

READY2CHANGE: PRE/POST EVALUATION OF A TELEPHONE-DELIVERED INTERVENTION FOR ALCOHOL, METHAMPHETAMINE AND CANNABIS USE.

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Introduction/Aims: Many of the known individual (e.g. shame, stigma) and structural (e.g. geography, service operating hours) barriers to seeking help for AOD problems can be overcome by providing treatment programs that are telephone-delivered. Ready2Change (R2C) is a six-session telephone-delivered intervention, integrating evidence-based psychosocial therapies. The program is available outside of business hours and across Victoria, providing support to individuals with mild-to-moderate AOD issues. The aim of this study was to examine the effectiveness of R2C in reducing AOD problem severity and associated psychological distress for people with alcohol, methamphetamine and cannabis use problems.

Design/Methods: A pre- and post-intervention study using data from the current Ready2Change program was performed, including available data from 246 clients who participated in the program between January 2014 and August 2018. Analyses included those with alcohol ($n = 190$), methamphetamine ($n = 37$) or cannabis ($n = 18$) as the primary drug of concern (PDOC).

Results: There were significant reductions in alcohol problem severity (AUDIT), other drug problem severity (DUDIT), and psychological distress (K10) post-intervention scores, relative to pre-intervention, for clients presenting with alcohol (all $p < 0.001$), methamphetamine (all $p < 0.01$), and cannabis (all $p < 0.05$) as their PDOC. Exploration of client characteristics identified R2C to be effective for different client groups (e.g. gender, age).

Discussions/Conclusions: These results provide preliminary evidence of the effectiveness of R2C in reducing alcohol, methamphetamine and cannabis use problem severity, and additionally having a beneficial effect on secondary AOD problems and associated psychological distress.

Implications for Practice /Policy:

R2C fills a gap in current treatment options by providing an integrated treatment approach within an accessible telephone-delivered format. R2C provides an alternative option for individuals who may be otherwise unlikely or unwilling to seek help from traditional face-to-face services.

Disclosure of Interest Statement:

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