



CHOICES Therapeutic Group

Summary Report June 2009

The CHOICES Therapeutic Group for ABI clients is based on Dr. Linda Lightfoot's general CHOICES © program. Its purpose is to enhance skills in the areas of alcohol and drug knowledge, understanding and managing behaviour, problem solving, relapse prevention, and understanding and managing slips. The most recent CHOICES therapeutic group was conducted from December 8, 2008 to May 25, 2009, facilitated by Mary Anne McEachern, behaviour therapist at Brain Injury Services and co-facilitated by two Brain Injury Services case facilitators. Five individuals participated in the group, meeting once per week at the Brain Injury Services main office for a total of nineteen sessions; however, only three individuals completed the group. The sessions were each two hours in length. The overall average rate of attendance for the group was thirteen out of eighteen sessions or 72%, not including the two clients who did not complete the group.

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 (PRD) Questionnaire, the Alcohol Use Questionnaire (ADS) and the Inventory of Drug-Taking Situations (IDTS). Additionally, there were pre and post knowledge tests administered at the beginning and end of each unit taught.

At the beginning of the CHOICES Therapeutic Group, members were asked to complete the Inventory of Drug-Taking Behaviour questionnaire. Based on the self-reported questionnaire, results indicated that group members were more likely to engage in drug-taking behaviour when experiencing Pleasant/Unpleasant Emotions, Pleasant Times with Others, Urges or Temptations and Testing Personal Control.

The results of the knowledge tests suggest that there was an observed overall increase in learning strategies for minimizing alcohol and drug use as the pre- and post-test scores for the knowledge tests across the four units increased from 75% to 84%. There were no significant changes for client's self-reported symptoms of depression, as measured by the BDI-II, since moderate levels of depression were reported on both the pre- and post-tests with average overall scores of 28 respectively. Self-reported symptoms of anxiety decreased from moderate to mild levels of anxiety on the pre and

post tests with average overall scores of 16 and 12.3 respectively. Based on a 4 point likert rating scale from “no alcohol use” to “a lot of alcohol problems” reported, the overall average of problems associated with drinking on the pre test was 8 indicating “a lot of alcohol problems” decreasing to a score of 3 on the post test, indicating “some alcohol problems”. To measure Alcohol dependency, pre and post tests of the Alcohol Use questionnaire (ADS) were administered. The overall average level of alcohol dependency was found to be “Intermediate” with a score of 14 for the pre-test and decreased to “low alcohol dependency” levels, with a score of 9 on the post-test.

Due to the low number of participants during this CHOICES therapeutic group, the overall results were not found to be significant. 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:
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