

help for problem gamblers



## Residential Treatment Programme for Women

# History

2002 – 2009... 9 month residential → 6 months

Communal living in female therapeutic environment.

## Obstacles:

- **Shame**
  - Struggle to admit they are in trouble and need help
  - Letting the side down
- **Responsibilities**
  - Child care
  - Maintaining the home
  - Keeping the family together
- Therapeutic community difficult to maintain

## Bridging the Gap

Compromise between residential and outpatient style appointments:

1<sup>st</sup> Retreat style residential

4 days 3 nights

12 weeks support

Weekly face to face, online or telephone/skype sessions

2 weekly group session online

Forums

2<sup>nd</sup> Retreat style residential

3 days 2 nights

Outreach groups /online support

# Content

## **1<sup>st</sup> Retreat:**

- GMA treatment programme (selected pieces)
- Practical, more solution focussed
- Understanding emotion/behaviour connection
- Coping skills
- **Weekly support:**
- Emotional support
- Underlying issues
- Work Book

## **2<sup>nd</sup> Retreat**

- Relapse Prevention strategies

Pilot .... Started January 2015  
= 2 cohorts in the first year

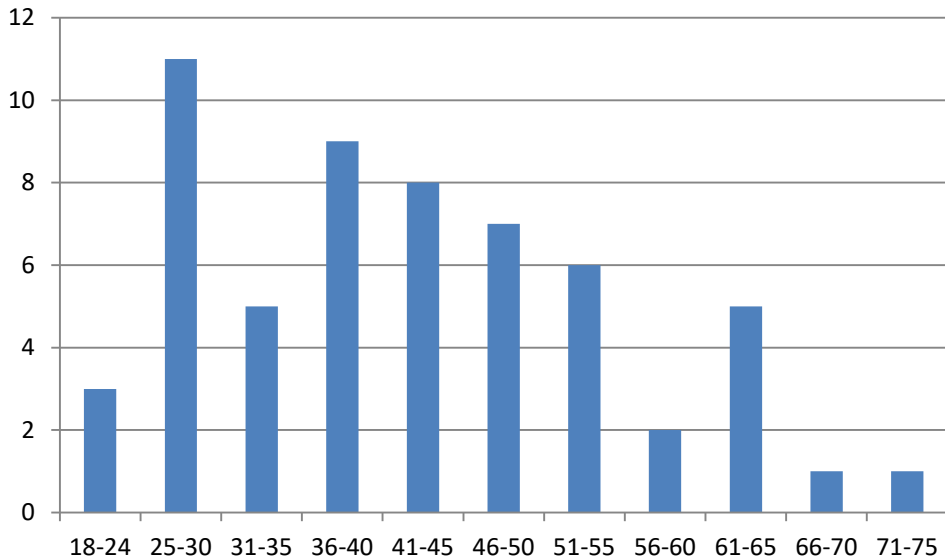
2016 = 3 cohorts

2017 = January (places filled)

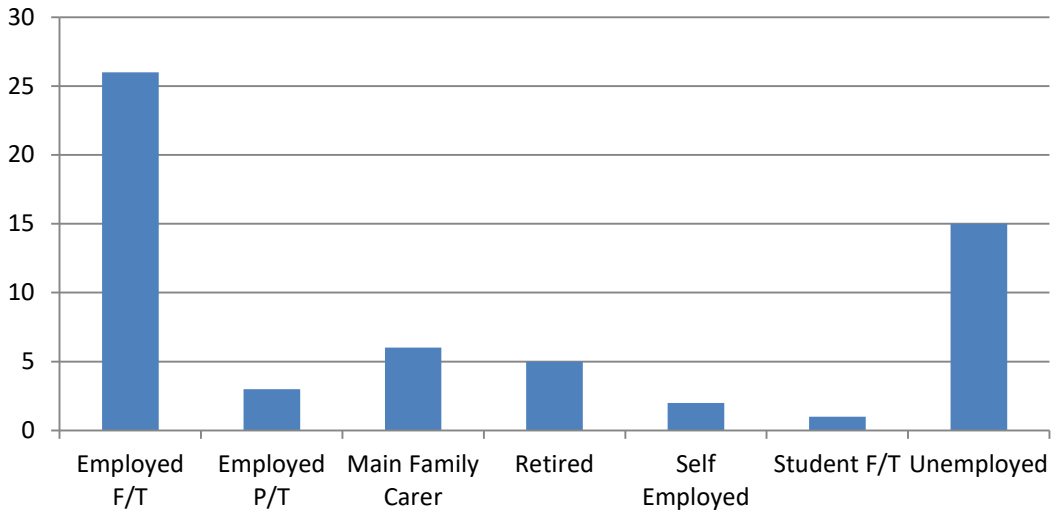
173 = applications in total

Total = 58 women across all cohorts  
(incl. January 2017)

# Age ranging from 18 -72



# Employment Status



# Treatment Outcomes

PGSI (end of treatment = 10.8)

1@ - 3 months = 12.0

2@ - 6 months = 13.0

5@ - 9 months = 1.4

H&SF (end of treatment = 32.5)

1@ - 3 months = 15.0

2@ - 6 months = 7.0

5@ - 9 months = 16.4

PHQ-9 (end of treatment = 10.9)

1@ - 3 months = 7.0

2@ - 6 months = 14.0

5@ - 9 months = 6.4

SOGS (end of treatment = 7.2)

1@ - 3 months = 9.0

2@ - 6 months = 8.0

5@ - 9 months = 7.8

GAD-7(end of treatment = 10.8)

1@ - 3 months = 8.0

2@ - 6 months = 9.0

5@ - 9 months = 6.5



# Response

- Understanding
- Choice
- Freedom
- Sense of calm
- Support Network
- Control

# Impact Report 2015/16

[www.gordonmoody.org.uk](http://www.gordonmoody.org.uk)