

ATODA

Alcohol Tobacco & Other Drug
Association ACT



Alcohol, other drugs and gambling in the ACT

A cross-sectoral approach to harm minimisation

Environment Scan

ATODA

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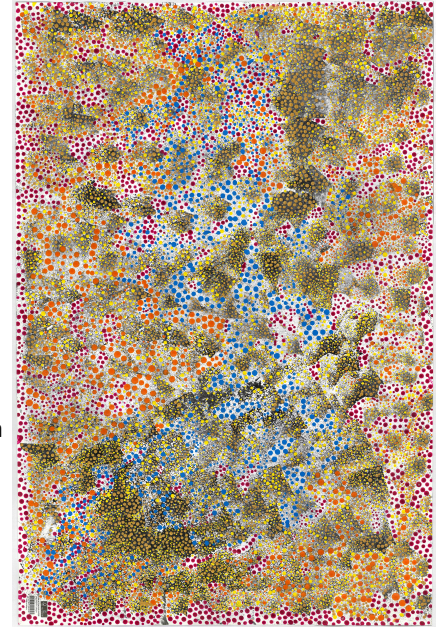


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Cover artwork: Detail from *Unspoken History, Map of Pain*, Sharon, 2020

About the artist

Sharon is a Stolen Generation Aboriginal artist who spent many years tracing her origins. After a long journey she reunited with her family of the Noongar tribe (/ 'noŋɑ:/), a constellation of peoples of Indigenous Australian descent who live in the south-west corner of Western Australia, from Perth on the west coast to Esperance on the south coast. At the age of 16 she married into the Ngunnawal tribe in Canberra where she has been living for the last 30 years. Her kids and grandchildren identify as Ngunnawal and many of them inherited her talent and are artists too.



About the artwork

While I was painting this, I was thinking about all layers of unspoken history that I will never get to know. Unspoken history of my family, my tribe and my Aboriginal peoples.

My mother belongs to the Stolen Generation, she was taken from her mother very early and sent to Gnowangerup Christian Mission for Aboriginal kids stolen from their parents located in the town of Gnowangerup in the Great Southern region of Western Australia. When she was 13 years old, she was placed in a white family to clean their house. I never found out what happened to her in that family, how she was treated or how deep the trauma of having been taken away from her mother was, because she never talked to me about that. However, based on the fact that she had serious alcohol dependence which was the reason her children were taken away from her tells me – she never really recovered from it.

So, I was taken away from her as a baby and placed in a white family. She didn't want to give me away. It was only then when I was able to, reflecting on my pain, start thinking what she must have gone through. Stories of abuse you cannot talk about because you feel too ashamed, too vulnerable and too unprotected... Stories that stay unspoken because their sentences and words hurt as much as the deeds done to you. Stories you cannot tell because you feel by telling them you will fall apart, break into a million pieces and no one and nothing will be able to pick them up and put them together again...

So... this painting is about everything I don't know but I feel – the pain, the sorrow, sadness and grief but also hope and rare moments of happiness that the hope brings.

Sharon

Background

The *Alcohol, other drugs and gambling in the ACT: a cross-sectoral approach to harm minimisation* project is a multi-stage project that seeks to understand how alcohol and other drug (AOD) services and gambling support services in the ACT are currently responding to co-occurring AOD and gambling harms. Further, it seeks to identify and develop appropriate tools for service providers to deploy in responding to the presence of such co-occurring harms amongst service users.

Stage 1 of the project involves developing a broad understanding of the landscape of co-occurring AOD and gambling harms in the ACT by:

- a. Completing a scoping literature review to establish the intersections between substance use and gambling related harms and to identify what constitutes current best practice in responding to co-occurring harms (including, in the analysis, identifying systemic barriers to the development and institution of best practice approaches to co-occurring harms) (Project Milestone 2);
- b. Consulting with the ATOD and gambling support sectors to confirm the scope of co-occurring harms in the ACT; to identify how services are currently addressing the issue of co-occurring harms; and to identify perceptions of systemic barriers to instituting best practice approaches to co-occurring harms (Project Milestone 3);
- c. Undertaking an environment scan to determine the current availability of training in co-occurring AOD and gambling harms for workers in the AOD and gambling support sectors in the ACT and elsewhere (Project Milestone 4).

Stage 1 of the project will lay the groundwork for subsequent stages 2 and 3, where stages 2 and 3 focus on capacity-building initiatives to support workers to respond to co-occurring ATOD and gambling harms.

The first two components of Stage 1—(a) the scoping literature review, and (b) scoping exercise—have been completed. This document reports on the third component, the environmental scan of training and resources currently available to support workers in the ATOD and gambling sectors.

This environment scan maps to the recommendations emerging from the focus group analysis, and as such aims to:

1. Build worker capability by *identifying training and professional development opportunities* for the ATOD and gambling support sectors, with the objective of:
 - a. improving identification of co-occurring harms;
 - b. expanding understanding of the intersection between co-occurring harms; and
 - c. increasing knowledge of appropriate responses to co-occurring harms through treatment and / or referral.
2. Source *existing resources* that might support building service and sector level capacity through:
 - a. data collection for co-occurring harms;
 - b. enhanced identification and assessment tools for systematic screening at multiple points;
 - c. cross-sectoral communication for knowledge exchange and enhanced referral frameworks; and
 - d. formal screening and referral protocols.

Steps and timetable for environment scan

To undertake this Environmental Scan, the research team developed a systematic step-by-step process as detailed in Table 1 below.

Table 1 Environment Scan – steps and timetable

| Step | Process | Completion by |
|------|--|---------------|
| 1 | Review findings of scoping discussions (from component (b) of stage 1—see above): ACT ATOD Executives Group; ACT ATOD Workers Group; and gambling project focus groups | 7 June 2023 |
| 2 | Establish key questions for environment scan | 30 June 2023 |
| 3 | Determine information and data to be collected | 5 July 2023 |
| 4 | Determine methods for data collection | 7 July 2023 |
| 5 | Conduct data collection | 21 July 2023 |
| 6 | Analyse findings from environmental scan | 28 July 2023 |
| 7 | Develop recommendations for Stages 2 and 3 of the project | 31 July 2023 |
| 8 | Disseminate environment scan report | 2 August 2023 |

Step 1 Review findings of scoping discussions

Scoping discussions were undertaken with the ACT ATOD Executives Group (22 May 2023), the ACT ATOD Workers Group (18 May 2023) and the gambling project focus groups (22 May – 2 June 2023). Amongst a range of other questions and discussion items, participants were asked about:

- training and/or professional development opportunities (specifically in relation to co-occurring gambling and substance use harms) that they had either participated in or were aware of;
- if (and how) they were collecting data about co-occurring gambling and substance use harms at their service;
- what screening and assessment tools for co-occurring harms they were using at their service or were personally aware of;
- what formal or informal referral networks and protocols they were utilising for co-occurring harms.

The detailed report of findings from these focus groups was provided in the report: *Alcohol, other drugs and gambling in the ACT: A cross-sectoral approach to harm minimisation: Report and analysis of focus group findings* (Project Milestone 3)

A summary of the findings from the scoping discussion is contained in Table 2 And shows that:

- almost no ATOD or gambling workers have undertaken relevant training or professional development;
- only around half of workers reported that their service is collecting data about, or uses screening/assessment tools for, co-occurring harms; and

- while workers reported informal referral protocols or pathways, no workers were aware of formal protocols and pathways for referral for co-occurring harms.

Table 2 Summary of findings

| Topic | yes | no |
|--|-----|----|
| Participant has undertaken relevant training / professional development* | 1 | 15 |
| Participant is aware of and names relevant training / professional development* | 4 | 12 |
| Participant reports service is collecting data about co-occurring harms | 5 | 11 |
| Participant reports service uses screening / assessment tools for co-occurring harms | 6 | 10 |
| Participant is aware of, and names validated screening and assessment tools for co-occurring harms | 1 | 15 |
| Participant reports service has formal referral protocols and pathways | 0 | 16 |
| Participant reports service has informal referral protocols and pathways | 7 | 9 |
| Participant is aware of and names appropriate services for referral | 7 | 9 |

**Relevant training* refers to training specific to co-occurring gambling and substance use harms OR training specific to gambling harms for the ATOD sector OR training specific to substance use harms for the gambling support sector.

Step 2 Establish key questions for environment scan

Based on the recommendations contained within the *Alcohol, other drugs and gambling in the ACT A cross-sectoral approach to harm minimisation: Report and analysis of focus group findings* and further analysis outlined at Step 1, the research team developed key questions for the environment scan, as follows:

1. What opportunities are there for ACT ATOD and / or gambling support sector staff to receive training that will support:
 - a. improved identification of co-occurring gambling and substance use harms;
 - b. expanded understanding of the intersection between co-occurring gambling and substance use harms; and
 - c. increased knowledge of appropriate responses to co-occurring gambling and substance use harms through treatment and / or referral.
2. What resources are available for ACT ATOD and / or gambling support sector staff to support:
 - a. data collection for co-occurring harms;
 - b. enhanced identification and assessment tools for systematic screening at multiple points;
 - c. cross-sectoral communication for knowledge exchange and enhanced referral frameworks; and
 - d. formal screening and referral protocols.

Step 3 Determine information and data to be collected

The research team set parameters for the scope of the environmental scan. The environment scan of training and professional development opportunities for the ATOD and gambling support sectors was limited to the Australian context and prioritised training and professional development opportunities that are a) currently available to the ACT sectors; *or* b) able to be made available to the ACT sectors; *or* c) suitable for use in the ACT context and freely and easily replicable.

Where the further information about training or workshops was available, data was collected on:

- Name of facilitator
- Scope and objective of training in summary form
- URL

An environment scan of resources and materials to support the ATOD and gambling support sectors was limited to resources that are a) produced in English; *and* b) available for use in the ACT sectors; *and* c) suitable for use in the ACT context.

Where further information about resources and materials was available, data was collected on:

- Evidence of data collection for co-occurring harms at service-level
- Screening or assessment tool
 - Name and details of tool
 - Scope and objective of screening or assessment tool
- Evidence of cross-sectoral collaborations (ATOD x gambling support sectors)
- Evidence of referral pathways and protocols

Step 4 Determine methods for data collection

In addition to data collected directly from ACT services, the researchers on this project utilised an inductive online approach. A list of search strategies is shown in table 3. Terms entered in the Google search engine are shown in table 4.

Table 3 Search strategies

| Objective | Strategy 1 | Strategy 2 | Strategy 3 |
|---|-------------------------|-------------------------|-------------------------|
| Evidence of data collection for co-occurring harms at service-level | Focus group discussions | Targeted interviews | Google search |
| Source gambling support training for ATOD sector | Google search | Focus group discussions | ATODA networks |
| Source ATOD training for gambling sector | Google search | ATODA networks | Focus group discussions |
| Locate resources to support cross-sectoral collaboration / referral | Google search | ATODA networks | Focus group discussions |

Table 4 Search terms for Google

| Search term level 1 | Search term level 2 | Search term level 3 |
|----------------------------|---------------------------------|-----------------------|
| AOD and gambling training | Lives Lived Well | Emma Gawthorne |
| | Three Sides of the Coin | |
| | CIT | |
| AOD and gambling workshop | 360 Edge | |
| AOD and gambling referral | | |
| Gambling screening tool | PGSI | Short PGSI |
| | One question gambling screen | VRGF Tony Clarkson |
| | Gambling screen self-assessment | |
| Alcohol use screening tool | AUDIT | |
| Drug use screening tool | DUDIT | |

Step 5 Conduct data collection

Table 5 shows collated results of the environment scan. Search results have been organised and selected based on criteria of the project, relevance and according to the parameters established in Step 3 (above).

Table 5 Results

| Gambling training for the AOD sector | | | | |
|--|------------------------------------|---|---|---|
| Name | Facilitator | Location / delivery | URL | Notes |
| Lives Lived Well: Screening for Problem Gambling | Emma Gawthorne | Queensland (face-to-face) / online, 2 hours | https://www.liveslivedwell.org.au/news-resources/training/gambling-screening/ | Developed specifically for AOD and MH clinicians addressing co-occurring gambling harms |
| | Gerard Moloney | | https://www.liveslivedwell.org.au/problem-gambling/ | |
| | | | https://www.dovetail.org.au/news/2022/august/free-screening-for-problem-gambling-workshops-for-workers/ | |
| PEI: Gambling: Understanding and Addressing the Harm - Skills for screening, understanding and supporting those affected by gambling | Alison Bell | Online, 1 day | https://catalogue.pesi.com.au/item/gambling-understanding-addressing-harm-skills-screening-understanding-supporting-affected-gambling-70911 | Developed specifically for clinicians addressing co-occurring gambling harms |
| CCWT: Gambling Harm Minimisation | | Online, 3 hours | https://www.ccwt.edu.au/course/CLNT400 | Developed for counsellors; covers co-occurring issues (no current courses; wait list) |
| Deakin University: Public health approaches to preventing gambling harm in NSW | Hannah Pitt, Sophie McKenzie | Online, 2 weeks | https://www.futurelearn.com/courses/public-health-approaches-preventing-gambling-harm/2 | Oriented to theoretical knowledge |
| MHFA: Conversations about gambling | Various | Face-to-face, 4 hours | https://mhfa.com.au/courses/public/types/gambling | Currently no local facilitators |
| Eva Burrows: CHCSS00111 Problem Gambling Skill Set | Maria Turnbull | Online, self-directed | https://evaburrowscollege.edu.au/courses/finder/problem-gambling-skill-set/ | Enrolments in September 2023 |
| Eva Burrows: CHCSS00077 Financial Literacy Education Skill Set | Carolyn Joy | Online, self-directed | https://evaburrowscollege.edu.au/courses/finder/financial-literacy-education-skill-set/ | Enrolments in September 2023 |
| VRGF: Client addictions | Cara Crossan and Annette Devereaux | Face-to-face; Victoria | https://www.trybooking.com/events/landing/393253?embed&eid=393253 | Last offered in 2019; no current courses |
| Recovery Resources: Working with AOD Clients on Problem Gambling Prevention | Nabil Pervaiz | Online, self-paced | https://www.recrec.org/AODproblemgambling | US-based |

| Addressing Behavioural Addictions: What Every Clinician Needs to Know | Amanda Giordano | Online video, 2 hours | https://www.mentalhealthacademy.net/catalog/courses/addressing-behavioral-addictions-what-every-clinician-needs-to-know | US-based |
|---|-----------------|---------------------------------|---|---|
| AOD training for the gambling support sector | | | | |
| Name | Facilitator | Location / delivery | URL | Notes |
| Turning Point | Various | Victoria; online | | Online seminars on diverse topics |
| DARTA | Paul Dillon | Various | https://darta.net.au/education-and-training/other-audiences/ | Designed more for community |
| ATODA | Annie Bleeker | Online, face-to-face (Canberra) | https://www.atoda.org.au/training/ | Developed for allied sectors; harm minimisation |
| Insight | Various | Online | https://insight.qld.edu.au/training/elearning | Short modules |
| Lives Lived Well | Various | Various; NSW/QLD | https://www.liveslivedwell.org.au/news-resources/training/ | AOD First Aid |
| Eva Burrows: CHCSS00093 Alcohol and Other Drugs Skill Set | Kristie Clifton | Online, self-directed | https://evaburrowscollege.edu.au/courses/finder/alcohol-and-other-drugs-skill-set/ | Enrolments in September 2023 |
| TAFE: Provide services to people with co-existing mental health and alcohol and other drugs issuesCHCMHS005 | Various | Online available | https://www.tafensw.edu.au/course-areas/accounting-and-finance/courses/diploma-of-financial-counselling--CHC51115-01 | Specialty course (elective) |
| Cracks in the Ice | | Online; face-to-face (NSW) | https://cracksintheice.org.au/health-professionals/online-resources | Unclear if currently offered; methamphetamine focus |
| Matilda Centre | Various | Online | https://www.sydney.edu.au/matilda-centre/resources/for-clinicians.html | Various self-paced modules |
| 360 Edge Responding to Alcohol and Other Drugs in Mental Health | Paula Ross | Online | https://360edge.com.au/events/#alcohol-and-other-drug-training | One day workshop |
| Tools and resources | | | | |
| Name | Purpose | Format | URL | Notes |

| | | | | |
|---|--|-------------------|---|---|
| Co-morbidity guidelines: tools | Guidelines and screening tools | Online | https://comorbidityguidelines.org.au/resources/tools | Includes ATOD and mental health |
| Two sides of the coin | Lived experience perspectives: gambling | Online video | https://threesidesofthecoin.org.au/ | Education tool |
| Slots and shots | Gambling resources for AOD workers | Online documents | https://nceta.flinders.edu.au/general/news/slots-shots-gambling-resources-aod-workers | Range of resources including assessment tools |
| ACT ATOD program Directory | Direct clinicians, individuals and families to ATOD support services | Online directory | https://directory.atoda.org.au/ | Canberra specific; ATOD services only |
| Enhancing gambling harm screening and referrals to gambling support services in general practice and community service settings in Fairfield LGA: a pilot study | Develop screening and referral tools for GP and community service settings | Online report | https://swsphn.com.au/wp-content/uploads/2022/08/Fairfield-City-Health-Alliance-Gambling-Screening-Final-Report.pdf | Pilot study includes resources |
| Screening, Assessment and Evaluation alcohol and other drug, smoking and gambling | Screening and assessment tools across AOD, smoking and gambling | Online guidelines | http://www.atca.com.au/wp-content/uploads/2012/07/Screening-and-Assessment-AOD-Smoking-and-Gambling-Matua-Raki-NZ.pdf | Collated guidelines and screening tools (New Zealand) |
| Turning Point: Screening and assessment tools | Guide and various assessment tools including ATOD and gambling | Online documents | https://www.turningpoint.org.au/treatment/clinicians/screening-assessment-tools | Provides sample assessment processes and tools |
| Clinician Guide to the Victorian AOD Intake & Assessment Tools | Guide | Online guidelines | https://www.health.vic.gov.au/sites/default/files/migrated/files/collections/policies-and-guidelines/v/victorian-aod-clinician-guide.pdf | 2021 guideline for Victorian services |
| Recovery Resources: Working with AOD Clients on Problem Gambling Prevention | Direct clinicians, individuals and families to ATOD support services | Online directory | https://adf.org.au/talking-about-drugs/seeking-help/treatment-alcohol-drug/ | National directory |
| NCETA: AOD Screening and Withdrawal Tools | Collation of screening and assessment tools for AOD clinicians | Online | https://aodscreening.flinders.edu.au/ | |

Step 6 Analyse findings from environmental scan

Training

This environment scan has sought to identify training that could meet the requirements of the ACT ATOD and gambling harm sectors to:

- build worker capability to improve identification of co-occurring harms;
- expand understanding of the intersection between co-occurring harms; and
- increase knowledge of appropriate responses to co-occurring harms through treatment and / or referral.

A number of training options have been identified (Table 5), and assessment of these suggests that the training objectives above could be achieved through one of following approaches: a) directing workers to extant online training; b) leveraging existing training with adaptations to local requirements as needed; and c) developing new training in consultation with identified facilitators. Advantages and disadvantages of each of these three approaches is briefly explored below and is presented in summary in Table 6.

a) Directing workers to extant online training

Expanding on the information contained within Table 5 and presenting as a resource to assist the ATOD (Alcohol Tobacco and Other Drug) and gambling support sectors 'directing workers to extant online training' is the most economical of the three approaches and can be achieved in a relatively short timeframe. It does not, however, address variations in the quality and cost of training; is likely to require frequent updating as new training becomes available and / or existing training is no longer offered; and is limited in its utility in terms of speaking to the local landscape of service delivery. Cross-sectoral collaborations will not be enhanced by this approach.

b) Leveraging existing training with adaptations to local requirements as needed

Adapting existing training to local requirements will be a somewhat intensive process, requiring negotiations with existing training providers and facilitators. Some of the training identified in Table 5 is likely to be unavailable or unsuitable for adaptation. Current training is sector-specific (i.e., gambling training for the ATOD sector and ATOD training for the gambling support sector) with limited opportunity for cross-sectoral collaborations.

c) Developing new training in consultation with identified facilitators

Developing new training will be an intensive process that may be high cost. It will allow development for local requirements and could potentially offer the opportunity for training in co-occurring harms offered simultaneously to the ATOD and gambling support sectors, facilitating cross-sectoral collaboration.

Table 6 Value of different approaches

| | Time efficiency | Cost | Local needs | Cross-sectoral collaborations |
|------------------------------------|-----------------|-------|-------------|-------------------------------|
| Develop guide to existing training | ★ ★ ★ | ★ ★ ★ | | |
| Adapt existing training | ★ ★ | ★ ★ | ★ ★ | ★ |
| Develop new training | ★ | ★ | ★ ★ ★ | ★ ★ ★ |

Resources and tools

The environment scan has found a range of existing resources that meet one or more of the aims of:

- building service and sector level capacity through data collection for co-occurring harms;
- enhancing identification and assessment tools for systematic screening at multiple points;
- enabling cross-sectoral communication for knowledge exchange and enhanced referral frameworks; and
- presenting formal screening and referral protocols.

The table below outlines the capacity building utility of each of the resources listed in Table 5.

Table 7 Resources and tools: Capacity building

| | Data collection | ID and assess | Refer/collaborate | Screening tools |
|---|-----------------|---------------|-------------------|-----------------|
| Co-morbidity guidelines: tools | x | x | | X |
| Two sides of the coin | | | x | |
| Slots and shots | x | x | x | X |
| ACT ATOD program Directory* | | | x | |
| Enhancing gambling harm screening and referrals to gambling support services in general practice and community service settings in Fairfield LGA: a pilot study | x | x | x | X |
| Screening, Assessment and Evaluation alcohol and other drug, smoking and gambling | x | x | | X |
| Turning Point: Screening and assessment tools | | x | x | X |
| Clinician Guide to the Victorian AOD Intake & Assessment Tools | | x | | X |
| Recovery Resources: Working with AOD Clients on Problem Gambling Prevention | x | x | x | X |
| NCETA: AOD Screening and Withdrawal Tools | | | | X |

*Of these resources, only the ACT ATOD program Directory is specifically designed for the local ACT context.

Step 7 Recommendations for Stages 2 and 3 of the project

Stage 1 of the *Alcohol, other drugs and gambling in the ACT: a cross-sectoral approach to harm minimisation* project was intended to lay the groundwork for subsequent Stages 2 and 3, where Stages 2 and 3 focus on capacity-building initiatives to support workers in both ATOD and gambling support sectors to respond to co-occurring gambling harms and substance use harms.

Based on the findings across the 3 phases of Stage 1 of the project, ATODA makes the following recommendations for capacity-building initiatives:

- a) *In collaboration with identified facilitators, adapt and/or develop training to support workers in the ACT ATOD sector to better understand gambling harms and acquire a suite of tools for screening/assessment and referral;*
- b) *In collaboration with identified facilitators, adapt and/or develop training to support workers in the ACT gambling support sector to better understand substance use harms and acquire a suite of tools for screening/assessment and referral;*
- c) *Develop a training workshop on co-occurring harms that brings together both the ATOD and gambling support sectors to acquire skills in responding to co-occurring harms and facilitate cross-sectoral communication;*
- d) *Collate and adapt existing resources to develop an ACT-specific guide (resource) outlining harms, screening / assessment, treatment options and referral pathways (and including development of new / tailored resources to address identified gaps) for workers in the ATOD and gambling support sectors.*

Step 8 Disseminate environment scan report

This environment scan report has been prepared by ATODA (Alcohol Tobacco and Other Drug Association) as part of Stage 1 of the project *Alcohol, other drugs and gambling in the ACT: A cross-sectoral approach to harm minimisation*, funded by the ACT Gambling and Racing Commission's Gambling Harm Prevention and Mitigation Fund. As part of the funding agreement, this report was delivered to the ACT Gambling and Racing Commission by 2 August 2023 and circulated to other key stakeholders including to Executives of ATOD and gambling support services in the ACT and participants in the project.