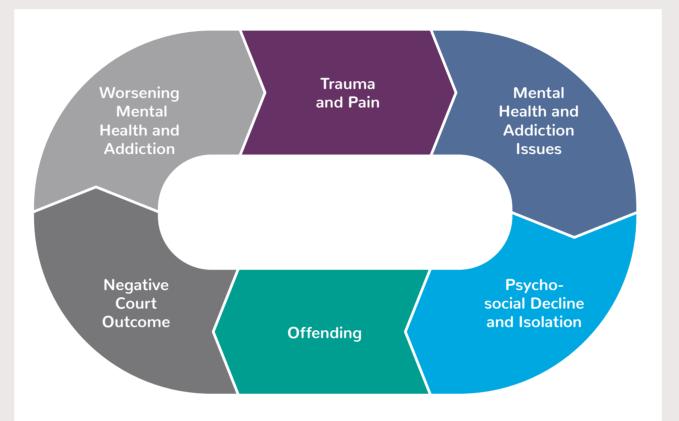
#### First Step Background

A not-for-profit addiction, mental health and legal services hub located in St Kilda

At the First Step we believe that addiction is often a response to trauma and pain. Our clients are among the most vulnerable members of society, coming from complex backgrounds of deprivation and disadvantage. They are often survivors of child sex abuse, are homeless or at risk of homelessness and include the long-term unemployed, cognitively impaired and those living with a mental illness.

# FIRSTSTEP

### **A Health-Justice Partnership Striving To Break The Cycle**



The First Step model involves an integrated, multidisciplinary and holistic approach to rehabilitation. Our clients come to First Step to receive mental health and addiction treatments. Frequently they are challenged with associated legal matters including criminal law, infringement, debt and family law matters. These matters cause significant stress, compromising rehabilitation and recovery efforts, therefore exacerbating mental health problems.

### Aims of First Step

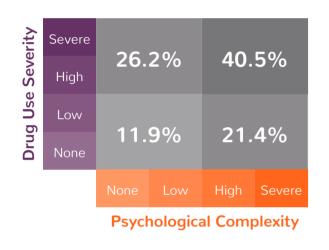
We strive to help our patients reduce drug use, improve their mental health and general well-being and lead to richer, more functional lives.

Table 2: Follow-up health outcomes

| Client follow-up (average 7.4 months from Intake to Follow-up) |                      |
|--|----------------------|
| Average change in drug use                                     | 53% reduction        |
| % of clients who reduced usage                                 | 85%                  |
| Average reduction in poly-drug use                             | 2.1 fewer drug types |
| Average number of drugs types eliminated                       | 1.3 drug types       |

#### **First Step Services**

Table 1: Drug use and psycho-social complexity of First Step clients

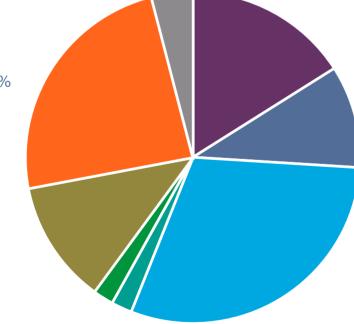


| Rey observations from cheft intake             |     |  |
|--|-----|--|
| Not in work or study (last 4 weeks)            | 65% |  |
| Been arrested (last 4 weeks)                   | 5%  |  |
| Using 'ice'                                    | 41% |  |
| Homeless or at risk (in last 4 weeks)          | 15% |  |
| Psychological health out of 10                 | 3.9 |  |
| Suffered sexual abuse (in last 4 weeks)        | 11% |  |
| Psychological health out of 10 (self-assessed) | 4%  |  |

Key observations from Client Intak



- Rental-Gov. 16%
- Rooming/Boarding House 10%
- Rental-Private 30%
- Homeless/NFA 2%
- Institution 2%
- Lives with friends 12%
- Lives with parents 24%
- Owner occupier 4%



**Mental Health** Services: Psychologists, Psychiatrists, Mental Health Nurses and Social Workers

#### Medical Services: General Practitioners, Hepatitis C Treatment and Pharmacotherapy

Legal Services: Criminal Law, Infringements, Family Law, Debts

Employment Support: Second Step

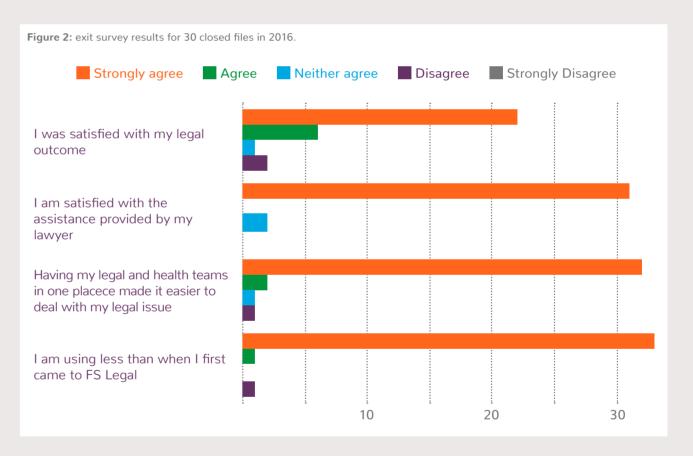


## **Aims of First Step Legal**

The legal service strives to achieve court outcomes which will be supportive of clients' ongoing recovery in the community and allow sufficient time for stabilisation and progress in recovery before of finalising legal matters.

> "I struggle every day with substance abuse, I hit a wall thought I had no place to go... then I found First Step. The team here get it. They're non judgemental, they're caring and understanding. The best thing I ever did was sign up & joined this family." - Douglas

Our clients have expressed satisfaction with their legal outcomes and gratitude towards their legal experience, often combined with a more positive attitude towards tackling their life challenges and drug use.



Additionally, our clients have demonstrated a notable reduction in relapse and reoffending, benefiting the wider community.

Figure 3: relapse and reoffending rates at first follow-up (3 months post outcome) for criminal cases in 2016.

