Researching with Women in Recovery (RWR): practitioner support for women in recovery with alcohol use disorders (AUDs)

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Abstract
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Aims & rationale/Objectives
The Australia-wide RWR study (2006-2014) addressed the need for midlife women's focused AUDs healthcare in a context of increasing alcohol consumption that is now recognised as a contributing factor in alcohol dependence and associated chronic conditions as women age. The critical recovery change processes that enabled women's healing and establish abstinence and wellness are presented with the focus on the professional healthcare resources developed from the research.

Methods
This participatory action research recruited two groups of participants: midlife women in-recovery (from 2 years to 31 years abstinence) and qualified practitioners providing alcohol dependence healthcare (n=970). The participants co-created the preliminary results of the six Action Cycles of the study. Outcomes of the four lines of inquiry, five mixed methods of data collection with textual analysis (NVivo version 7 to 10) and mixed methods triangulation were shared with participants for feedback providing opportunities for continuing development.

Principal findings
A detailed explanation of women's ways to improve midlife AUDs healthcare, and barriers to abstinent recovery and wellbeing emerged through the in-depth and extended engagement with the participants. Practitioner guidelines were developed from the research on: Preventive Recovery; Recovery Care, Development and Support strategies to enable women to progress to wellness along the six phases of the Recovery Continuum from Distressed recovery to Valued recovery.

Implications
The RWR actionable knowledge are resources to share: Partnership strategies for women's self-managed recovery with healthcare monitoring; Psycho-education information for local communities on women's AUDs healthcare; Australian research-based education materials; Policy recommendations and Media fact sheets.

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