TC and Adventure Therapy

12.05pm: Welcome and introductions (Bernice)
12.10pm: Power Point presentation (Bernice & Toni)
12.15pm: Outline of a Goldbridge BAT program – photos (Zeke)
12.20pm: Transference of learning – activity – debrief (Laurinda)
12.25pm: Question time
12.30pm: Close of presentation
Goldbridge Rehabilitation Services is a community based organisation, established in 1988 to provide best practice residential and non-residential drug and alcohol recovery services.

Goldbridge is located in Southport on the Gold Coast. GRS provides the following programs:

- Residential Therapeutic Community
- Intake and Assessment
- Family Support
- Transition to Community
- Continuing Care support.
- Adventure Therapy
Residential Therapeutic Community (TC)

- Residential program runs for a period of 6 months

- Our target group is adults 21 to 65 years who are affected by co-occurring alcohol, other drug and mental health concerns. We have the capacity to provide service for 28 residents.

- The average age of a resident is 35 years.

- Goldbridge is a member of the Australasian Therapeutic Communities Association.
Why we started to get involved in Adventure Therapy

• **Location of our TC:** In the heart of Southport a busy suburb on the Gold Coast

• **Land area:** Goldbridge sits on ¼ Acre of land

• **Size of facility:** Renovated motel, bunk beds, open plan offices

• **Dual Diagnosis:** Increase of clients accessing the service affected by co-occurring alcohol, other drugs, & mental health concerns

• **Continuing Care:** New life skills to share with family and friends
Adventure Therapy and the TC

• **Similar philosophy**: Community As Method, Effective Recovery Living

• **Complimenting each other**: Transference of skills e.g. debriefing

• **Creating group cohesion**: Bonding experience, team support

• **Improving mental health**: Depression, anxiety – research

• **Broadening horizons**: Expanding world views, good clean fun.
Psychometrics
Pre and Post testing of Bush Adventure Therapy experience
Psychometric testing – Why?

• New addition to core program at Goldbridge – evaluate effectiveness and synergy with Therapeutic Community model. First use of Psychometrics for the Adventure Therapy component was in September 2011

• Standardized and widely recognized measure for what happens to people internally

• Goldbridge utilise the same psychometric testing as a standard measure for a client’s progression through the program

• These psychometric tools available for use in the public domain and are self reporting.
Psychometric Tools – what they measure

• DASS – 21: Depression, Anxiety, Stress scale. Gives a total score & individual scores for each disorder. The higher the score, the higher the level of depression, anxiety or stress.

• Kessler 10: Measures the presence of current MH issues. Doesn't necessarily diagnose, but identifies that something is not quite right (e.g. anxiety, depression).

• Psychocheck – SRQ: Self Reporting Questionnaire identifies possibility of pre-existing mental health issues. Analyzes which MH issues are new or if they were present before drug use.

• DTCQ – 8: Drug Taking Confidence Questionnaire. Measures how confident people are that they will be able to resist the urge to use.

• URICA Scale: University of Rhode Island Change Assessment. The URICA assesses motivation for change by providing scores on four stages of change: pre-contemplation, contemplation, action and maintenance.
Survey Sample

The cycle consists of two Adventure Therapy programs - one month apart. The first program is a two day program, the second is a three day program including overnight base camp.

MOU with ‘The Outlook’, Adventure Therapy unit of the QLD Justice Department

Eighteen (18) participants completed both parts of the cycle and all of the testing

In between the programs, survey respondents participated fully in the Residential TC program. Themes that came out of the first program were consolidated through the TC group processes

Psychometrics were done pre and post both program.
Outcome of Psychometric testing

DASS - 21 Scores

- Depression
- Anxiety
- Stress

Pre Program 1 vs Post Program 2
Outcome of Psychometric testing

![Bar chart showing K-10 Scores for Program 1 Pre and Program 2 Post]
Outcome of Psychometric testing
Outcome of Psychometric testing
Outcome of Psychometric testing

Golbridge partnered with Canberra University to confirm our findings. A PHD student analysed the raw data from the Psychometrics and concurred that the figures represented improvements for residents in the following between pre and post Adventure therapy program cycles:

- **Depression lowered by 46.3%**
- **Anxiety lowered by 31.6%**
- **Stress lowered by 34.4%**
- **Ability to resist urges lowered by 16%**
- **Current mental health concerns lowered by 25%**
- **Readiness for change – no significant change**
Activity Time!

Laurinda will now facilitate
A brief experiential learning activity
Contact details

Goldbridge Rehabilitation Services
10 Garden Street, Southport. Queensland 4215
Phone: (07) 5503 1255
Fax: (07) 5532 1316