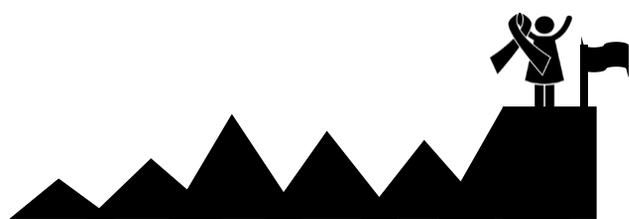


# From Relapse to Desistance: The Process of Desistance for Female Drug Abusers

## What is desistance?



For abusers, Desistance is a journey filled with **ups and downs**, that involves **multiple relapses** before one successfully stays **drug-free**.

## What did we do in our study?



10x **repeat drug abusers** (in prison)



10x **drug desisters** (>5 years in community)



Semi-structured **interviews**

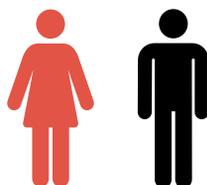
## How can we identify 'successful desisters'?

What desisters have that drug abusers don't:



## Gender-responsive needs

Compared to MALE drug desisters,



**FEMALE** drug desisters emphasise more **relational factors** for change, such as:



Motivation to change for **family & children**



Emotional & financial support from **significant others**



Supervision provided by **significant others**

## How can we help?

When working with female repeat drug abusers,



Use a **strength-based** approach



**Tailor** interventions that meet an individual's **multiple needs**



Help them build a strong **social support** system



Change is difficult – set **realistic** goals and be encouraging!