

# The 5-Step Method

Supporting whānau in addiction services

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## What is the 5-Step Method?

The 5-Step Method is an evidence-based approach for supporting whānau members affected by someone's alcohol, drug or gambling behaviour.<sup>1</sup>

## Benefits of the 5-Step Method

In many countries, the 5-Step Method supports whānau to improve their physical and social wellbeing, and enhance their coping and communication skills.<sup>2</sup>

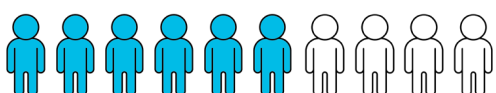
Provided by trained addiction workers, the 5-Step Method involves . . .

- 1 Getting to know the whānau members and hearing their story
- 2 Providing relevant and accurate information
- 3 Exploring ways of coping and responding
- 4 Exploring and enhancing social support
- 5 Reviewing and arranging further help if needed

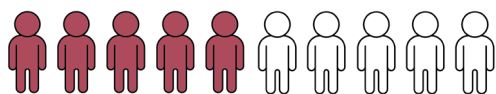
## After completing the 5-Step Method . . .



**8 in 10** whānau members had improved physical and psychological wellbeing, and reduced worry and distress



**6 in 10** whānau members showed improvements in coping styles



**Half** of whānau members showed improvements in social support

(Based on NZ data collected from 58 whānau members who worked with the 5-Step Method, 2017–2020.)

For more information about the 5-Step Method in New Zealand, please visit [www.tepou.co.nz](http://www.tepou.co.nz)

1. Copello et al (2010). <https://doi.org/10.3109/09687637.2010.515186>

2. Copello et al (2010). <https://doi.org/10.3109/09687637.2010.514234>