

B-ATTITUDES EVALUATION OF SERVICE - QUALITATIVE DATA

1. LIFE AND BEHAVIOURS BEFORE COMMENCING WITH B-ATTITUDES

Using Heroin every day/Using drugs every day/Addicted
Not working
Totally dysfunctional/dysfunctional/No order/Lost/Life becoming unmanageable
Emotional wreck/Very numb and dull/No desire for life/Feeling hopeless
So much anger towards everyone and the world/worst attitude
No direction/No plans or goals or focus for the future at all/living in the past
Didn't know self/Very little adult and parent ego states – lots of rebellious child
Allowed people to run me down/didn't think could make own decisions

2. LIFE AND BEHAVIOURS SINCE COMMENCING

Working again/working
Living a life without drugs/free from drugs/only using occasionally
Starting to like self/have more standards I now expect from other people
In control of my life/more functional/more discipline/try to live life doing as much of
the right things I can in all ways/more balanced now
Understand who I am and take care of my needs
Attract more wholesome positive people/Lot more confidence in speaking with other
people/The world isn't out to get me/Relations are unrecognizable to how they
were/Better at relationships
Aware/Alive/A desire and hunger for knowledge and life
Lots of adult and parent ego state/more mature in outlook
Still have some self-defeating behaviours (awareness)
Nowhere near as frequent anger as before

3. THE DIFFERENCE MADE BY B-ATTITUDES

Huge difference/everything
My whole life and outlook has changed/my whole life has taken a good direction
I am so proud for I have set routines, boundaries, discipline
Life is more enjoyable/I feel happier/realization that I am OK
I am living in the here and now
My life is stable/mindset stable and positive
How to be a better parent
I would never have faced my own worst nightmare

4. HELPFUL ASPECTS OF SERVICE

Flexibility in appointments & availability/in your own home
Relaxed ways that make me feel comfortable
A listening ear
Free to express my mind without being scared 'who he told' (confidentiality)
Caring on equal level
Encouragement
Andrew – huge tower of strength for me/great counselor
Learning to trust
Never judges
Making me aware/accountable

TO IMPROVE:

Groups during the day

To improve public awareness of availability of the service

For more people to be involved and support B-Attitudes

B-Attitudes QUALITATIVE EVALUATION OF THE SERVICE 2005

The preceding are actual comments from addiction recovery clients. These clients agreed to participate in qualitative evaluation, designed by B-Attitudes and introduced from March 2005. Collection of data will continue over the following year with the aim of gaining data from all clients (except children).

B-Attitudes believe that further collection of this rich data from the viewpoint of the recovering addict is essential to reveal the key aspects of the service which contribute to long term addiction recovery. This data will assist B-Attitudes to train others in effective recovery facilitation.

b-attitudes QUALITATIVE EVALUATION FORM DATA 2006

1. Describe what your life in general and behaviours were like before you commenced recovery work with B-Attitudes Inc:

Drug use – amphetamines daily
Pot daily
Crime everyday
Self destructive
Manipulated by older men
Severely heavy drug user
Hate, anger and guilt from my past
I was using heroin, speed, ecstasy
My life was falling apart
I would not be alive if it weren't for the help of B-Attitudes
I had a heroin addiction from an early age and my life was a big mess
I was slowly killing myself
Dangerous
Extreme
Intense
I was involved in crime
I was on drugs and wasn't working and had no intention of changing my lifestyle
Psychologically damaging amphetamine addiction
Reality and delusion increasing, becoming hard to decipher
Paranoia
Bad health.
Not good before
Sad, angry
Relationship problems
Drug/alcohol issues
Wasn't well.
Depressed
Cracked skull
Self-harming
Dysfunctional, erratic, co-dependent, all child ego state, low self esteem, lost.
Fairly minimal activities/physical
I was a mess, on my way to my grave.
I was living out of home and was using drugs and doing crime.
My behaviours: erratic, aggressive, impulsive, overbearing, basically society's worse(sic)
nightmare.

2. Please would you briefly describe your life in general and behaviours today:

On Subutex prescribed by doctor

More confidence

Less drug use

Not manipulated from older men so easy

More manageable life with daughter

Routines

I have good accommodation

I am currently studying at TAFE

Living a healthy lifestyle

I have my own accommodation

I am not abusing drugs every day

I am currently studying

Balanced

Happy and peaceful

The exact opposite

Healthier mentally, physically socially and making incremental constructive steps towards future

Good until a little slip up 2 weeks max – erratic but want to get back to lifestyle one month ago with you.

I understand the reasons behind the problems and getting more of a better picture of why my life was the way it was

Slowly becoming stronger and not so scared and angry

Very well, drug free and cigarette free

Bloody fantastic!

I have got a son back whom I lost.

I have regained my confidence – my ego states are balanced almost.

I am functional, I work, I have dreams and I know I will achieve this due to the knowledge and help that I received from B-Attitudes.

My son has made good comments re his weekly walks/running. He is ready at 7.30 am to commence his activities (schizophrenia – severe hospitalized)

I am renting a flat, I am at TAFE. I believe in God.

I have stable accommodation, and I'm working full time. I don't use drugs and I'm not involved in crime.

Today my behaviours are: Thoroughly thought through, calm and rational, honest and persuasive, considerate of others around me.

3. Please would you explain whether you think recovery work with B-Attitudes has made any difference and if so, describe the things that have been affected:

My crime has stopped

Drug use down

Reality to all situations put before me even though a lot of common sense should have been thought of and its not

Working with B-Ats has helped me

I wouldn't have accommodation or a life

If it weren't for B-Attitudes I would have overdosed

I have learnt how to live a drug free life

I am a Christian

B-Attitudes has shown me how to slowly take small steps to get back to a real life

And to understand there is help out there

B-Attitudes has made a significant impact on helping me to change a lot of the

Negative activities that I was involved in at the time, i.e. drug use.

Yes, it broke the self-perpetuating psychosis and showed me the invaluable benefits

Of regular exercise

To get into early normal lifestyle routine, e.g. waking up early and trying to get healthy

Yes, difference has been noticed in myself by which I now have more self confidence and generally feel not so lost or hopeless

Yes, self confidence and discover(y)sic

Understanding myself, behaviour and the information that I can use.

My personality has been affected, as I am now back to who I was before the drugs.

Yes – B-Attitudes involvement has helped co-ordinate a regular contact and involvement towards the holistic management of my son. This is a very positive/pro-active approach to his care (drug induced schizophrenia – severe, hospitalized).

My whole life – Christianity, life skills.

It definitely has made a significant change in all aspects of my life.

Being pushed to motivate myself to do positive things was what made the change.

B-Attitudes gave me the key to place my life back on track. Its shown me self-worth and confidence to deal with everyday life.

4. Please would you make comment on things you have found helpful and not helpful regarding the service, including how the service could be improved:

Privacy in your own home, or park etc.

No changes as never been better than previous life

The groups have been very helpful

B-Attitudes helped me find safe accommodation

The one to one counseling has been effective especially to a fragile x drug user

Getting things drilled into me! Over and over! I may not have enjoyed it at the time, but in the end I started listening.

Great one on one commitment, persistence, understanding

Mediation with family

Building affirmity and staying in touch regularly

Doing activities that my inner child can understand have helped me

The way the sessions are presented to me are well thought out and I understand them

Very helpful all over

Andrew is great

Everything was helpful. Things could be enormously improved with extra funding though.

B-Attitudes provides 200% of their help, support and commitment.

The way B-Attitudes have not given up on me.

Consistent meetings and positive motivation.

The one on one counseling, the positive approach towards their clients and their families.

Improvements:

More funding

Things could be enormously improved with extra funding though.

More workers to work with the team

B-Attitudes could be improved if they were given money

Bit too religious.

No need for improvement!

B-ATTITUDES QUALITATIVE EVALUATION OF THE SERVICE 2006

The preceding are actual comments from addiction recovery clients. These clients agreed to participate in qualitative evaluation designed by B-Attitudes. This is the second collection of data, the first introduced from March 2005. Collection of data will continue over the next two years, with the aim of getting data from all clients who engage, including children where possible.

B-Attitudes believe the further collection of this rich data from the viewpoint of the recovering addict and also from family or significant other clients, will reveal the key aspects of the service which contribute to long term addiction recovery. During the coming year the data will be clustered to formulate a framework of key elements in recovery from addiction. This evaluation, combined with quantitative evaluation, will assist B-Attitudes in their service delivery and also to train others in effective recovery facilitation in the future.

sJ Sept. 2006