



Bridge

Reducing Harm from
Alcohol and Other Drugs

Te Ope Whakaora

Testing the Bridge



Evaluation of The Salvation Army Bridge model of treatment in New Zealand

University of Otago contracted

- Substance use & severity of use (how often & how much)
- Real-world functional outcomes (health, crime)
- Changeable personal factors (motivation, self-control)
- Comparison with international standards
- Spirituality

2014: 325 participants from 7 Bridges nationwide
225 analysed

The Findings

- ✓ Lit review: In line with best practice

International outcomes comparison

- ✓ Comparable for primary outcomes (how often, how much)
- ✓ Degree of improvement larger at Bridge for secondary outcomes (health, social relationships)

Bridge Participants' Outcomes

- ✓ Reduced substance use (how often)
- ✓ Reduced severity of substance use (how much)
- ✓ Improved functional outcomes (health, crime)
- ✓ Improved changeable personal factors (motivation, self-control)

Spirituality

- ✓ Underestimation of importance & consumer desire for more
- ✓ Participants: broad understanding, important, changes
- ✓ Increase in spiritual beliefs associated with decrease in severity of substance use

The Value

The key findings of the evaluation provided strong evidence for the overall effectiveness of the Bridge model of treatment

Able to convey to others that Bridge treatment is effective

Spiritual component shown to be vital and valued

Suggestions for improvement will be examined and considered

Findings will guide upcoming review of model of treatment

Full report online at: www.salvationarmy.org.nz/TestingTheBridge

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