



Diversional Therapy In an inpatient Detoxification Setting

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NADA CONFERENCE 2018

BACKGROUND ABOUT DIVERSIONAL THERAPY

- 1 Focus
- 2 Different Activities- Arts & Craft, Sensory Activities
- 3 Rationale/benefits about these activities
- 4 DT in other settings- Aged care, Mental health
- 5 No data available in a detox unit.

DT role at Fairfield

Inpatient detox

Working with the MDT

Groups

- Preparation
- Engagement
- Evaluation

1:1 Activities

- Conversational/ Engaging/ Influencing
(slowly introducing them to group activities)
Educational.

Diversional Therapy

- Zoom
- Deep Speak
- Reflections
- Mindfulness – include body scan and deep breathing
- Psycho-education include relapse prevention, Stages of Change, Pros and Cons, support networks



Activities- Arts/Craft



define you:

your patience when you
have nothing and your
attitude when you have
everything"



Big girls don't
cry
they





Activities- Arts/Craft

Activities- Arts/Craft

QUOTES

you can lead
a horse to
water.. you can
not make it drink

Don't think of
yourself as a
victim. You are
not. You are
a survivor.

Be strong
and brave
and kind
and gentle
and true.

ONE DAY

no matter how
big your dream
is, it will be yours
if you believe in it.

Don't look up at
the stars if you
don't have a
plan.

God made me out of
clay. He had to
make me out of
clay because he
knew I would
be here one day.

A DAY AT A TIME
A SUNDAY OF A THOUSAND
DAYS BEGINS WITH ONE

THERE IS NO CRITICAL
RELATION TO A SPECIAL
PERSON...

Be the
change you
want to see...

Flowers bloom in
the sun. The sun
shines through
the clouds. It
is always there.
Welcome.

Be the change you
want to see...

Be the change you
want to see...

BE THE CHANGE
YOU WANT TO
SEE...

BE THE CHANGE
YOU WANT TO
SEE...

Be the change you
want to see...

Be the change you
want to see...

Be the change you
want to see...

Be the change you
want to see...

Be the change you
want to see...

don't
call it a dream,
call it a plan...



QUOTES

Be glad you are
alive to live another
day... Love yourself
Life is a gift...

LET YOUR PAST
MAKE YOU
BETTER NOT BITTER

Don't look at
your past as
a burden. It's
just a part of
who you are.

RESPECT OTHERS
RESPECT YOURSELF

NEVER 3 PROMISES
CHANGES!!
BEFORE IS DONE

DO SOMETHING
TODAY THAT YOUR
FUTURE SELF WILL
THANK YOU FOR

Be the change you
want to see...

Be the change you
want to see...

If you ever
have a
chance you can
for that

Rehab is not
for quitters
it's to change
your life
around

Whatever happens
happens...
don't stress about it

SMILE 😊

BE GRATEFUL
FOR EVERYTHING
YOU HAVE

Be the change you
want to see...

Don't look at
people. Look at
the things. The only
thing that ever
changes is time.

Be the change you
want to see...

If without change's
particular causes

Be the change you
want to see...

IF U BURN THE
BRIDGE U CAN
ALWAYS BUILD
ANOTHER ONE

TO LIVE IS TO SUFFER,
TO SURVIVE IS TO FIND
MEANING WITHIN
THE SUFFERING!

Be the change you
want to see...

Be the change you
want to see...

Be the change you
want to see...

Be the change you
want to see...

When life gives
you lemons... make

Be the change you
want to see...

Be the change you
want to see...

Be the change you
want to see...

you are not
the product of
your past

Be the change you
want to see...



Activities- Poster Art

Activities- Easter Egg Craft



FEEDBACK

31

Drug Health Services



BEFORE

Group Session Evaluation - to be completed pre and post session

Group: _____

How do you feel?



Happy

Not at all



Content

Not at all



Alert

Not at all

Comments/feedback

MUSIC

Drug Health Services



AFTER

Group Session Evaluation - to be completed pre and post session

Group: _____

How do you feel?



Happy

Not at all



Content

Not at all

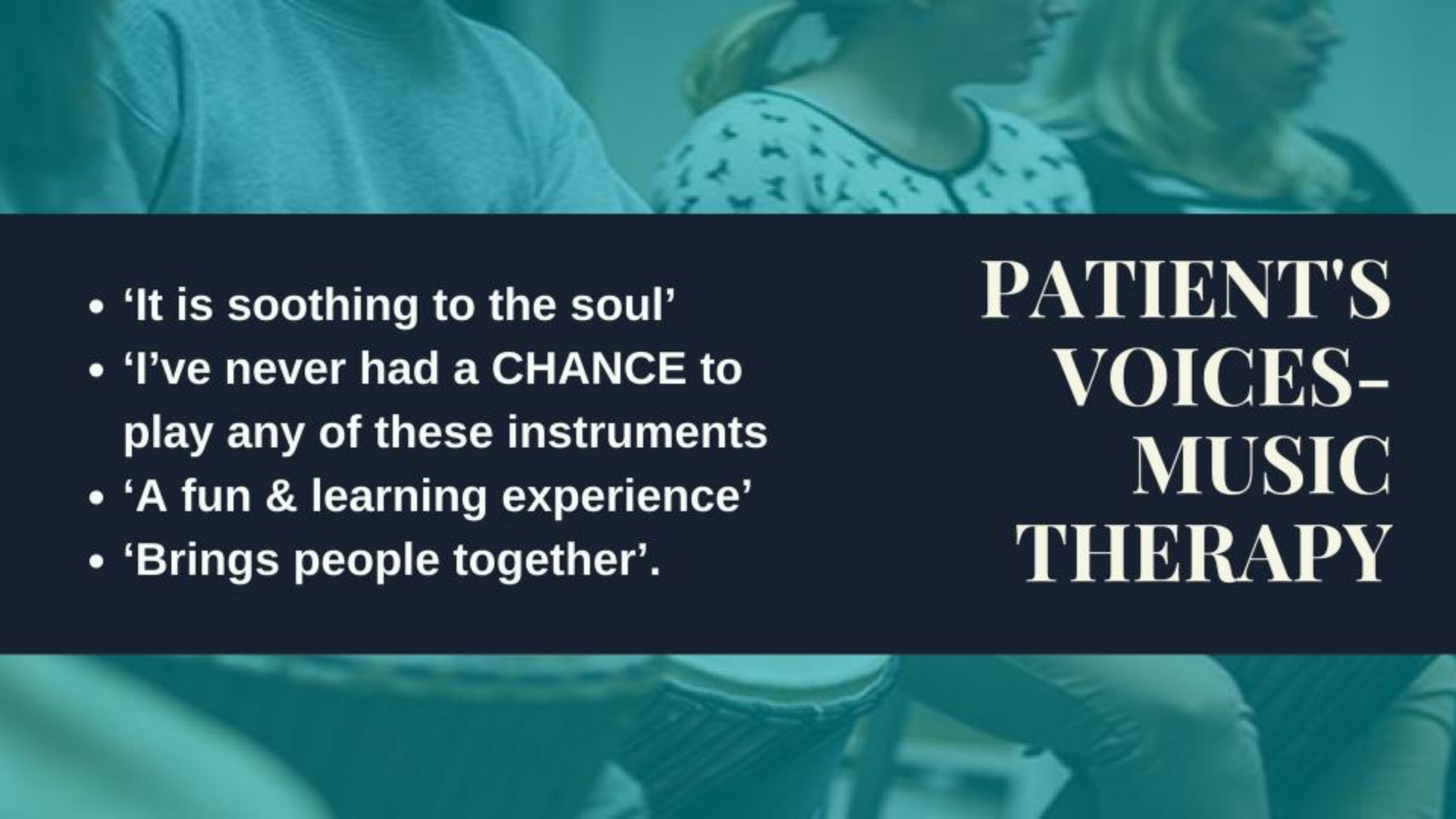


Alert

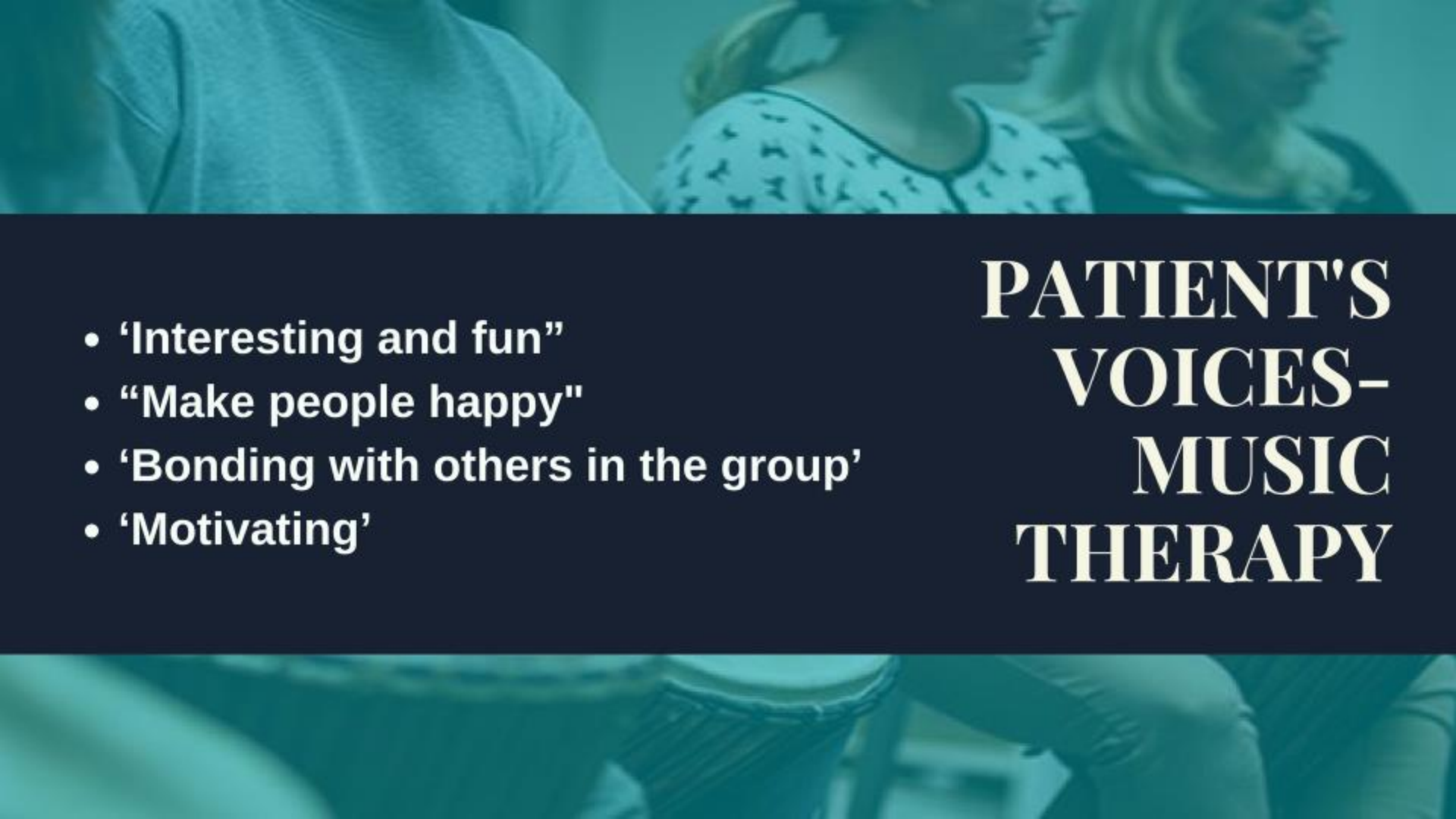
Not at all

Comments/feedback

Rock - music class very good

- 
- 'It is soothing to the soul'
 - 'I've never had a **CHANCE** to play any of these instruments
 - 'A fun & learning experience'
 - 'Brings people together'.

PATIENT'S VOICES- MUSIC THERAPY

- 
- ‘Interesting and fun”
 - “Make people happy”
 - ‘Bonding with others in the group’
 - ‘Motivating’

PATIENT'S VOICES- MUSIC THERAPY

PATIENT'S VOICES- YOGA

- 'Loved it, should do it every morning'
- 'Helped me relax'
- ' Centre myself, went within and released out'
- 'Feeling of oneness and connectivity to the world around me'
- 'Spiritual'


PATIENT'S VOICES- YOGA

- 'Keeps your body relaxed'
- 'Peace of Mind'
- 'Helps with positive thinking'
- 'Can't stay still, not relaxing'
- 'Strenuous'

PATIENT'S VOICES - DIVERSIONAL THERAPY

- 'Finding my strength'
- 'Activity was fun' (Zoom)
- 'It was good to relax, and keep my mind off things' (Arts & Craft)
- 'Finding more things about myself' (Deep Speak)
- 'Endorphins pumping, helped me internally & externally', 'a sense of achievement' (Exercise)

PATIENT'S VOICES - DIVERSIONAL THERAPY

- 'Good to be around people'
 - 'Changed my perspective on life'
 - 'I'm surprised how relaxed I felt'
(Body scan - mindfulness)
 - 'Enjoyable, fun, mellow and
informative, humbling to connect with a
real person'
 - 'It was good to hear what other people
think in the group, knowing that I am
not alone' (engaging conversation)
- 

PATIENT'S VOICES - PSYCHO-EDUCATION

- 'Learn how to set goals' (goal setting)
- 'Helpful and practical' (Problem Solving)
- 'Helped me with problem solving'
- 'Provided a safe and welcoming environment to be open' (support networks)
- 'Feel involved in the unit' (Your Say)
- 'Good way to start the day' (Goal setting)



in length of stay
in accessing services post
discharge
in patient engagement



in AMA's stats
in aggression

**What
we've
noticed**



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questions?

