



FORWAARD Aboriginal Corporation

Pregnancy Program Model of Care

Project Rationalism



Project Name – Pregnancy Program Model of Care, pilot project

The following provides an overview of the FORWAARD, Pregnancy Program Model of Care pilot project and outlines the reason for this need. This project will reflect the research that has been undertaken and will establish a logical justification for the development of this program.

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December 2018



Our objectives – are to provide ongoing support and rehabilitation services to predominantly Aboriginal and Torres Strait Islander people participating in our programs which address their alcohol or other drug use or their use of both. FORWAARD offers both day and residential programs, providing a secure place for our clients, with an environment that is culturally appropriate and supportive of efforts at rehabilitation. Programs include:

- 12-week Alcohol and Other Drugs Residential Rehabilitation Program
- 12-week Alcohol and Other Drugs Day Rehabilitation Program
- Aftercare and Outreach Program
- Drug and Alcohol Education Awareness Program (for schools and young people).

Our Vision Statement - To be a leader in the field of alcohol and other substance misuse rehabilitation and be the provider of choice.

Our Policy Statement - The agency has a responsibility to treat its clients with dignity, and respect their right to privacy and confidentiality.

Our Values:

Excellence: We strive to provide the best service with continuous improvements to address the needs of our clients, their families, and the community.

Governance: Good governance and effective organisational management.

Accountability: We are accountable for our actions and behaviours, both as individuals and as an organisation.

Quality of Service: We aim to provide high-quality treatment and care by always placing our clients at the centre of our services and programs

Communication: FORWAARD values communication which is respectful, transparent, and culturally appropriate

Culture: The heritage and cultural needs of Indigenous people are respected and that FORWAARD's programs are culturally sensitive.

Client Satisfaction: We strive to provide excellent standards of care and service to meet the expectations of others.

Safety: We will provide our clients and staff with an environment which is safe and free from judgement.

Teamwork: We take pride in recognising and empowering staff in the importance and value of teamwork in keeping FORWAARD's commitments to our clients.

Abstract – Although this program is aimed at Pregnant Women

Pre-conceptual advice needs to be a consideration with all females accessing AOD and other services

Many factors affect pregnancy outcome and the health and development of children

Substance misuse is just one of these

A full Comprehensive and holistic assessment and package of care needs to be offered from pre-conception to Parenthood

With both initial and progressing support, professionalism is the most important factor as pregnant women are more so subject to social disapproval and judgemental attitudes



Early identification of women at risk of and Alcohol or other Drug exposed pregnancy is essential in preventing and minimising harm. It not only reduces the risk but provides an opportunity to offer intervention, early referral for antenatal care and AOD treatment.

In-line with the Person centered & Family centered approach the woman's lifestyle and social circumstances, her physical and psychological needs, her support needs, as well as the needs of her unborn child should be considered.

The guiding principle of management should be a pragmatic approach that emphasises harm reduction and aims to achieve the best possible outcome for both mother and baby. This means taking account of the woman's wishes, recognising her vulnerabilities and needs and focusing on what could be done rather than what should be done.

A well-coordinated multi-disciplinary and multi-agency approach will ensure that a comprehensive package of care can be offered. All professionals involved in a woman's care need to communicate with one another to ensure that they share a common approach, offer consistent advice and are working towards the same goals.

Assessment – From our research FORWAARD Aboriginal Corporation is recommending a screening, intervention, and referral to treatment program which utilises the five A's approach these being:

- Ask – about their alcohol and drug use
- Assess – use of a short screening tool to assess level of risk
- Advise – education, reinforcing healthy behaviours
- Assist – offer range of appropriate treatment and services
- Arrange – follow up referral appointments as required. This approach used across the continuum from pregnancy and after birth. Collaborative approach with all services

Eligibility Criteria - participants must:

- Be in the third trimester of pregnancy or have under school aged children
- Have a recognised AOD dependency
- Agree to participate in FORWAARD programs
- Have a 24 hour support network for under 18 clients

Outcome – From the development of this proposal FORWAARD Aboriginal Corporation envisage the following outcomes. All of which will have a significant impact on the community in general:

- Improved return on investment for our funding providers
- A reduction in AOD relapse for clients
- Better education and training outcomes for our young mums
- Greater health outcomes.
- A significant load reduction on an already overstretched system
- A decreased postnatal problems
- Reduction of FASD
- Reduced stress for mums and families
- Clear referral guidelines for referring agencies
- One point of contact for the program

Stakeholders – Stakeholders impacted by this program include:

- Northern Territory Mental Health and Other Drugs Branch
- NT Schools
- FORWAARD Aboriginal Corporation
- YWCA



Implementation Plan

Key Period	Activity	Organisation	Funding
November 2018	Develop model of operation	FORWAARD	
December 2018	Initial proposal review	Steering committee	
January 2019	General meeting introduce the concept	FORWAARD	
January 2019	Program review	Steering committee	
January 2019	Program Commencement	FORWAARD	DOH funding
January 2019	Program Marketing	FORWAARD	DOH funding
February 2019	1 st review	Steering committee	
February 2019	Adjust program as needed	FORWAARD	DOH funding
March 2019	2 nd review	Steering committee	
April 2019	Program reporting	FORWAARD	DOH funding
May 2019	Present outcomes	Steering Committee	
May 2019	Evaluation and funding	DOH	
June 2019	Program review and evaluation outcomes presented	FORWAARD	
July 2019	Continuation of this program is dependent on elevation results	Steering committee	

Rational - FORWAARD Aboriginal Corporation has provided this project overview, to outline an opportunity to support the ongoing health, healing, and education of a young person who is expecting a child in the near future. In this proposal, we have outlined a model of operation that offers a significant opportunity to align all stakeholders and agencies to provide a clear and transparent model of care for individuals who require support through their last trimester of pregnancy.

The aim is to streamline client/patient care, provide a better ROI for government, and provide a best practice model of care for the recipient, her child, and family.

