



CMHDARN Research Seeding Grants Program:  
Building capacity for research into the effectiveness of Jarrah  
House programs: taking stock and planning for the future

Charlotte Pritchard



**Jarrah House**

Residential treatment facility for women

# + Our project



Research partnership:

Jarrah House and

University of Technology Sydney, Faculty of Health

- Dr Angela Dawson
- Suzanne Dean (RN)
- Professor Debra Jackson

# + Jarrah House



Jarrah House

# + Program objectives



- Improve data collection
- Use our data!
- Establish a ‘research culture’ at Jarrah House
- Aim for longitudinal research to evaluate Jarrah House programs
- Share our learnings and contribute to the evidence base

# + What we did...



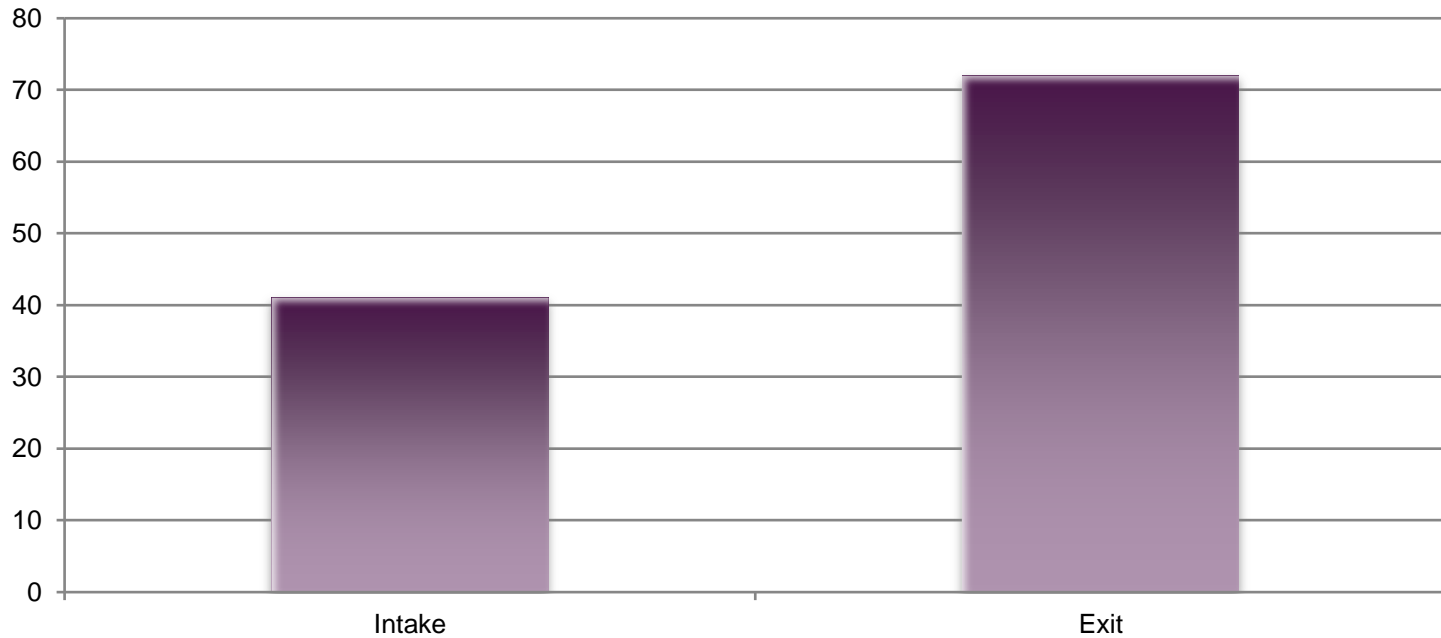
- Literature search
- Established an electronic data base
- Designed and implemented a data collection procedure
- Collected quantitative data (using NADA – Client Outcome Management System) and qualitative data (consumer interviews)

# + Lessons from our data

Smoking pattern during admission



## Number of Cigarettes Per Day



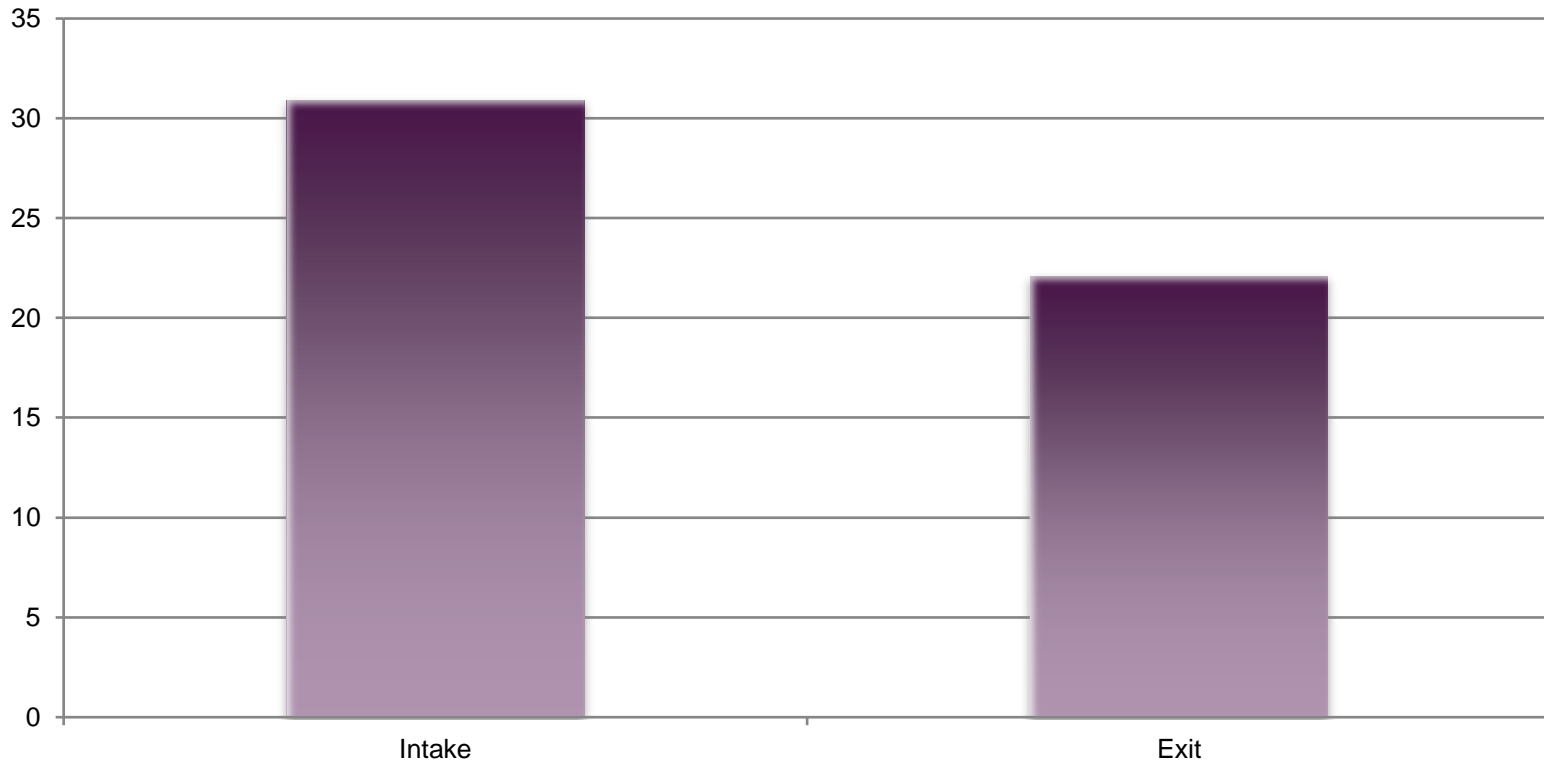


# Lessons from our data: COMS



K-10 scores for sample 30/06/2012 – 30/06/2013

**Mean K-10 score**



**N = 198**

# + Translating research into practice



In 2013, new therapeutic programs introduced:

- Four week Cognitive Behaviour Therapy based '**Stabilise**' program
- Six week Dialectical Behaviour Therapy based '**Skills**' program
- Strengthening of continuing care. Re-introduction of outpatient support group and case management processes reviewed.



# + Research culture at Jarrah House



- Evaluation and research is now more of a priority
- Mentorship resulted in improvement of research skills and capacity
- Established an ongoing working relationship with UTS

# + Challenges of establishing a research culture

- Staff resistance – “Should I collect *your* data or make sure the new admission doesn’t overdose?”
- Time
- Bad luck



# + Unexpected benefits



Importance of university collaboration with small NGOs:

- Introduction to the research process
- Access to university database for literature search
- Ongoing collaboration
- Opportunity to contribute findings to the field



# Conferences and Publication



## Conference presentations:

- Suzanne Dean, Angela Dawson, Charlotte Pritchard & Debra Jackson (2012). *The Impact of Short Term Residential Treatment Programs for Women Withdrawing from Alcohol and Other Drugs in Australia*. Presented at the International Council on Women's Health Issues, Bangkok, Thailand, Nov 14 – 16 2012
- Suzanne Dean, Angela Dawson Charlotte Pritchard, Alice Hanna, Sue Dean, & Debra Jackson (2012). *Towards gender responsive treatment for substance abuse disorder: issues for consideration when providing services*. Presented at 8<sup>th</sup> International Conference on Interdisciplinary Social Sciences, Prague, Czech Republic, July 30<sup>th</sup> – August 1<sup>st</sup> 2013
- Angela Dawson, Charlotte Pritchard, Suzanne Dean & Debra Jackson (2013). *Collaborative approaches to addressing the complex needs of women with post traumatic stress disorder and substance use disorder*. Presented at the PHAA National Social Inclusion and Complex Needs Conference, Canberra, 15 – 16 April 2013

## Publication

- Angela Dawson, Charlotte Pritchard, Suzanne Dean & Debra Jackson (2013). Trauma Informed Treatment for women with SUD and PTSD: Evidence to inform NGO programs in Australia. Accepted for publication in *The International Journal of Interdisciplinary Social and Community Studies*.

# + Where to from here?



- Conference poster presentation: Charlotte Pritchard and Alice Hanna (2013). *Jarrah House: Utilising Research And Evaluation In Order To Provide A Comprehensive Drug And Alcohol Treatment Model For Substance Using Women And Their Children*. To be presented at the Australasian Professional Society on Alcohol and Other Drugs (APSAD) Conference, 25 – 27 November 2013
- Two new programs to evaluate
- Ongoing collaboration with UTS
- Plans to move from evaluation into research

+ Thank you!



Jarraah House admissions: ph 02 9661 6555

Monday to Friday, 9am – 1pm for telephone assessments

