

# Who is accessing online counselling for rural family members of people struggling with substance use?

- study in progress

AUTHORS

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**FEW DRUG AND ALCOHOL SERVICES PROVIDE SUPPORT TO FAMILY MEMBERS. CRAFT HELPS FAMILIES TO REDUCE SUBSTANCE USE, ENGAGE IN TREATMENT, AND IMPROVE FAMILY WELLBEING.**

INTRODUCTION

An individual’s use of alcohol and other drugs (AOD) can greatly impact their family and friends’ physical and mental health. Only a small percentage of Australians who seek support for AOD problems are family members or friends. Community Reinforcement and Family Training (CRAFT) is an evidence-based talking therapy that works with family and friends of people struggling with substance use.

AIM

The current project seeks to explore the experiences of family members and friends of people using AOD in regional Australia, both in general and in relation to accessing support services. The project also seeks to explore the extent to which CRAFT (renamed the Family Empowerment Program (FEP) in this project) is an effective support service to family members and friends of people using AOD.

METHODOLOGY

A parallel group, two-arm, superiority design with a 1:1 allocation ratio will compare online FEP with a wait-list control.

DISCUSSION

- Caucasian women between the ages of 45 and 64 were most likely to seek help from the FEP.
- Of the 61 participants who have completed the FEP to date, 83% completed all sessions.
- Participant recruitment ceases end of August 2024.
- Final data collected end of January 2025 when last participant completes the program and final outcome measure.

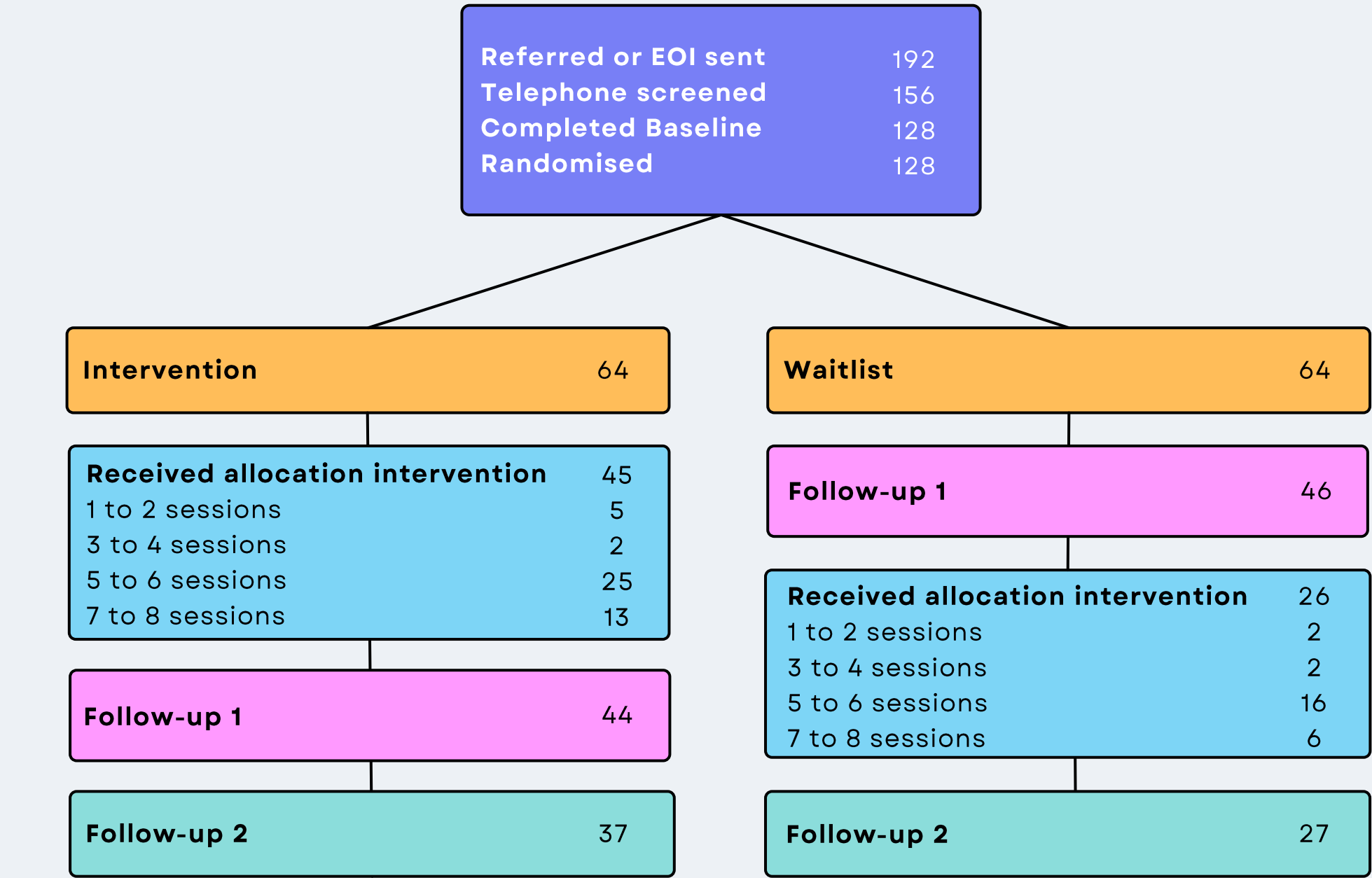
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CONSORT DIAGRAM



DEMOGRAPHICS

