 85% record Well to Mild Rating (54/31)%.
- Acknowledge currently small population size.

Some Feedback from Participants



Resident F. – Now 185 days clean



Resident J. – Now 135 days clean



Resident K. – Now 247 days clean



Resident P. – Now 253 days clean



Resident E. – Now 401 days clean

Questions

