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Music in the prevention and treatment of substance misuse

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Abstract

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Discussion and Conclusions: Lessons learned in these two jurisdictions will inform the implementation of peer-administered naloxone training programs in other states and territories.

PRESENTATION 3 – EVALUATING AUSTRALIA’S FIRST NALOXONE PROGRAMS: DEVELOPMENT, PROGRESS AND PRELIMINARY RESULTS

PAUL DIETZE, SIMON LENTON, DAVID McDONALD, ANNA OLSEN, INGRID VAN BEEK

Issues: Since the 1990s, there have been repeated calls from researchers, public health professionals, advocates, and user groups in Australia to initiate programs allowing those at risk of opioid overdose access to prescribed naloxone. In 2012 two naloxone programs were initiated (in the Australian Capital Territory and New South Wales) to expand the availability of naloxone to people who inject opioids. Other states have since initiated, or are developing, similar programs. **Approach:** This presentation provides an overview three evaluations occurring alongside three naloxone projects operating in Australia (ACT, NSW and WA). The evaluations are being undertaken to provide new knowledge about the implementation of expanded naloxone availability in the respective jurisdictions as well as the feasibility and acceptability of these different programs. All three evaluations involve knowledge based surveys to measure changes in participant knowledge during their involvement in the programs. Follow-up surveys and interviews are also being used to assess participant attitudes to the naloxone programs and their involvement in any overdose events.

Key Findings: These evaluations are providing the much needed evidence base for implementation of opioid prevention and management interventions incorporating distribution of naloxone in the Australian context. We discuss the challenges of implementing and measuring interventions with a public health impact in the different clinical and non-clinical settings. Preliminary results will be discussed as available at the time of the presentations and the proposed outcomes of the ongoing evaluations will be outlined.

Discussion and Conclusions: Measuring the acceptability of different programs and success at preventing overdose builds an evidence base for program implementation and effectiveness thereby providing a foundation for policy and practice.

Discussion Section

Discussants: Paul Dessauer, Paul Dietze, Simon Lenton, David McDonald, Ingrid van Beek, Nicole Wiggins

Following on from an overview of current training and distribution programs in Australia, as well as the evaluation of these programs, the presenters will form panel to discuss the respective state programs, barriers to scaling up and how to overcome them, as well as answering questions from the audience. All of the panel members have been instrumental in the implantation of naloxone programs in Australia thus providing a broad knowledge base and range of experiences.

This discussion will be of interest to people who wish to learn about the specific programs developed and run in Australia and how they differ, the policy processes in each jurisdiction, personal experiences of those involved in running the programs as well as recent updates to the Pharmaceutical Benefits Scheme and naloxone accessibility.

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SYMPOSIUM: MUSIC IN THE PREVENTION AND TREATMENT OF SUBSTANCE MISUSE

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Aim of Symposium: The aim of this symposium is to bring together recent research about how music may be used in the prevention and treatment of substance misuse. The first paper presents a thematic analysis of transcripts from three focus groups with young people about how they use music for their wellbeing. The analysis was conducted as part of the development of a phone app to address young people’s emotion regulation. This paper will discuss how the app and music listening in general may be useful ways for young people to regulate their emotions and prevent hazardous substance use as a way of dealing with negative emotions. The second paper examines music listening in adults undergoing residential rehabilitation, in particular the songs that trigger an urge to use substances and the mechanisms by which this happens. The third paper is an experimental study in which the emotional and cravings responses to music in a sample of adults in residential rehabilitation were compared with a sample of matched controls.

Nature of Interactive Element: Audience discussion will be encouraged. Examples of some music referred to in the studies will be played during the symposium and audience members can note their own responses to it.

PRESENTATION 1 – HOW DO YOUNG PEOPLE USE MUSIC FOR WELLBEING?

STOYAN STOYANOV, ZOE PAPINCZAK, GENEVIEVE A. DINGLE, OKSANA ZELENKO, LEANNE HIDES, DIAN TJONDRONEGORO

Issues: Research shows that young people at risk of developing a substance use disorder often use substances to deal with problems, particularly relationship problems and emotional problems. Music listening is a widely available and engaging activity that may help young people address these problem areas. This study was part of a larger project to develop a phone app for young people in which they use music for emotional wellbeing.

Approach: Three focus groups with young people aged 15–25 years were conducted and the transcripts were analysed by three of the authors using a thematic analysis procedure (Braun & Clarke, 2006).

Key Findings: Young people used music in four main ways to achieve wellbeing: relationship building through sharing music; creating an ambience using music; using music to experience an emotion more fully; and using music to modify an emotion. Several mechanisms by which music achieved these functions were identified. Participants also articulated specific times when they would not use music and why.

Discussion and Conclusions: The information from these focus groups provides many avenues for the development of the app and for understanding how music listening helps young people to achieve wellbeing. These ideas can readily be used with young people at risk of developing substance use problems as it gives them an engaging and low cost alternative for managing their emotions and building relationships.