



**An acceptability and feasibility study of the *We Can Do This*  
online therapeutic program in primary care and residential  
rehabilitation settings**

***Dr Rachel Reilly on behalf of the NIMAC community researchers,  
investigators and sites***



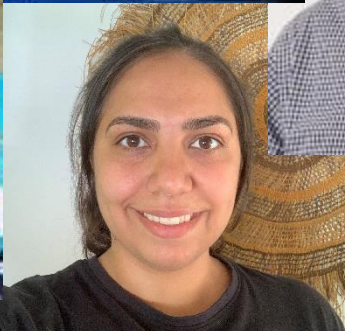
**NIMAC**

Novel Interventions to Address Methamphetamine Use  
in Aboriginal and Torres Strait Islander Communities

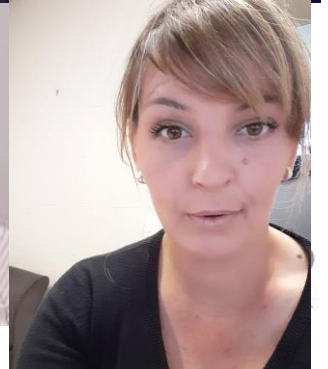


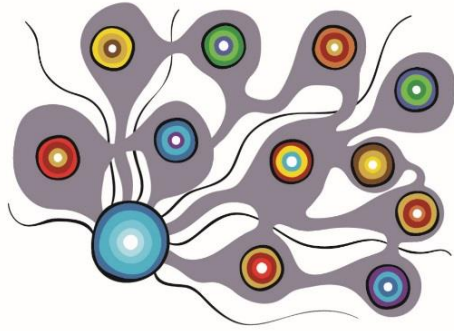


Natalie Scott, UIIH



Patricia Raymond, DDHS





# NIMAC

Novel Interventions to Address Methamphetamine Use in Aboriginal and Torres Strait Islander Communities

## Phase 1

### **Cross-sectional Survey**

N=764 Aboriginal and non-Aboriginal respondents across 10 sites nationally provided information about patterns of use, psychosocial factors and health service use.

**2016-2017**

## Phase 2

### **Focus groups and interviews**

N=147 family members, people with experience of use and service providers described risk and protective factors for use, and outlined priority targets for prevention

**2017-2018**

## Phase 3

### **Community-led intervention**

Prevention strategies targeting risk and protective factors identified in phases 1 and 2 are being implemented in each site

**2018 - ongoing**

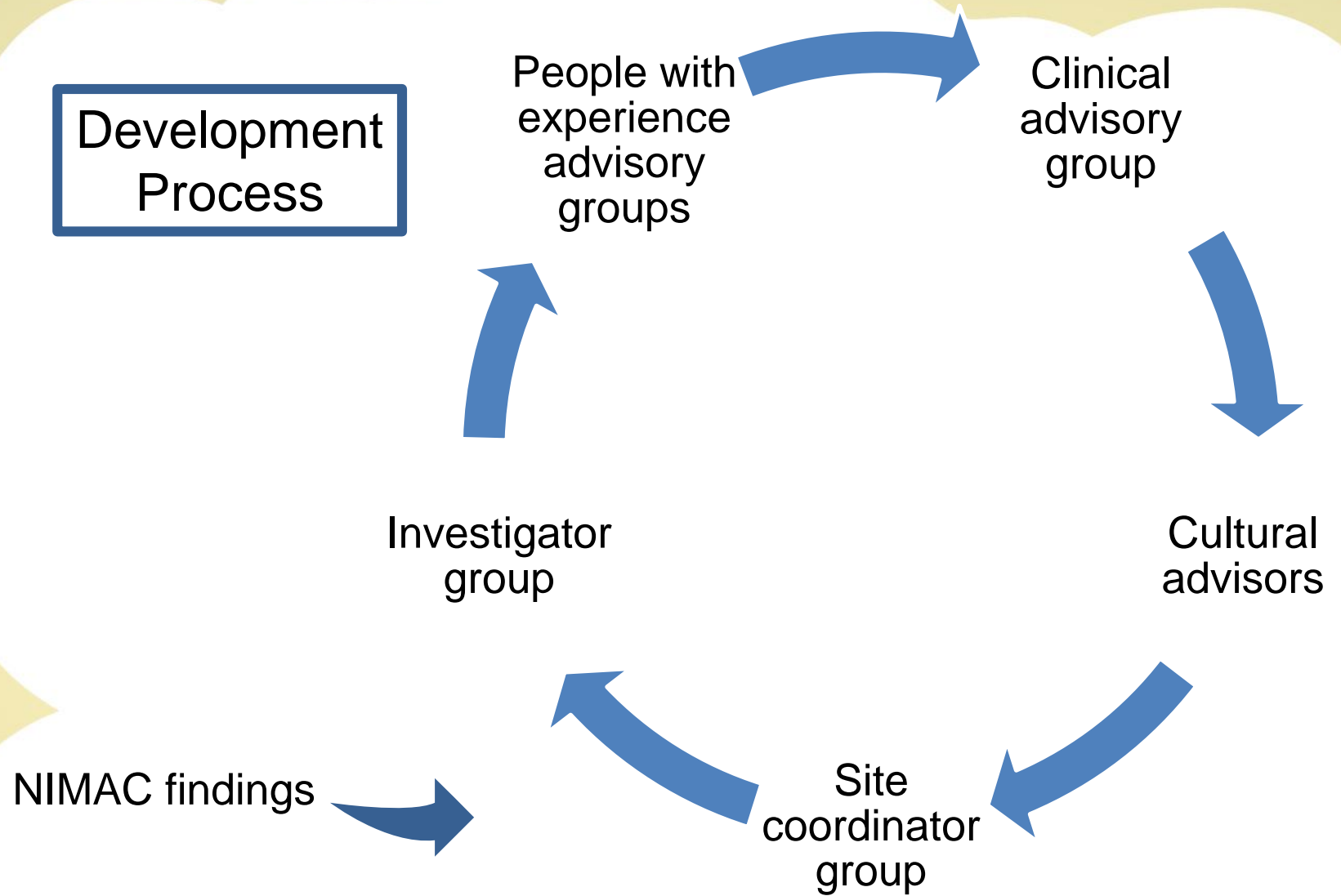
## Phase 4

### **Web-based treatment tool**

We Can Do This is an online, culturally appropriate and evidence-based therapeutic tool to help people stop using methamphetamine

**2018 - 2020**

# Development Process



Select a topic:

Are you ready?

Slowing down

Cravings and triggers

Having a craving?  
Don't panic

High risk situations

What's important to you?

Slip-ups



Clinton

*Clinton used ice for 10 years but has not used for over 12 months. He has a supportive family, which is now his main focus, but he lost his relationship with his partner as a result of his use. He now has regular access to his young daughter and is motivated to keep healthy for her sake.*



Tanisha

*Tanisha is a young woman whose use has been mainly recreational, with her boyfriend. She's started noticing that she's using more but it doesn't feel as good anymore. In fact, she's starting to wonder if it's affecting her thinking. She's also noticing that the drive to score ice has led her to do some things she regrets, including forgetting to pick up her little brother for whom she cares.*



Joshua

*Joshua works hard and parties hard. He doesn't really see his use as a problem, although his friends and family might beg to differ. Joshua has a full-time job in an office and has received a couple of warnings recently for turning up late. He's also showing some physical effects from a lack of sleep, eating poorly and sometimes picking his skin.*



Auntie  
Rosie

*Auntie Rosie has a couple of nephews who are into ice; Rosie pulls no punches in letting them know what she thinks about it. She sees the ripple effect that using ice can have- not just on the person who uses, but on the family, their friends and the whole community.*



## Evaluating the *We Can Do This* Web-app

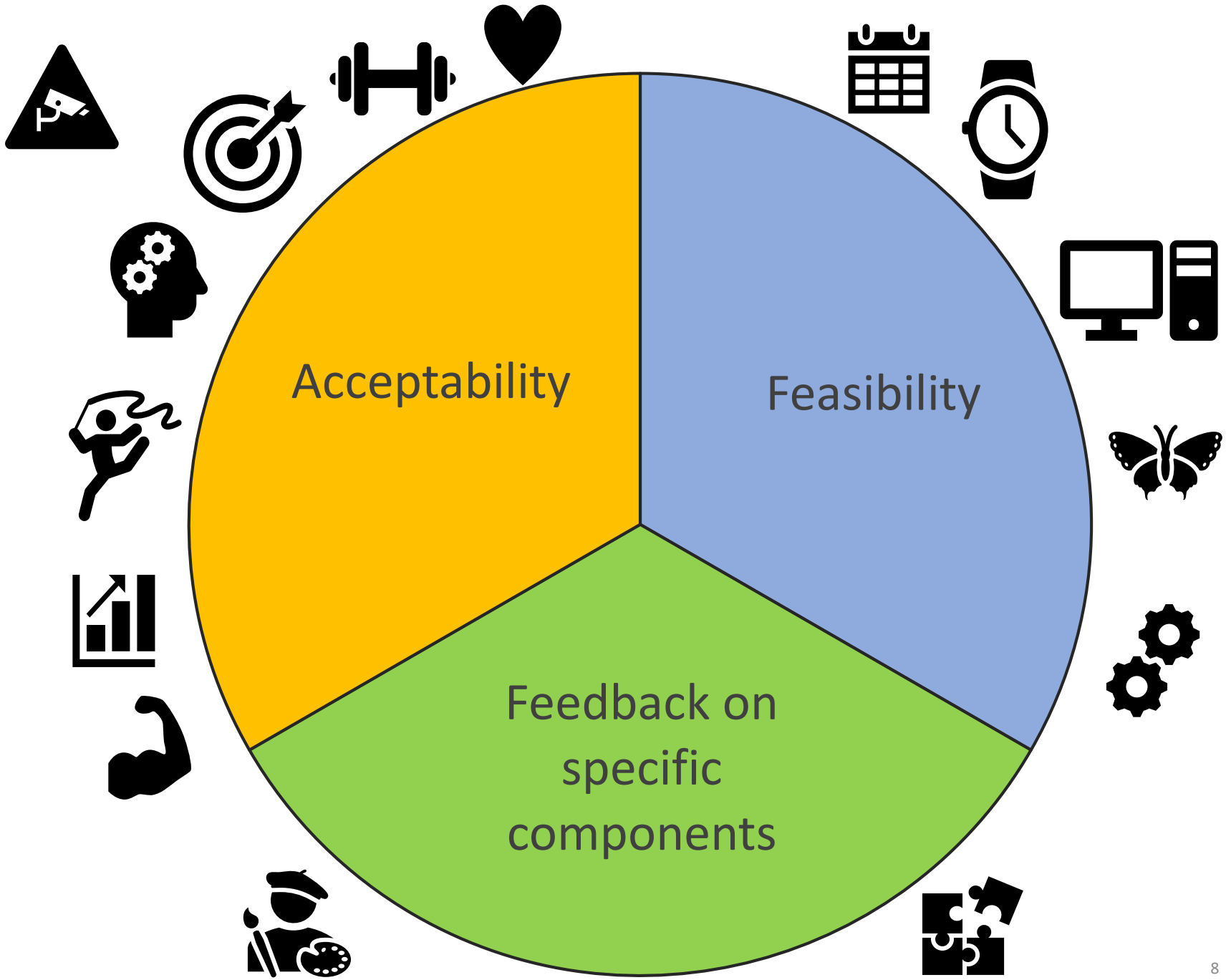
### 1. Randomised trial

- Participants recruited in the community, online, via health services and peers
  - [www.wecandothis.com.au](http://www.wecandothis.com.au)

### 2. Mixed methods process evaluation (the NCCRED project)

- Participants recruited via primary health care services and residential rehab
  - Ngwala – Aboriginal rehabilitation services in Melbourne and Shepparton, and other primary health care services
  - Non-identifiable usage data
  - Interviews with clinicians and consumers

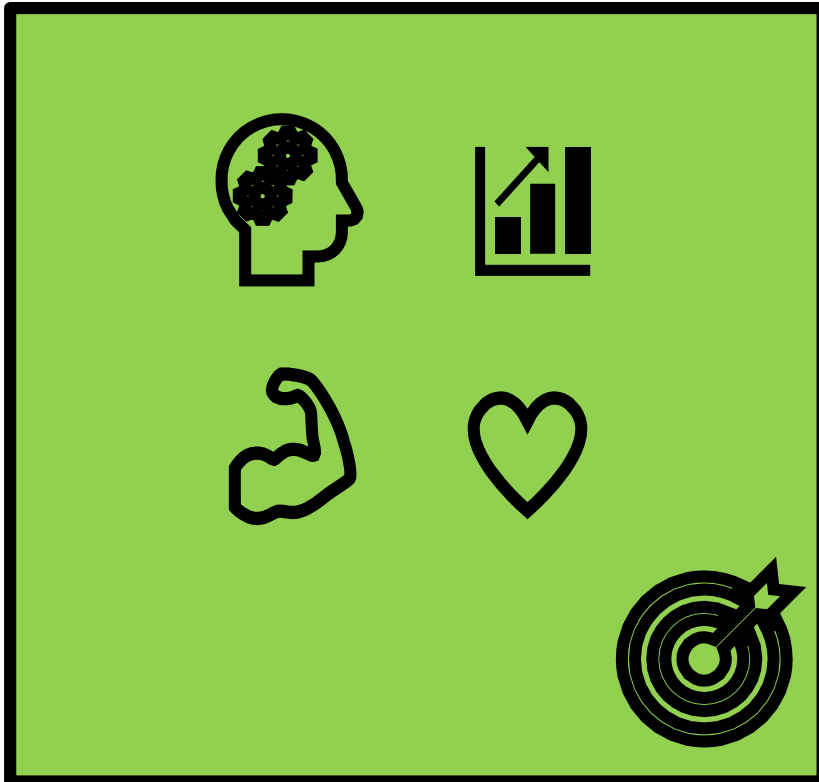




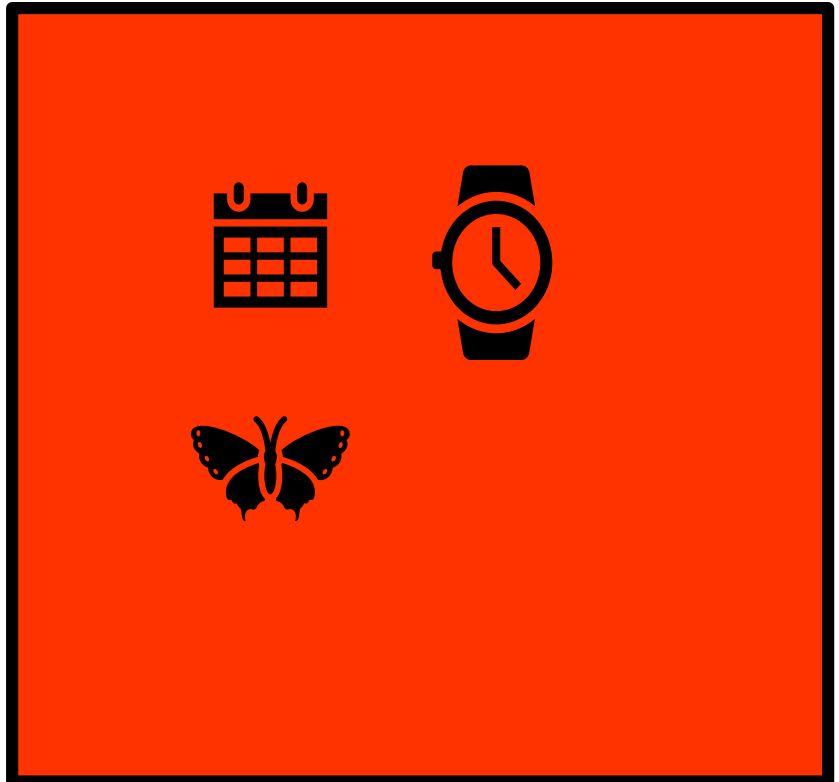


Feedback so far....

## ACCEPTABILITY



## FEASIBILITY





**rachel.reilly@sahmri.com**

