

## **Brain Injury Services of Hamilton, Haldimand-Norfolk, Niagara**

### **CHOICES Therapeutic Group**

#### **Summary Report June 2007**

This CHOICES therapeutic group ran for 15 sessions from March 2007 to May 2007. A group of eight individuals participated in the group, which met once or twice per week at the BISH main office. The group was facilitated by Mary Anne McEachern, behaviour therapist at BISH and co-facilitated by two BISH case facilitators. The program was designed to provide individual assessment to participants and to enhance skills in the areas of alcohol and drug knowledge, understanding and managing behavior, problem solving, relapse prevention and understanding and managing slips. The overall average rate of attendance for the group was 10 out of 15 sessions or 67%.

To assess program outcome, multiple measures were used to examine pre and post behaviour including the Beck Depression Inventory (BDI-II), the Beck Anxiety Inventory (BAI), Problems Related to Drinking Questionnaire (BDR) and the Alcohol Use Questionnaire (ADS). Additionally, there were pre and post knowledge tests administered at the beginning and end of each unit taught.

Overall, the results of the group indicated that there were no signs of significant change in behaviour of use of drugs and alcohol. No correlations were found between the knowledge tests and the other tests administered.

The results of the knowledge tests suggest that there was a significant increase in learning strategies for minimizing alcohol and drug use. The overall average pre-score for the knowledge tests was 74% with the overall average post-score being 90%, an increase of 16%. Symptoms of depression remained fairly consistent with average scores ranging from minimal to mild levels during the pre and post-tests. Self-reported symptoms of anxiety remained unchanged with the average pre and post test scores falling in the mild range. Reported problems associated with drinking and alcohol dependency were reportedly low on both the pre and post test. A factor that may have led to these low results is that several participants reported they had refrained from using drugs or alcohol in the six months prior to the start of the group.

Written evaluations completed by the participants indicated positive feedback regarding the group and the facilitators. Overall, the participants reported the information and discussions to be relevant, interesting and beneficial.

For more information, please contact Brain Injury Services of Hamilton, Haldimand-Norfolk, Niagara: [info@braininjuryservices.com](mailto:info@braininjuryservices.com)