

# Health Promotions in the AOD sector

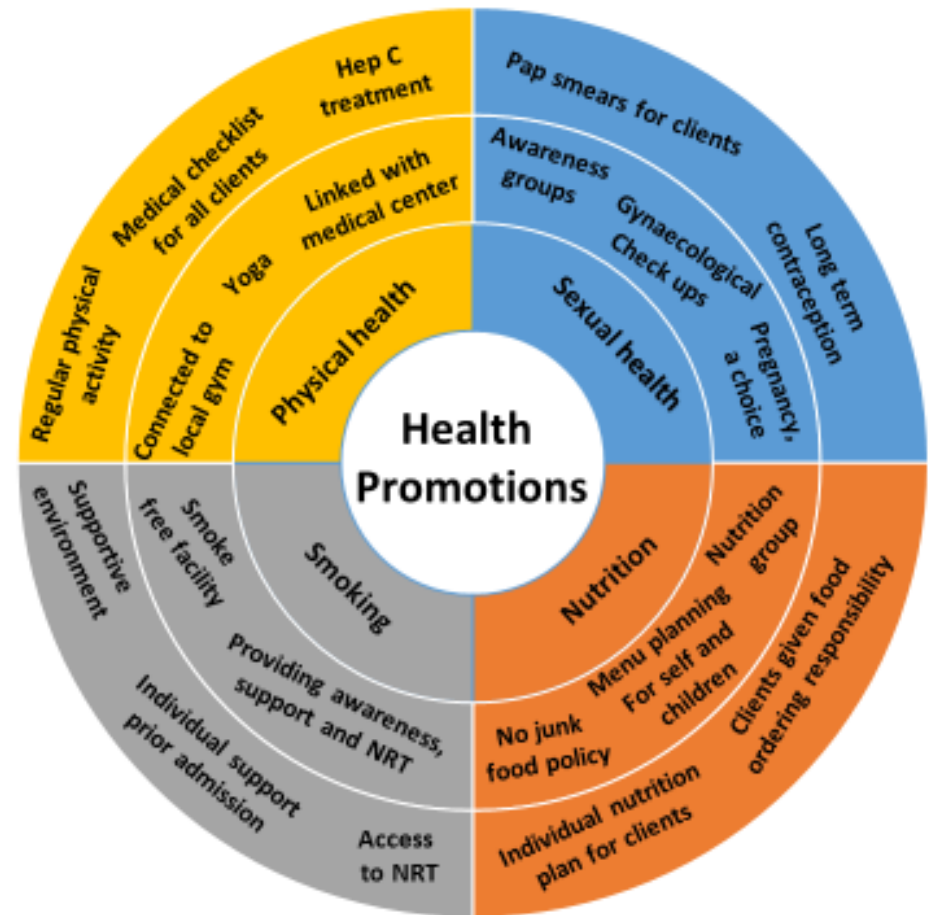
## Background

- Women with AOD issues generally present with a more severe clinical profile than men
- Their issues also include unplanned pregnancies, poor nutrition and unhealthy living habits, which are then passed down to their children and the cycle of addiction therefore continues
- In the past treatments usually used to be focused only on the client's addiction and recovery, and generally assumed that other issues would resolve themselves automatically

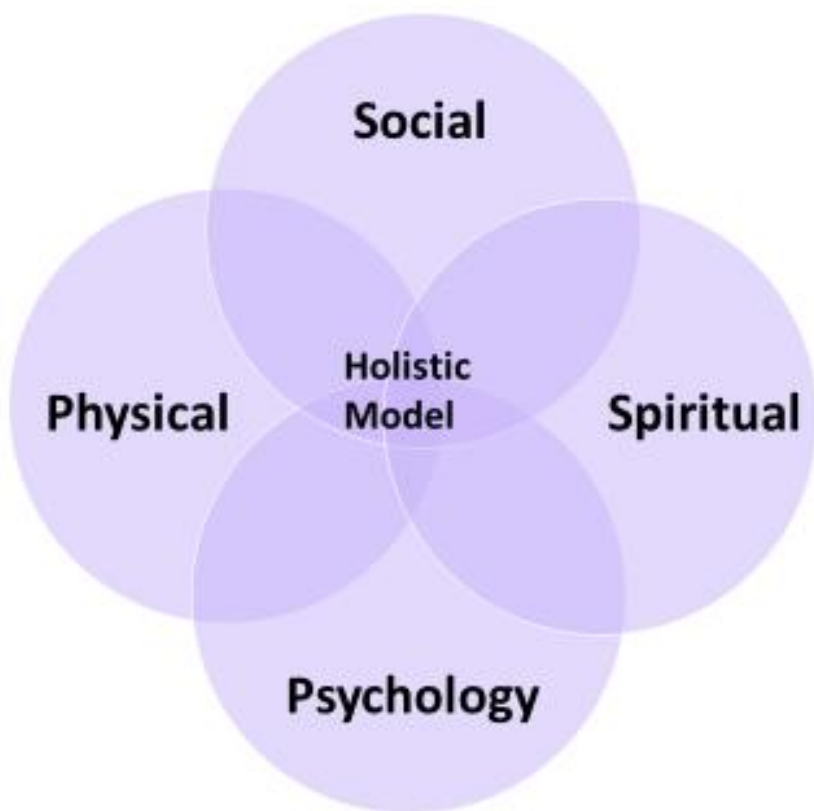
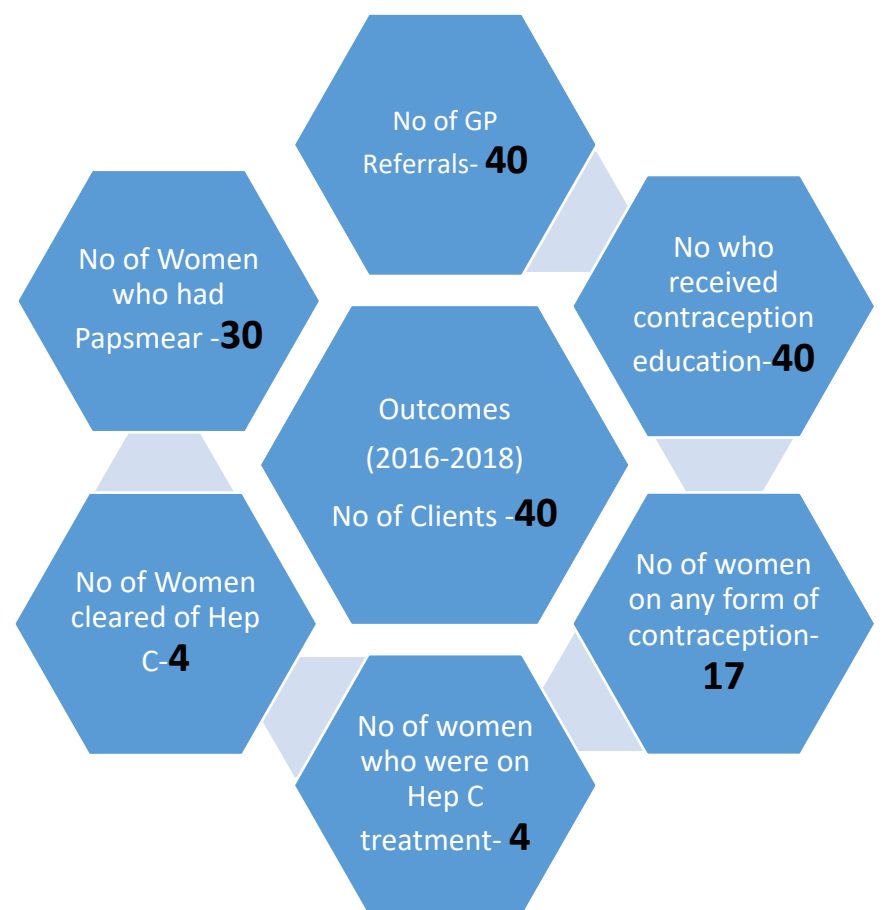
## Introduction

- Kathleen York house focuses on the holistic model of care
- Addressing a wide range of areas allows KYH clients to recover bio-psych-socio and spiritually
- The Health Promotions program focuses on helping the women to acquire new habits to support a healthier lifestyle that includes good nutrition, a stable sleep/work routine, physical activities such as exercise, yoga and regular health monitoring and adherence to treatments
- KYH aims not only to improve a client's wellbeing and lifestyle but also their children's
- KYH health outcomes had focused on avoiding unwanted pregnancy, Regular GP and Gynaecological checkups and monitoring, Hep C treatments and monitoring besides regular Individual plan that includes diet, smoking cessation support if required, appropriate physical activity and menu planning for self and family

## Method



## Outcomes



### KYH facilities

KYH is a drug and alcohol abstinent facility that supports women and children up to the age of 11. It provides a long-term program that includes:

- 6 months Residential Programme
- 1 Year Aftercare Programme/ 1 year Follow up

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### Conclusion

The program allows the clients to address a number of significant health issues not just their AOD issues.

Such as:

- Hep C cleared
- Smoking cessation
- Lifestyle change
- Family planning, where women control their fertility and women with alcohol dependency are able to prevent FASD