

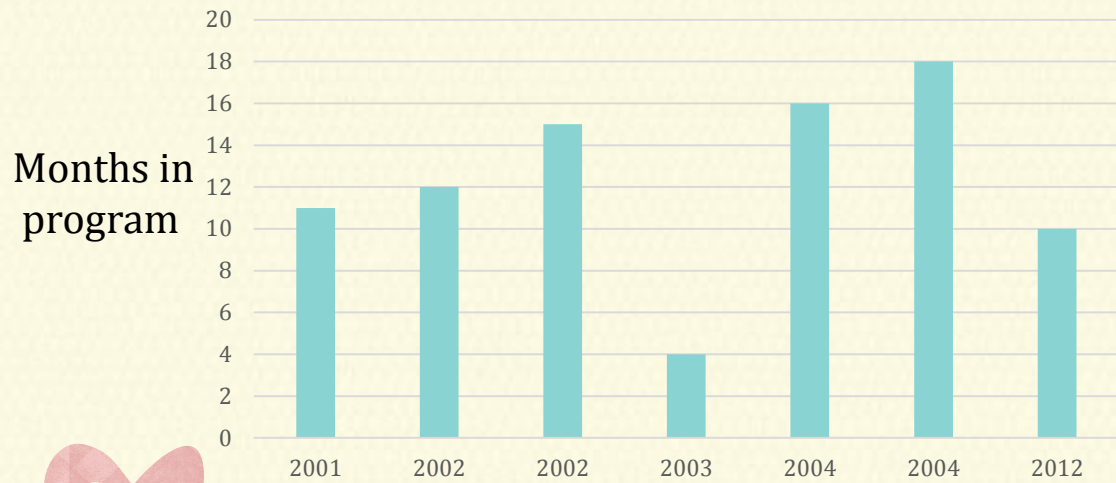


Fostering a mother child relationship as part of the AOD rehabilitation process

A follow up study.

Dr JF and Karen Bartlett

Interviewed 7 Mothers



5 Graduated (Program completion)
2 Did not complete



Introducing Fern

Piper was diagnosed
with PTSD at age 7



Fern is now 5 months clean and sober

Length of Stay/Age



Life before Fresh Hope

- “Hectic, frightening, unorganised, criminal, Aggressive.”
- “Dirty inside and out, holes in walls and unsafe people.”
- “I lost everything and was pregnant and living on the streets.”
- “Meaningless, long, soul less.”
- “My daughter in foster care, jail, domestic violence, if I didn’t receive the help I would have suicided.”
- “Hell, no peace, no joy, no relationship, barely existing.”
- “Angry desperate.”



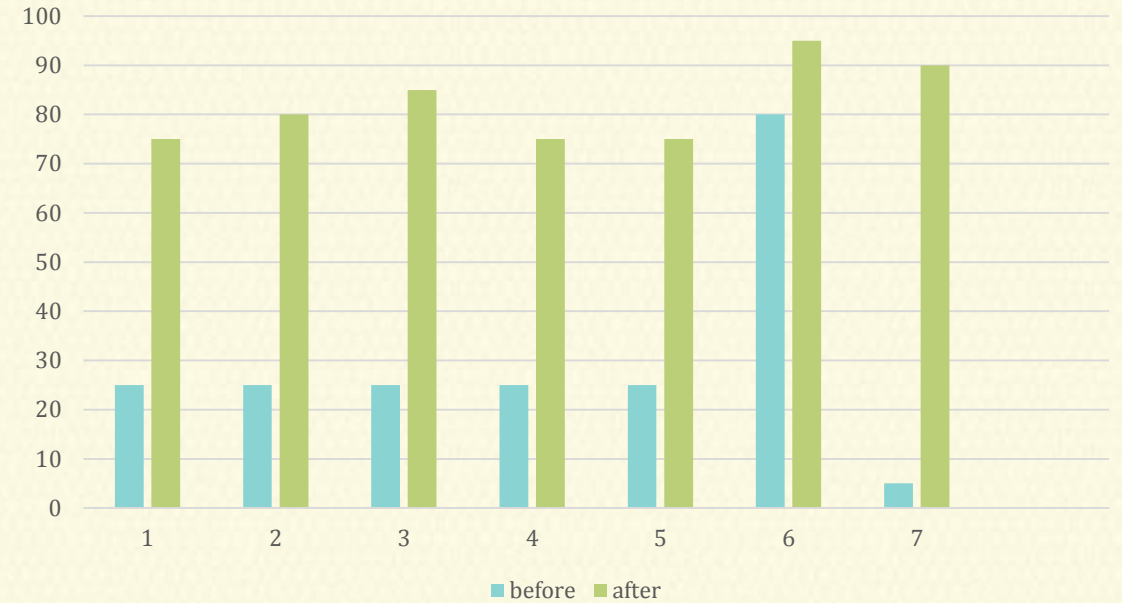


Did you understand attachment?

- ❖ “No not even really.”
- ❖ “Somewhat, I loved my children but didn’t understand my own attachments.”
- ❖ “Didn’t know such a thing existed.”
- ❖ “No, I didn’t realise that my drug and alcohol use lost the attachment with my daughter. I was oblivious of the damage being done, as it was normal in my childhood also.”



ATTACHMENTS BEFORE /AFTER



"Since leaving Fresh Hope my attachment to my children is 90% I believe I can learn to be even more present with them but it is a 200% improvement on what it was.."

Attachments



Fern's Assessment Results

on arrival and current

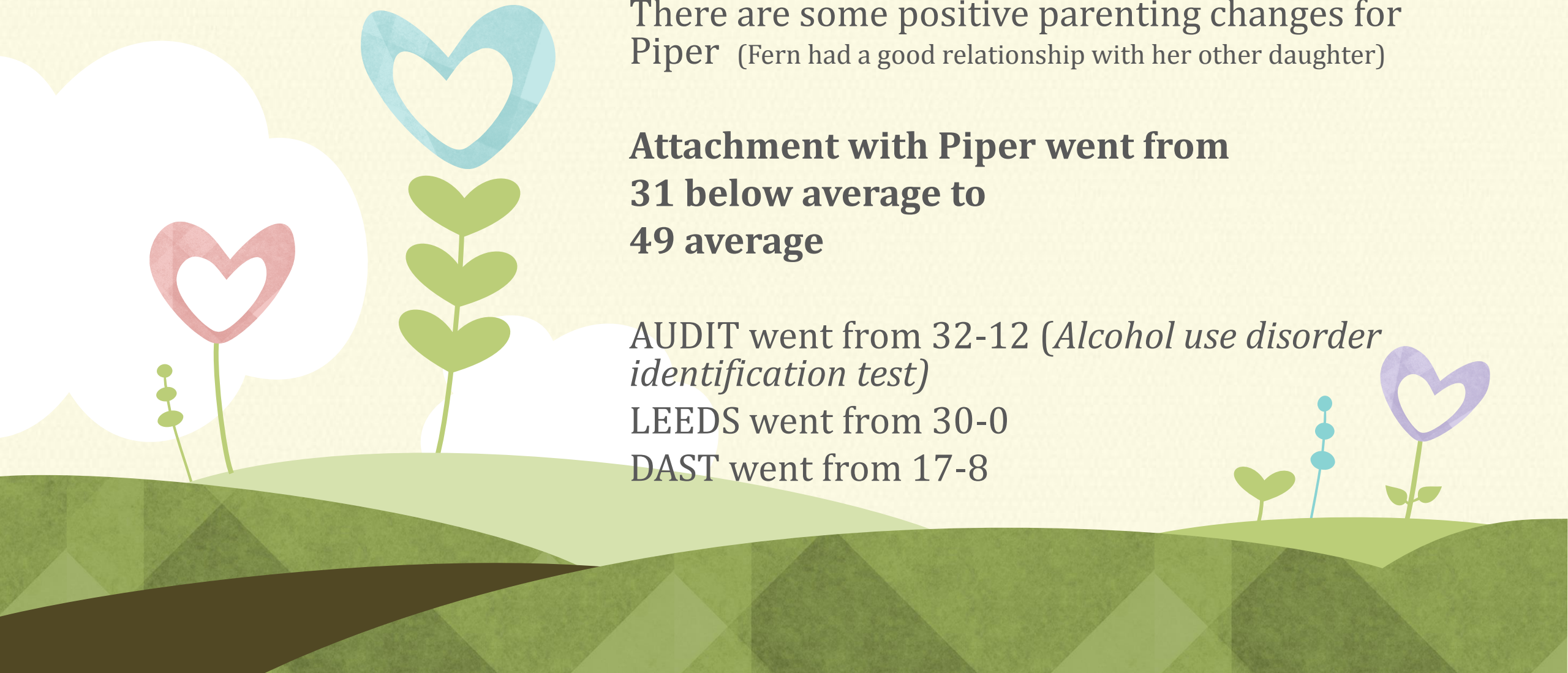
There are some positive parenting changes for Piper (Fern had a good relationship with her other daughter)

**Attachment with Piper went from
31 below average to
49 average**

AUDIT went from 32-12 (*Alcohol use disorder
identification test*)

LEEDS went from 30-0

DAST went from 17-8





Did your child miss school?

Results:

Sometimes: 1

Often: 2

Never: 0

N/A: 4



Were you convicted of any crimes before Fresh Hope?

85% of mothers said YES

Were you involved in any criminal behaviour that did NOT result in a conviction?


85% of mothers said YES



100%

stated no criminal involvement since leaving Fresh Hope

What did you like most about Fresh Hope?



- “Family... that’s it in a nutshell really.”
- “Farming environment, a warm place conducive to successful rehabilitation.”
- “Groups, the countryside.”
- “Big family environment.”
- “Tuff love.”
- “The diversity and intensity of the program, the family environment, groups and everything about the children’s participation.”
- “I love that it was a family, a safe place where I could begin to connect with life and my daughter and people again.”

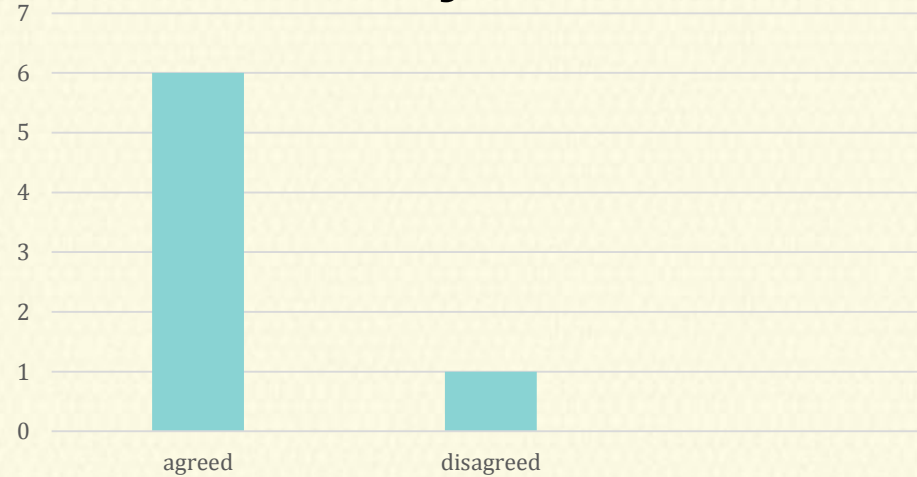




What did you like least about Fresh Hope?

- “Some days it was a bit shitty”
- “Discipline, initially challenging.”
- “When I wanted to be rebellious and wanted to self destruct they wouldn’t leave me alone.”
- “Living with other mothers who didn’t want to get better was the hardest time at Fresh Hope.”

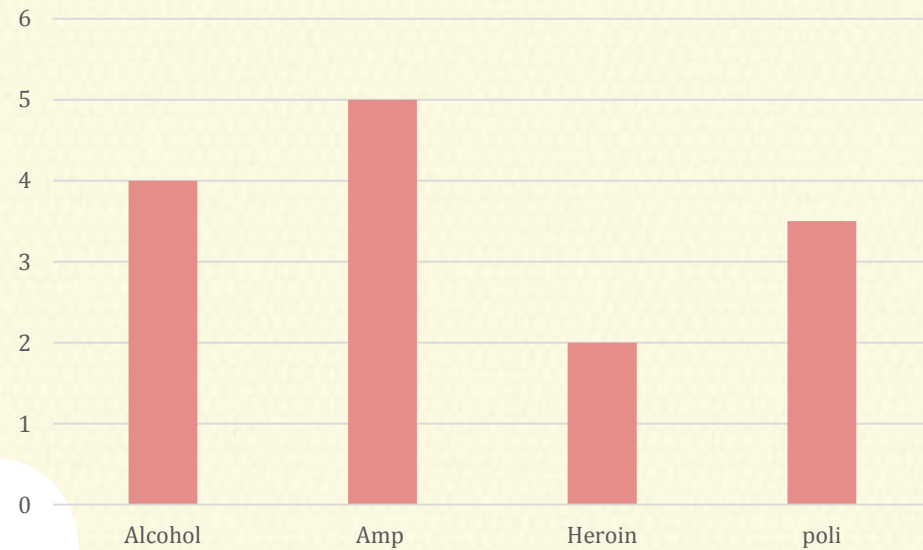
What did you think of the children calling us Nanals and Poppy and also the others Aunty and Uncle?



- I loved it, I had no family connections at all when I came to FH, it was so wonderful for my children to feel part of a family and to see what it is like to have people around you that truly care.... to be honest it was an experience I hold close to my heart as I also had never truly felt a part of something like a family before, to be loved..... just beautiful..

Have you remained free of this addiction?

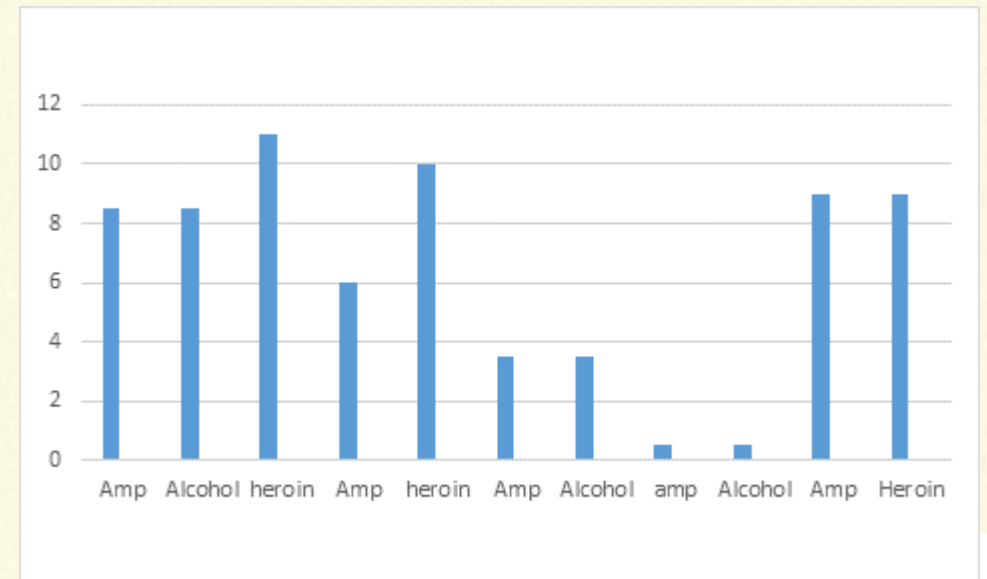
100% said yes



Drug of Choice

Did you relapse?

85% said yes



Length of Time Clean



Are your children attending group activities?

85% said yes

- Ballet
- Guitar
- Swimming
- Drama
- Riding for the disabled
- Wrestling
- Football
- Youth group
- Basket ball
- Singing

100% are no longer transient
All have suitable private housing

(1 has purchased their own home and is in the process of purchasing a business)

85% have saved money and work within a budget

85% have gained employment
(the one mother who didn't gain employment home schools 4 children)





What areas did you find most helpful

- “One on ones.”
- “Hard work, getting out of my own arse.”
- “The connection with my horse and then people, new to me.”
- “All the life skills, 24/7 style i.e. being told honestly with out judgement what my issues were (in family group meetings).”
- “Just being thrust into a group situation where it was not an option to withdraw, hide or wallow in self pity.”



Overall how was your time at Fresh Hope?

- “Beneficial.”
- “Awesome, life changing.”
- “Forever memorable.”
- “Definitely a life changer.”