



LAUREA UNIVERSITY OF APPLIED SCIENCES

CLIENTS' EXPERIENCES OF A BAND GROUP PROJECT IN VANTAA DRUG TREATMENT CLINIC



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This study is a description of clients' experiences of a band group project. The purpose of this qualitative study was to find out what the outcomes and effects of an anti-oppressive and client-centered music group could be for substitute treatment clients. The drug treatment clinic in Vantaa was lacking group activity. The idea for the band group came from the clients. This was an opportunity for us to study, learn and understand how important element music can be in this kind of shared interactive and democratic setting. The activities took place in spring 2010 with a pilot group in Vantaa drug treatment clinic and continued with the same group in autumn/winter 2010-2011. The band practiced weekly in a youth house in Korso. Our hypothesis was based on the idea that with unstructured and democratic band group the client would feel supported and empowered without an emphasis on the substance abuse theme itself. We kept the group simple and accessible with ending up with only three rules: no physical or psychological violence or harassment, no drugs or alcohol during the sessions and democratic decision-making. In our study we wanted to respect our clients' autonomy and create an atmosphere for a mutual learning experience between clients and workers, in this case us students, by joining in the band.

We collected and analyzed data based on diaries from the band group sessions and interviews with the participants and workers of the drug clinic.

We used content analysis for the interviews. The study method was action research.

The findings based on the interviews show how the band group sessions had a positive effect on the clients. The clients mentioned decrease in substance abuse and increase in self-esteem as the effects of the band group. Based on the analysis, trust and encouragement were seen as motivations to the band group and empowerment and patience as important factors for guidance in the activity.

Keywords: Empowerment, group activity, substitute treatment, music therapy, anti-oppressive practice

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Tämä opinnäytetyö kertoo asiakkaiden kokemuksista bändiryhmä projektissa. Tämän kvalitatiivisen tutkimuksen tarkoituksena oli selvittää mitä vaikutuksia sorronvastaisella sosiaalityön käytännöllä (Anti-oppressive practice) asiakaslähtöisessä musiikkiryhmässä on korvaushoitoasiakkaisiin. Vantaan Huume klinikalla oli tarvetta ryhmätoimintaan. Idea bändiryhmään tuli asiakkailta. Tämä toi meille mahdollisuuden tutkia ja oppia musiikin vaikutuksia demokraattisessa ja vuorovaikutuksellisessa ryhmäaktiviteetissa. Ryhmä aloitti toimintansa keväällä 2010 pilottiryhmällä, joka jatkoi samalla kokoonpanolla syksyllä/talvella 2010-2011. Ryhmä kokoontui viikoittain nuorisotalolla Korsossa. Olettamuksemme perustui ajatukselle, että epämuodollinen demokraattinen bändiryhmä voisi valtaistaa asiakasta, kuitenkin niin että asiakas tuntisi olonsa tuetuksi, ja ilman että ryhmän fokus olisi päihdeteemassa. Ryhmän aluksi oli vain kolme sääntöä: fyysinen- ja psyykinen väkivalta on kielletty, päihdyttävät aineet ovat ryhmän aikana kielletty ja että ryhmä tekee itse päätöksiä demokraattisesti.

Halusimme kunnioittaa asiakkaidemme itsemääräämisoikeutta ja luoda sellaisen ilmapiirin jossa voi yhdessä oppia, niin asiakkaat kuin opiskelijatkin. Olimme itse osa bändiä. Keräsimme ja analysoimme materiaalin, joka koostui ryhmäkertojen päiväkirjoista ja asiakkaiden ja klinikan työntekijöiden haastatteluista. Käytimme sisällönanalyysiä haastatteluihin, opinnäytetyö on toiminnallinen. Tulokset, jotka perustuivat haastatteluihin, osoittivat bändiryhmällä olleen positiivinen vaikutus asiakkaisiin. Asiakkaiden haastatteluista nousi esiin päihdeiden käytön vähentyminen ja itsetunnon nousu projektin aikana. Luottamus ja kannustaminen nähtiin motiiveina bändiryhmässä. Valtaistaminen ja kärsivällisyys mainittiin tärkeinä ominaisuuksina ryhmän ohjaamisessa.

Asiasanat: Valtaistaminen, ryhmäaktiviteetit, korvaushoito, musiikkiterapia, sorronvastainen sosiaalityön käytäntö (Anti-oppressive practice)

Contents

1. Introduction.....	7
2. Background of The Thesis.....	7
3. Key Concepts.....	9
3.1 Substance Abuse.....	9
3.2 Drug Policies And Legislation In Finland.....	9
3.3 Substitute Treatment.....	9
3.4 Drug Treatment Clinic (H-Klinikka).....	10
3.5 Participants.....	10
4. Theoretical foundations for the band group.....	11
4.1 Anti-Oppressive Practice.....	10
4.2. Empowerment.....	12
4.3. Music Therapy.....	13
5. Description of Study design.....	15
5.1 Qualitative Approach.....	15
5.2 Action-Based Research.....	16
5.3 Data Collection.....	16
5.4 Focused (Semi-Structured) Interview.....	16
5.5 Data Analysis.....	17
6. Implementation and diaries.....	18
7. Findings.....	24
7.1 Clients' Experiences Of The Band Group.....	24
7.1.1 Group Dynamics.....	25
7.1.2 Guidance And Framework.....	26
7.1.3 Motivation.....	27
7.1.4 Effects.....	28
7.2. The Drug Treatment Clinic Workers' Experiences Of The Band Group.....	29
7.2.1 Group Dynamics.....	30
7.2.2 Guidance And Framework.....	31
7.2.3 Motivation.....	31
7.2.4 Effects.....	32
8. Summary.....	32
9. Discussion and Ethical Considerations.....	36

References.....	39
Appendices.....	40
Appendix 1 : The Advert For The Band Group	
Appendix 2 : Interview questions (participants)	
Appendix 3: Interview questions (workers)	
Appendix 4 : Clients interviews, content analysis table	
Appendix 5: Workers' interview, content analysis table	

1. Introduction

Substitute treatment has been a controversial subject in social services work as long as it has existed in Finland. The ones who are against the ideology of substitute treatment state that it is not the way to cure the addiction; the ones who are supporting the system emphasize the harm reduction aspect. In this study we are focusing on finding good practices for improving the substitute treatment clients' wellbeing by having a low threshold band group. With any client group feeling of succeeding empowers the client. With substitute treatment clients we feel this is especially important considering their self-esteem. Without versatile activities in the clients' lives there is a possibility to deeper social exclusion.

The idea for the thesis started off when we were considering an interesting topic that would suit the context of substitute treatment clients in the drug treatment clinic (H-Klinikka) in Myyrmäki. In our thesis we use the term drug treatment clinic in order to refer more clearly to H-klinikka, which has no official English translation. Also, we use the term "student" when speaking about ourselves, since we find it neutral, easy to follow and more relevant than "group-leader" or "director".

We had planned that our work would include music somehow and incorporate empowering and anti-oppressive values, in order to find out what could be the outcomes and effects of an activity such. Getting substitute treatment clients motivated and committed into groups has been really challenging, and this is where we planned that we potentially could affect the situation by creating a group activity to the clinic. We have worked in substance services in Vantaa (H-klinikka, Detoxification center) and share an understanding of the work's structures and nature, the pro's and con's at hand. There has been a need for music groups and other kind of group activity in different places and sectors of substance abuse services, so this was a perfect opportunity to try how it could work for the clients of the drug treatment clinic.

In our work we mainly look at how a band group activity could potentially effect on the clients' and find out which elements make an anti-oppressive and empowering band group.

2. Background of the thesis

The actual idea for our thesis was developed in March of 2010 when Petri was doing his practice placement at the drug treatment clinic in Myyrmäki, Vantaa. There, together with the clients and Paula, he planned, implemented and evaluated a band project. It was a band project that turned out to be the pilot for this thesis.

It seemed that the drug treatment clinic and its clients were in need of this kind of empowering music group activity. At that moment and before, there had not been any group of such nature. Few clients had been playing at the clinic's daily activities with one previous practice placement trainee a few times, but nothing lasting was created.

At the drug treatment clinic, there has not been success with actually any kind of group activities. It has proven to be demanding to get the clients motivated, their situation in treatment and in everyday life being itself a vast and a constantly changing challenge. Nevertheless, the actual obstacles we faced during the pilot period were rather minor.

The pilot project in the spring of 2010 worked out very well even though the number of participants was low.

The clients gave feedback that it was something that they really had been waiting for, for a long time and that they were lucky to have it arranged for them so profoundly. They found it truly meaningful and it gave lots of courage and positivity for their daily life. They were pleased as they told that they did not expect that they could manage playing music together so well and were surprised how good it turned out to be. The pilot round had seven sessions in total (one session per week, March-May 2010), a good amount even though the clients would have wished for more sessions.

The drug treatment clinic was satisfied with the results and wished for something similar to continue in the future. This is where we were certain that we would make our thesis out of the band project that we started in spring 2010.

We tried to answer the questions: “What kind of experiences did the clients of the drug treatment clinic get from the band group?” and “What kind of elements make a band group empowering for substitute treatment clients”?

In our project we formed a client-centered band group, where we as workers aimed to create an atmosphere that would be encouraging and empowering for the clients. We used music as a tool to achieve those goals and hoped to get important information through interviews with the clients and the staff that could serve as useful material for future group activities at the clinic.

One of the main reasons for choosing this thesis topic was that there is a constant need for substance-free activities for substitute treatment clients in the drug treatment. We believed that with a client-centered approach and a relaxed attitude it was possible to form a band group and aim to entail a warm and welcoming feeling playing music together. We tried to keep the structures and rules in minimum and to use a democratic way of leading the group following the working life partners’ rules. We wanted to keep the focus in using music therapeutically with substitute treatment clients through an empowering and anti-oppressive way. We felt that in the planning stage, these objectives were achievable and realistic although it required a lot of work and effort to complete the task. The objectives are also measurable through analyzing the feedback that we collected from the working life partner, the drug treatment clinic, and our clients.

3. Key concepts

3.1 Substance abuse

“Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. Psychoactive substance use can lead to dependence syndrome - a cluster of behavioral, cognitive, and physiological phenomena that develop after repeated substance use and that typically include a strong desire to take the drug, difficulties in controlling its use, persisting in its use despite harmful consequences, a higher priority given to drug use than to other activities and obligations, increased tolerance, and sometimes a physical withdrawal state.

Policies which influence the levels and patterns of substance use and related harm can significantly reduce the public health problems attributable to substance use, and interventions at the health care system level can work towards the restoration of health in affected individuals.” (WHO 2011)

3.2 Drug policies and legislation in Finland

In Finland opiate dependence treatment is determined in law under a statute made by the Social and Health ministry (Act 33/2008) The treatment can be started for a person who has failed to withdraw from opiates and the treatment must be carried out based on a professional assessment. Aims of the treatment must be individually planned to suit the client’s needs. Psychosocial treatment, psychical treatment, rehabilitation and follow-up treatment are part of the care plan. If the client is most likely not going to stop drug abuse, the aim of the care will be harm reduction. The municipalities are in charge for organizing the treatment as close to the clients’ home as possible. The medicine is taken under supervision, and with good results and a motivated attitude it is possible to get home doses up to 8 days. In special occasions it can be possible to get the maximum of 15 days of home doses.

3.3 Substitute treatment

Just like in other cases of substance abuse the treatment of opioid dependence is usually psychosocial treatment and detoxification from the drug. However with some clients the care is not enough. Substitute treatment for opioid dependence is a combination of counseling, psychosocial care and medical substitute treatment with methadone or buprenorphine. They replace the illegal opiate with a longer acting medicine but without the feeling of euphoria. Buprenorphine and methadone are the medicines used in substitute treatment in Finland. Methadone is a synthetic opioid and is used in opiate treatment. Also known for being misused, Buprenorphine is a medicine originally designed for treatment of opioid dependence. In Finland it has also become one of the most common intravenous drugs, mostly known as Subutex.

The aim of substitute treatment is to improve the life quality of the drug dependent client. The dose does not give the clients a feeling of euphoria, but stabilizes them in a way that potentially allows the clients

to participate in working life, studies or other everyday activities. Its aim is to reduce crime, illegal drug abuse, drug-related mortality and to improve the client's health. Many diseases are infectious through drug use, and with less intravenous use the spreading decreases. Mental and physical rehabilitation can reduce marginalization, and nowadays the treatment aims to be as comprehensive as possible to increase the client's well-being.

The clients give urine samples to know if they have other drug use along the treatment. If there seems to be too many positive samples, the situation usually has consequences, losing home doses or the client is referred to entering a detoxification clinic. (Simojoki & Mäkelä. 2005.)

3.4 The drug treatment clinic (H-klinikka)

The drug treatment clinic in Vantaa has three units; the drug clinic itself, located in Myyrmäki, offers services for adult drug abusers who are residents in Vantaa. They offer assessment on the clients' condition and on the necessity of treatment, and what form of treatment is suitable. They offer open care and rehabilitation services. In the low threshold drop-in units, in Myyrmäki and in Tikkurila, clients can come in anonymously and they can change their used needles and syringes to new ones, take vaccinations, take tests (HIV, C-hepatitis...) and get directed to different kind of welfare services.

3.5. Participants

In this thesis we use terms participants, clients and group members when we refer to our clients in this project. Our participants in this band group are clients of Vantaa drug treatment clinic. Overall when we use the term client we mean substitute treatment clients in general. For narrowing down the client group we chose to make the group for substitute treatment clients, who are in Subuxone or Methadone treatment. This choice of client group was also wished from our working life partner. Also considering the possible continuance of group activities in the future, it was a well-grounded choice. If the band group would have been for all of the clinic's clients, that mostly include active users in Vantaa, it would have been a different thesis with different objectives. With active users in this case we refer to drug or medicine abusers who are not in opiate substitute treatment. Also in this case it was easier to plan the activities because there were bigger chances of commitment with clients that are in substitute treatment compared to active users. There had been a need from the clients get something to do besides going to the clinic and being idle afterwards. Many times one of the reasons for using drugs or consuming alcohol amongst the substitute treatment clients is boredom. Such empowering and client-centered substance-free activity certainly brings at least some positive alternative addition to the clients' day.

4. Theoretical foundations for the band group

4.1 Anti-oppressive practice

“In order to begin to understand the importance of an anti-oppressive social work research stance it is first necessary to consider some of the arenas of anti-oppressive practice. Anti-oppressive practice seeks to help the practicing social worker synthesize structural critiques with ethical value bases. (Horner 2008) Anti-oppressive practice focuses on challenging and addressing institutionalized discrimination representing the interest of powerful groups within society.” (McLaughlin, 2007, 116)

Anti-oppressive practice is trying to find solutions to act against oppression towards a range of client groups who are in a disadvantaged situation because of their race, gender, disability, mental health or otherwise in need of special attention.

Oppression is a strong word that is sometimes used in describing actions of tyranny by the ruling group. In Anti-oppressive social work context ‘oppression’ refers to the disadvantage and injustice that some people face in every day practices of a well-intentioned liberal society. Oppression is often structural, not only some people’s policies and choices. “Its (Oppressions) causes are embedded in unquestioned norms, habits, and symbols, in the assumptions underlying institutional rules and the collective consequences of following those rules.” (Adams, 2000, 36)

This study aims to be as client centered as possible. In recruit situation this is one of the things that we emphasized, still being clear and coherent about the rules of the group. In our band group we didn’t have many rules, but the ones we had had to be agreed by all participants: The participants had to be sober enough to get their medicine (workers of the drug treatment clinic assessed the condition of the participant) and no substance abuse was allowed during the group, except for cigarettes and coffee. Secondly, physical and mental abuse was strictly forbidden in the group. In this way we promoted a safe and sober environment to our clients. Other rules were made by the group in a democratic way. Anti-oppressive practice in this context was giving client-oriented and voluntary activity where the clients were seen as equal partners also in decision making inside the group. Following previous experiences with working with substitute treatment clients in Vantaa, we had understood that many clients feel that they are oppressed. We aimed to find out if the thesis project could have an impact in our band group.

Partnership is a method in anti-oppressive social work and we used it in this process. As a term in anti-oppressive practice it entails that all participants are countable and dedicated in development of the cause in question. (Dalrymple & Burke 2006, 132)

“Respecting clients’ rights to make decisions requires social workers to treat them as capable, relatively autonomous individuals. And, rather than pathologising clients for their plight, focusing on their strengths without undermining their responsibility for the choices they make. “(Dominelli, 2002, 25)

4.2 Empowerment

“Empowerment seeks to help clients to gain power of decision and action over their own lives by reducing the effect of social or personal blocks to exercising existing power, increasing capacity and self-confidence to use power and transferring power from the groups and individuals.” (Payne, 2005, 295)

Our band group entailed aspects of anti-oppressive and empowerment practice. We aimed to offer the clients an empowering, interactive musical experience where they had the possibility to decide on the group’s contents. Whatever wishes, questions may have aroused we tried to take them into consideration as much as possible.

According to Croft and Beresford (1994) people want and have a right to be involved in decision-making and actions taken in relation to themselves. They argue that people’s involvement increases accountability and that it makes more efficient services and help to achieve social work goals. (Payne, 2005, 301)

Croft and Beresford participatory practice has four elements:

- Empowerment involves challenging oppression and making it possible for people to take charge of matters which affect them.
- Control for people in defining their own needs and having a say in decision-making and planning.
- Equipping people with personal resources to take power, by developing their confidence, self-esteem, assertiveness, expectations, knowledge and skills.
- Organizing the agency to be open to participation.

(Payne, 2005, 301)

Self-expression is encouraged, helping them to gain vitality and acceptance of their own capacity and worth. (Payne, 2005, 305)

In Lee’s (2001) empowerment approach there are three central concepts presented:

- Developing a more positive and potent sense of self
 - Constructing the knowledge and capacity to achieve a critical perspective on social and political realities
 - Cultivating resources, strategies and competences to attain personal and collective goals.
- (Payne, 2005, 307)

There are many important empowering practice principles and factors to take into consideration. First of all, all people have skills, understanding and abilities that must be recognized and not label them

negatively. People have the right to control their own life, to be heard. They decide for themselves whether to take part in something or not, define issues and take action. It is important to look at people's problems and reflect them through oppression, policy, economy, power and personal inadequacies.

(Payne, 2005, 310)

4.3 Music therapy

“Music therapy is a goal-directed process in which the therapist helps the client to improve, maintain, or restore a state of well-being, using musical experiences and the relationships that develop through them as dynamic forces of change.”

(Bruscia, 1987, 5)

Music can make miracles in alleviating stress and other complex feelings in human beings. Everyone has different tastes in music and it is important to find and play or listen to the music that you personally enjoy and get something out of.

Music therapy is a vital form of therapeutic help, and in a country like Finland where people are quite withdrawn and many suffer from problems such as substance abuse, marital and family problems, loneliness and domestic violence, it would be crucial to have better possibilities and access for people to get support, also in the form of music therapy.

In our thesis work, we used music therapeutically, as a tool. Since we are not music therapists, we cannot speak about the process genuinely as music therapy. In our work we aimed to consider clients' well-being's aspects through different mental, physical, emotional and social levels of needs through an empowering experience in playing music in a group.

The main ideas behind the band group were to enforce and involve the clients in improvising, performing, verbalizing, listening to the music and listening to each other in the shared musical experience.

“In music, “improvising” is defined as “the art of spontaneously creating music (ex tempore) while playing, rather than performing a composition already written.” (Bruscia, 1987, 5)

In the band group, improvisation played a big part as the process took form. The idea was to play cover songs, but also to offer the participants to have the change to create something unique, something of their own. If the clients wished to compose and make their own music, we tried to give them the opportunity. It was important to “go with the flow” and to be open to different musical ambitions and take into consideration different moods while playing more from an improvisational angle.

The point was not to have high expectations and requirements for the group, not to aim technically nor artistically too high, but to accept the clients' musical skills at the level according each one's abilities and

comfort.

The group focused on paying attention to oneself, others and the environment. It was about expressing oneself and about interpersonal communication, aiming for personal and interpersonal freedom.

“Therapeutic goals are concerned with helping the client gain insight about him-/herself, work through feelings, problems, and symptoms, make basic changes in his/her personality, and develop more effective ways of adaptation.” (Bruscia, 1987, 8)

“In music as therapy, emphasis is given to the client relating directly to the music, with the therapist aiding the process or relationship when necessary.” (Bruscia, 1987, 9)

Adapting Bruscia’s idea to the band group context, we aimed to give the clients as much space to sort of take the lead musically the same way as we as group leaders took. It was important to be supporting both intermusical and interpersonal relationships that developed inside the band group.

“When placing a client in a group, it is important to consider his/her readiness for the kinds of interpersonal experiences that will take place, and the many different demands that group participation will make”. (Bruscia, 1987, 12)

Every group member had their own musical, interpersonal and emotional goals what comes to being a participant and achieving in the group.

Bringing pleasure and motivating the client, facilitating the client’s interaction with the surrounding environment were key elements in our group activity.

“Personal freedom is realized through musical freedom; interpersonal communicativeness is realized through musical “interresponsiveness”; and self-confidence is realized through independent creativity in music”. (Bruscia, 1987, 27)

The clients own natural impulses and drives should be seen as dynamic forces in interaction in the group rather than something unwanted that needs to be controlled and restricted.

Inside a shared music group setting, music can serve the following functions:

- to provide opportunities to find a balance between individual freedom and group allegiance
- to integrate individual differences within a group
- to provide continuity to the group experience
- to describe and express the feelings of the group
- to symbolize the group identity
- to encourage or discourage orderliness

- to provide a common grounds for communicating with others from different backgrounds
- to create multifarious relationships between all the members of a group and their roles

(Bruscia, 1987, 85)

In playing music, group dynamics influence hugely on the outcomes. As one group member plays music, his/her playing influences the music of the other participants and this eventually proceeds into all contributing to the music inside the group. This has a lot to do with the groups' members' self-awareness, how they adjust to the group.

“You can never explain the life of feeling and passion by natural laws and so called psychological methods. You can understand it only if you consider man himself in terms of music. There will come a time when a diseased condition of the soul life will not be described as it is today by the psychologists, but it will be spoken of in musical terms, as one would speak, for instance, of a piano that was out of tune.” (Steiner, 26:349, Bruscia, 1987, 31)

5. Description of Study design

5.1 Qualitative approach

As our approach we chose qualitative approach, because we wanted to know what kind of an effect the band group has on our clients. In this study the individual experiences were most important. We concentrated on gathering thoughts, hopes and ideas in order to get information that would help to improve group activities among substitute treatment clients in Vantaa. To get that information, qualitative approach was the best option for our study, because quantitative approach could not help us to find answers to our questions. The clients own words were heard, which is not as important in quantitative approach.

QUALITATIVE	QUANTITATIVE
Soft	Hard
Flexible	Fixed
Subjective	Objective
Political	Value-free
Case study	Survey
Speculative	Hypothesis testing
Grounded	Abstract

(Source: Halfpenny, 1979, 799)

Table 1: Qualitative and quantitative methods table

5.2 Action based research

This thesis was an action based research. We as workers were active and equal members of the group. “The process requires the researcher to become actively involved in the study of the environment and the parties who interact naturally with each other and with the environment” (Valcarhel, 2009, 5)

We chose the method because it suited our purpose the best. The method allowed us to participate and try to make the atmosphere natural and empowering. Considering our client group it was suitable for the equal settings it allowed between the researcher and the participants.

Action research is designed to improve practices, and in social work field commonly used, as well as in other environments such as administrative, leadership and community settings. (Valcharel, 2009, 3)
“Action research and participatory evaluation share the ‘utilization focus’ of process evaluation, because action (to change adverse situations for community groups) is the essential of action research and the goal for program participants. Less important to these models is the generalizing of research and evaluation. Instead priority is given to producing changes in the immediate circumstances of program delivery.”
(Hall & Hall, 2004, 51)

5.3 Data collection

In a qualitative research it is important that the overall picture of the action is documented for the reader. We decided to keep a diary from the band sessions to see how the group works and use it as a tool to evaluate the action. It was an important part in reflecting our group leading and how the ideas that we had for the group works in practice. It showed our observations of the atmosphere during the sessions which made it easier to analyze afterwards. While one of us two was actively involved in the playing and group leading, the other had a chance to observe the sessions.

In this study we focused in clients’ experiences of the empowering band group. Interviews were the most important data to conduct this study. We interviewed the clients before the sessions begun in order to get our clients ideas and wishes for the band group and afterwards to collect the experiences and feedback for the evaluation. The workers of the drug clinic were interviewed after all the group activities and clients interviews were finished. We wanted to get a third point of view to our study for the evaluation and we were interested to hear the working life partners opinions and observations concerning the group activity process. All the interviews were taped and later transcribed to maintain the original expressions of the interviewees.

Combining the diaries and interviews from the participants and workers we got a fairly broad view of how this study proceeded and got the data that is needed for a trustworthy evaluation.

5.4 Focused (semi-structured) interview

Focused interview gives the interviewer a more flexible way of collecting information from respondents. The focus of the interview is decided by the researcher beforehand in order to understand the respondent's point of view. By asking open-ended questions and if necessary, also more specific questions that may arise during the interview. The interview is like a conversation about the agreed theme between the researcher and the respondent. Timing of the questions is not strict.

(www.sociology.org.uk/methfi.pdf)

We were using multiple forms of data, in our study audiotapes that included the answers to our open ended theme questions, research field notes in the form of a diary and our observation notes and memos.

In order to get information and critique we used focused theme interviews. We conducted the interviews in groups, because we felt it was easier for our clients. The interviews were taped and afterwards made into a transcript. The staff was interviewed after the band project, to see how they felt about the band group, its effects on the clients and if they were satisfied as our working life partners. The workers of the clinic were the ones who could assess our project from a further distance, and as experts provide the viewpoints that were invisible to us who were sort of outsiders in some way.

5.5 Data analysis

In this study data analysis was primarily content analysis. Content analysis aims to study communication in social sciences. The interviews were analyzed with this technique because it gave us most information for the interest of this study. The semi-structured theme interviews were suitable for using content analysis because the central idea in content analysis is to make the information more easily processed. The interviews contained a lot of information some more and some less essential for the study. In this case, words and phrases are classified into fewer categories depending on the focus. (Weber, 1990, 12) We acknowledged our boundaries in making the study by finding the relevant information that can be used in the future.

The diaries from the band sessions were a big part of our data that helped us evaluate our action, but were not useful when using content analysis. We decided to use the diaries as a support to our analysis of the process. In the findings we analyzed the process by reflecting to the experiences of the participants and the clinic's staff.

"Content analysis is a summarizing, quantitative analysis of messages that relies on the scientific method (including attention to objectivity, intersubjectivity, a priori design, reliability, validity, generalisability, replicability, and hypothesis testing) and is not limited as to the types of variables that may be measured or the context in which the messages are created or presented." (Neuendorf, 2002, 10)

6. Implementation and diaries

The actual implementation towards the group activity started after we contacted the working life partner in the drug treatment clinic. They were familiar to us through practice placement and the need for this project and the nature of it was already discussed together.

When we started working on the project, the drug treatment clinic staff gave directions and hints how to proceed. We were familiarizing ourselves with the clients who were interested in music and starting to ask their opinions about a group like this; would they be interested and motivated and how would it be best organized to meet their wishes.

In the very beginning we did not have a band practice space at hand, and the clients did not have the needed equipment apart from their personal instruments. That meant that we needed a place somewhere near the clinic with a backline. We contacted the city of Vantaa's youth services since some information was found on their website about band activities, and wanted know if they could arrange us a place. Eventually we got in touch with a band director by e-mail telling him which kind of project was being planned. A couple days later he phoned and told we could use the old Korso youth house's band practice place that had all the backline we needed. He promised that he could take part in the project and be present for the 7 sessions to come. He is a former professional musician and a band director, so it was important that he could attend.

We started to plan a meeting to be held at the drug treatment clinic for the clients as an introduction to the project where all parties would present the context and idea of the whole group. We had the introduction meeting for the pilot group as well as the actual thesis project group. We had the first group meeting where we students, the band director and the clinic's leading social worker and 6 clients attended. We introduced the idea of the group and each participant had their say. The clients introduced themselves to the group and together we laid down some preliminary plans on the different sessions and discussed about common principles of this group; what is expected from the clients and what they expect from us and the sessions. Then we also discussed that it could be flexible that we could change the group however it turned out to be at each individual session.

The meeting went well, with good participation and understanding. It had an empowering feeling to it from the very start, and the clients as well as us students and the band director seemed excited for this new challenge.

The goals and motivation for the pilot group were empowering the clients, creating music together; offering them a forum to fulfill their talent and gifts in a special way, emphasizing on keeping the level easy, accessible and not too demanding in order to give room for sensations of succeeding. There were no expectations on the level of playing music or the clients' instrumental skills. The focus was to enjoy the music, feel better and be energized.

The band group was about improving self-esteem and self-image: Providing the clients a change to be themselves in alternative ways. It was highly important to listen to the clients' ideas and let them pull the strings and take part as much as possible.

The band group offered the clients a change to improve their group and interaction skills; offering them a safe, sober place to focus into creating music together. One big challenge would be how we would manage to get the clients interested, motivated so that they would participate. There was also the worry that if there would come up some disorder and difficulty inside the group in following the three rules we had; three no physical or psychological violence or harassment, no drugs or alcohol during the sessions and that the band group makes decisions democratically.

Eventually the arrangements went usually well and clients behaved always really well. They came in time for their medicine the nurses checked their condition, and then us and the group members left to Korso to the group together. That was the basic start to the group session.

The trips between Myyrmäki to Korso were important time considering the group. That was the time when we talked and discussed about the group and life in general. We feel this is one key element to the strong bond between all group members. The trip takes around 45 minutes from the clinic to the youth house in Korso. That was actually really good because it was enough time to go through the week and find out how the participants were doing. On the way back to Myyrmäki we usually discussed how the practice had gone and gave positive feedback to each other. Many times the clients said they had thought about skipping the practice if they felt bad, but still were so happy that they did attend because it makes them feel better every time.

During the band sessions everyone was equal and the group was democratic. During the test round the clients were often asking what we were going to do the next time and what we would play. It took a bit time until they realized that they were the ones who makes the decisions in the group. We feel it worked out perfectly. The band members were flexible and understanding towards each other. There was always a compromise in the end that pleased everyone in the group. This works as an anti-oppressive element in the group that empowers the clients in the process.

There was always a surprise or two to the band sessions. Also with substitute treatment clients as participants it requires a certain kind of patience and flexible attitude from the ones who are organizing the group. For us everything went better than we expected, and the clients were more than happy with the group. That gave us all a feeling of success which was one of the goals of the group in the beginning.

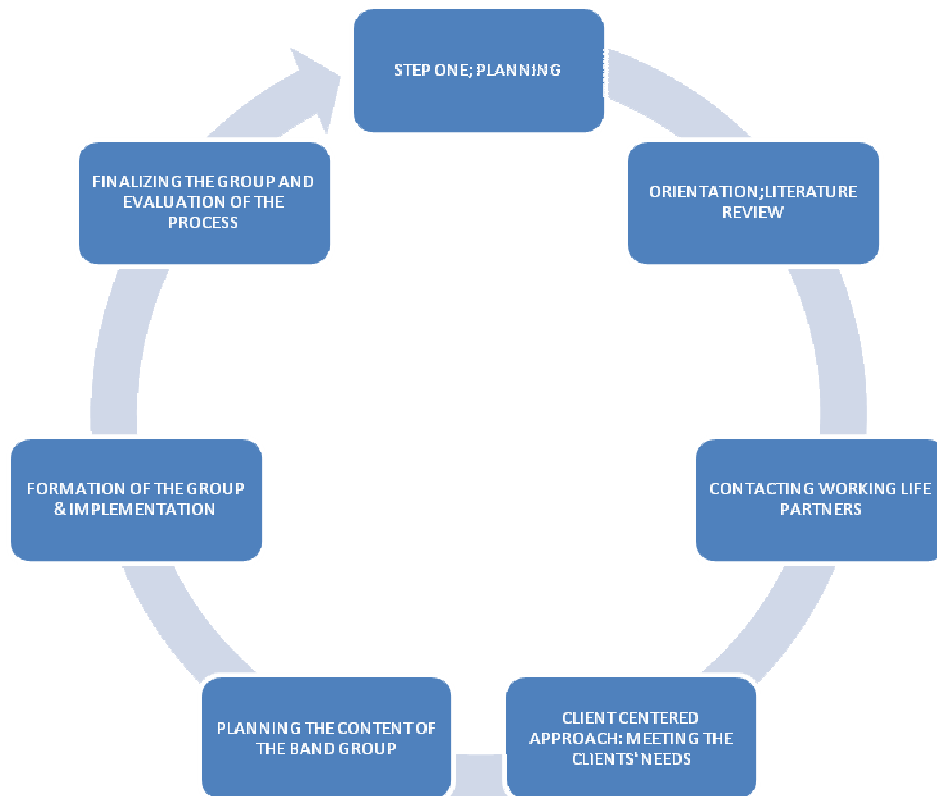


Figure 1: Process circle

Session diaries: Band group 2010 fall

In the diaries the participants are referred to as X and Y.

Band session 1

Playlist:

The Kinks: You Really Got Me

Metal music jamming

Thin Lizzy: Jailbreak

The timetable was following: we went to the clinic at 10.45, and realized that no-one was present yet. We got a little worried but gladly two members showed up. The time of the medicine is tricky because one of the members doesn't have to come to the clinic at that day while other members have their medicine time one hour earlier. That means that they have time to go elsewhere for an hour, which in this case is a little challenging.

We were really pleased to welcome a new member to the band! He plays drums and guitar, and in the band he'll play drums. It was also fantastic to see our member X back again, although he was slightly disappointed when he saw that one was missing from the group today. We try to get his medicine time changed to ease his coming to the group. The clinic said they would think about it inform us later on.

One of the regular members from the first round wasn't able to come, which was surprising to other group

members. We decided to try to convince him to come next Wednesday, because he is an important part of the group as the singer.

We started with picking a song from Petri's notebook; you really got me from the Kinks. We had the CD with us for making it easier to listen together before practicing.

The song was a bit too slow for the members taste, and we agreed that in the future we decide as a group the songs always a week before the rehearsal. That gives time for everyone to practice at home and familiarize themselves with the songs. Everyone agreed with this one.

The overall atmosphere was slightly tense, maybe due to the fact that one of the members was missing and the changes that have happened compared to last spring's test round.

We decided to postpone the interview until next week, to get more responses.

Band session 2

Playlist:

The Kinks: You Really Got Me

Thin Lizzy: Jailbreak

Nirvana: In Bloom

MC5: Kick Out the Jams

We went to the clinic 10.40 and everyone was present already. The new band member from last week had fever and didn't feel well, and he didn't come this time. We were pleased that he still waited for us to say hello. Y from last spring, who didn't make it last week was also present and took over the vocals. The atmosphere was good from the beginning. When we reached Korso we had the same members as last spring. On the way there was some talk about one of the clients who is queuing for detox place. We have made a deal with the clinic and Vantaa Detoxification clinic that our participant can attend to the band group if we escort him both ways to Korso and back. It takes a little bit pressure of the clients as well, knowing that they won't lose one band member in the middle of the process.

This time we made the starting interview with the clients that was recorded and was later transcript.

The first interview was half-structured; we had some questions readymade according to the themes of the thesis plus some supporting questions. The clients could answer freely. In the beginning we planned that they could answer in turns, but it quickly developed into more of a group interview, which we thought was also fine. In this interview we wanted to know what the participants expected from the group.

The playing got well going after some time, and we the group seemed pleased.

The motivation and energy was higher than last time, and the playing was more relaxed. Maybe this was due to the familiar group dynamics.

We agreed the songs for next week.

Band session 3

Playlist:

Thin Lizzy: Jailbreak, Pink Floyd: Money, Wish You Were Here, Jamming

Our vocalist did not come to the band training which had an effect on the atmosphere in the beginning. There was a meeting at the drug treatment clinic so the workers could not tell us if there was a specific reason for his absence. The guitar player however was present, and we agreed to keep a more of a jamming session instead. We had been discussing it before, the possibility that, if only one client would attend, we would still try to have the session and keep it going.

The atmosphere was tense in the practice, maybe because our group was not whole. The overall vibe was not good during the session. It took a long time, longer than usual, to put up the equipment and start playing. It seemed that motivation was quite low for all of us. As instructors we tried our best to improve the atmosphere to a lighter direction by encouraging the others. We had a discussion during the break with the band instructor about the principles and our client group. The talk was necessary and it felt that it should have been done earlier at the beginning. It was a good reminder, that preferably we should speak aloud the ideas and principles of the group's actions and not assume that everybody's necessarily on the same page.

All in all, the jamming was a better choice than playing the cover songs this time around, due to the fact that we had no singer. Eventually it was fun for all and it gave our guitarist some better room to improvise and lead the playing. He had a better chance to show his great talents. Between the breaks we had an opportunity to focus on one client, so in that sense it was nice.

Band session 4

Playlist:

Thin Lizzy: Jailbreak

The Kinks: You Really Got Me

MC5: Kick Out the Jams

The Clash: Should I Stay Or Should I Go

Social Distortion: Ball & Chain

We had a few problems with starting the training because of a snow storm. Luckily we made it, with a small change in the beginning, when we went to pick up one of our band members from detoxification centre. Other two we decided to meet at the station after conforming with the clinic. The mood was really good from the beginning, and for the first time the entire group was present at the same time. On the way there was some talk about commitment in the group, also feedback between the participants.

During the coffee break one of the participants left without giving much explanation, he said he had to be somewhere else. Petri took over the drums. The group wondered where he went, and if they hadn't been encouraging enough towards him. We as workers didn't have time to discuss with him, because he left in such a hurry. The group played well together, and it was noticeable that the band members already know each other well.

Band session 5

Playlist:

Thin Lizzy: Jailbreak

The Clash: Should I Stay Or Should I Go

Iggy Pop: Lust for Life

Social Distortion: Ball & Chain

We started with getting one of the group members from detoxification. Unfortunately, our guitar player had slept over and missed his medicine at the drug treatment clinic as well as our band session for this time. He called when we were already in the train on our way to Korso, so it was too late for him to join us. It affected the mood, but we were most of all relieved that he was alright, but sad and a bit frustrated because we knew that he, and us too, had really been waiting for this particular session.

We were first quite skeptic how the playing would go, but it turned out good. We found some songs we could play without the guitar. The atmosphere was actually quite relaxed and nice throughout the session. This was our second to last session, so it was also in a way quite emotional. The clients had hoped for few extra times, and we promised to try to arrange these few extra sessions.

Band session 6

Playlist:

Social Distortion: Ball & Chain

Iggy Pop: Lust for Life

Thin Lizzy: Jailbreak

The Kinks: You Really Got Me

We all left together from the clinic, because one of the participants finished his detoxification a few days earlier.

The beginning was a bit difficult because it took a while to put up the instruments. The atmosphere was quite tense. There was also some irritation between some of the group members. We kept the coffee break a little earlier to cool down the nerves. After the break the playing went smoother and the atmosphere was more relaxed. There was a worry about how we are going to do the demo recordings when the group hadn't been playing together with all members as much as during the test round we had in spring time.

This was supposed to be our last session but we agreed to keep another an extra band training session because it was the wish of our clients and we also felt as workers that it might help out to play a bit more before the studio.

The Extra session

The extra session was held in our school's band rehearsal place. The atmosphere was relaxed. The songs were practiced that were going to be included on the demo recording. The extra session was really necessary and it was good to be flexible with the timetables and arrange it like it suited best for the clients.

The Studio recordings

The demo was recorded in 2 days. Everyone was present. It was the second demo that the band recorded; first one was during the test round that we had during spring. The overall Atmosphere was good, although the days were really long and tiring with all the waiting, tuning and grooving. We were proud that our participants were so active and professional in the studio. During the second day we took our band to enjoy pizza. It was kind of a finale to the project in a way, and the feeling among the group was warm but slightly sad at times. The band did their best and performed really well.

7. Findings

In this study the participants were asked about their experiences, motivation and opinions about the band group in order to develop more suitable activities for substitute treatment clients in Vantaa Drug clinic. The findings we made are individuals' experiences of the process, only from two participants because of the small number of clients that participated. The two client's views were not divided or specified to protect our participants' anonymity. However, we believe that the clients that participated in this band group study and the workers of the drug treatment clinic were able to give opinions and thoughts that served as valuable findings in order to improve group activities for substitute treatment clients in the future.

"Findings from the content analysis are not scientific results, but relevant conclusions." (Tuomi & Sarajärvi, 2002, 105)

7.1. Clients' experiences of the band group

Out of the theme interviews we picked out four main themes and their sub groups, which described the text and the meanings in the best possible way: group dynamics, guidance and framework, motivation and effects. The interview was held in January 2011 in Vantaa. Present were us who conducted this study and the participants of the band group. Below is an example of the content analysis (table 2) that is based on the interview with the participants. To see the full content analysis table, see Appendix 3.

Original statement	Simplified statement	Sub group	Theme
<i>Saa jotain yhdessä tehtyä, jotain aikaiseksi.</i> Doing something together, Getting something done.	Achieving a goal in a group.		
<i>Jokainen kun antaa oman panoksensa niin, kyllä siitä varmaan tulee hyvä juttu</i> When each member gives their own stake in, it'll probably be a good thing.	Each participant's effort is important.	Interaction	Group Dynamics
<i>Huumori. Musiikki on aina hyvästä.</i> Humor. Music is always good.	Humor is important in group activities.	Commitment	

Table 2: Content analysis table, participants' experiences

7.1.1 Group Dynamics

Group dynamics is an important factor for the participant to feel comfortable and welcome in the group. The interview included two sub-groups: interaction and commitment.

”Jokainen kun antaa oman panoksensa niin, kyllä siitä varmaan tulee hyvä juttu”

”When each member gives their own stake in, it'll probably be a good thing.”

Commitment was important to the participants and was also a topic that came up in the interview often and was something that the participants talked about during the sessions, as it was documented in the diary. When asked about the requirements for the substitute treatment clients to join a band group one of the answers was also about commitment:

”Täsmällisyyttä. Paikalle tulemista. sitä se vaatii...”

“Preciseness...Showing up, that's required.”

Interaction in the group was satisfying for the clients. They were happy for the support of each other as well as the support that came from the students. Humor was mentioned as one key factor in good the band group and as well in general in group activities. The clients thought that the atmosphere was relaxed and open and that their creativity was supported by the group.

Good group dynamics and interaction were also seen as empowering factors.

7.1.2 Guidance & Framework

Guidance was looked at according two sub groups: empowerment and patience. The clients were pleased with the guidance in the group, although they saw the group more like a team rather than as separated clients and workers. When asking if it was good that there was a professional band teacher with the clients responded:

”Oliks se niin kuin bändiohjaaja? ”

”Mä en ajatellut sitä mitenkään niin...”

”Was he a band group teacher?”

”I did not think about him in that light...”

Patience and understanding were seen as good qualities for the workers who are leading a band group for substitute treatment clients.

”Pitkä pinna. Paljon ymmärrystä. Ei vois oudoimpiin tilanteisiin välttämättä joutua, ku mitä meidän kans joutuu.“

”Patience...Lots of understanding. One might not get oneself into stranger situations than one gets with us.”

Empowerment was seen as supporting the participants, even when things didn't go like planned in the first place. Through encouragement and understanding the participants felt safe and wanted to attend the group.

”Niinku siis että, jossain määrin pitää (ryhmänohjaajien) sponssaa niinku että ettei sit jänistä heti veke. Niin ettei lähe dissaamaan.

Kannustaa... Ehkä vähän niin kuin silleen tiukissakin tilanteissa.”

”It's important that (the group leaders) put an effort in for the participants, so that they don't chicken out right away.

Yeah that they don't diss you.

Encourage...Maybe also when the situations are more difficult.”

In the interviews empowerment was also linked to keeping up the motivation in the group.

7.1.3 Motivation

The theme Motivation was divided into two sub groups: trust and encouragement. Motivation was thought from the participants own point of view as well as how to motivate other substitute treatment clients in the future for similar group activities.

”Emmä usko niinku et mä olisin jatkanu tossa hommassa, jos mä en olisi kokenut ympäristöö kannustavaks...”

”I don't think that I would have carried on in the group, if I had not experienced the surroundings as encouraging.”

The participants felt that they had had peer support as well as encouragement from the band group leaders. Trust and encouragement were seen as motivators to attend the group.

”Mä ainakin koen...mä pystyn keskustelemaan tässä ryhmässä melkein mistä vaan.”

”I feel that... I can talk about nearly anything in this group.”

The participants described that they felt that they had been encouraged and pushed forward by each other. Peer support had been empowering. In substance abuse treatment in general in Finland there is a strong emphasis on peer support. When fighting with addiction or trying to live with it, peer support is considered widely as an very important factor in coping and getting support.

”(Toinen osallistuja) on ainakin mua kannustanut hirveesti ja piiskannut mua eteenpäin.”

”(The other participant) has encouraged me a lot and pushed me to go forward”

In this study we were also interested to hear how the participants thought about motivating other substitute treatment clients in their own clinic. The participants themselves were trying to recruit other clients to the band group in the process. We asked who would be good in motivating substitute treatment clients in group activities.

”Kyllähän se auttais et henk.kuntakin jotenkin auttais.

Niinpä kyllähän me tosiaan yritettiin sada porukkaa mukaan. Ekalla kierroksella (bändi ryhmää) hehkutettiin niin että... se oli jo vähän järjetöntä”

”Well it would help if the staff would also help out.

Yeah in the beginning we really tried to get people involved in this. On the first round (of the band group) we were hyping it so much that... it was already a bit insane.”

We were also asking which ways would be good in motivating other clients to the band group.

“Soittamalla meidän levyä, kannustamalla mukaan... Mainostamalla.”

”Playing our record, encouraging them to join in and with advertising.”

The clients felt that the only requirement to join the group was the courage to show up in the practice. That was also one of the ideas behind the band group study, to keep the threshold low. The participants thought that the musical skills were not important in this kind of group activity. We asked what the group required from the participants:

”Tulemalla paikalle... Uskallusta. Enemmän tekoja, ei puhetta.”

“Showing up... Courage. More action, less speech.”

“Pitäis ehkä vaan uskaltaa lähtee paikalle katsoon, et mitä tapahtuu...”

”I guess you should just come on over and see what happens..”

7.1.4 Effects

In this study we aimed to make an empowering band group with low threshold. “Effects” was one of the four main themes in the interviews. The overall impact has been positive for the clients and they have gotten good feedback about being in the group from people in the group as well as the ones who have heard the two records that were made during the groups. Two sub groups came up in the interviews with the participants: Decrease in Substance Abuse and Self-confidence/self-esteem. Clients were asked if there had been any effects in themselves or in their treatment while attending the band group.

”kyl se on joo tota...onnistumisen fiilis, varsinkin... joo kyllä. tulee hyvä fiilis jos onnistuu jossain tommosessa.”

”Yeah, it is the feeling of succeeding, especially...yeah, right, it feels good when you succeed in something like this.“

Increase of self-esteem has clearly been the main impact on the participants in this study. The participants felt like they have succeeded in something, individually, and as a group. They felt that they had used their spare-time in a way that they think was useful and fun for them.

”Usko siihen et saa jotain hyvää aikaseks. Nii semmosta hyvää toimintaa... ja nii et ite panostaa kuitenkin.”

"To believe that you can get something positive done. Like, some positive action... Yeah and that you can put an effort into it yourself."

Both of the participants emphasized that the group made them feel good. Being creative and to play music was interesting and motivating to the participants. On few occasions both participants were not present in the group. There were no consequences after not attending and one of the ideas of the group actually was to keep attendance totally voluntary. Joining the group sessions didn't concretely reward the treatment in order to make the participants come just because of free will and interest in music.

"Välillä ehkä ittestä toi fyysisesti ryhmään lähteminen tuntui kovin vaikeelta, mut joka kerta tuli hyvä fiilis kun lähti."

"Sometimes it was physically very difficult to attend the band sessions, but every time I attended, I felt good afterwards."

In order to join the sessions, it was obligatory that the participant was sober enough to get the substitute medicine and it was forbidden to use substances of any kind except for cigarettes and coffee during the group. One of the findings that came up from the interview was that the group had an effect on substance abuse habits; certainly a positive surprise for the study.

"jos mä nyt tollee ronskisti sanon nii ehkä dokannu vähemmän tai jotain..."

"Roughly put, maybe I've been drinking less. "

During the group sessions there were quite seldom talk about any substances. The atmosphere was free to talk about the issues concerning also substance abuse, but the clients were the ones who could start up the conversation if they wished to do so. When asking if the participants thought that there were any unwritten rules of the group, sobriety was one of them.

"No ei nyt varmaan varsinaisia sääntöjä, mutta... tietynlaisia juttuja mun mielestä niinkuin ollaan suht selvinpäin.

No siis, että sinne ei tulla kännissä tai mitään muutakaan..."

"Well there were no actual rules but... some stuff in particular, like that we are pretty sober in the group. Yeah well, that you don't turn up drunk or anything else like that..."

7.2 The drug treatment clinic's workers' experiences of the band group

As we did with the clients' theme interviews, we had the same themes and sub-themes when interviewing the drug treatment clinic's staff members about their perceptions of the group and its impacts. Present at

the interview were social directors and nurses who treat and work with the group members at the drug treatment clinic every day. During the project they were in touch with the clients and discussed about how the group is going and how the clients feel about it. Below is an example of the content analysis table that is based on the interview with the workers. To see the full content analysis table, see Appendix 4.

Original statement	Simplified statement	Sub group	Theme
<i>Tulee mieleen säännöllisyys. Et tapahtuu säännöllisesti tietyinä ajankohtana.</i> Regularity comes to mind. So that the activity takes place orderly at some specific time.	Regularity is an important element in group activity.	Commitment	Group Dynamics
<i>Sitoutuminen. Siis asiakkaan sitoutuminen.</i> Commitment, client's commitment i mean.	Commitment to a group is challenging for clients	sobriety	
<i>-Mahdollinen oheiskäyttö. Jos sitä on.</i> <i>-Niin siis ton ryhmän pitäisi olla semmosta päihteettömyyteen tukevaa. Varmaan niinkun kaikella tapaa.</i> possible drug use, if there is any. Yeah, the group should support sobriety, like probably in every way.	The group activity should aim towards sobriety.		

Table 3: Content analysis table, workers' experiences

7.2.1 Group Dynamics

As well as in the clients' interview, also here group dynamics was thought to be hugely influential on how the group would turn out in practice. In this section the workers thought that regularity what comes to the timetable, the physical place and the contents of the group was highly important. They also thought that while commitment certainly is one important aspect, it was quite challenging to fulfill with this kind of client group. An orderly shared and systematic activity to have been agreed upon together was found to be one huge challenge. The staff also felt that supporting the clients' sobriety was one necessary factor also in succeeding in having an effect on their commitment and personal motivation, as well as normal everyday life, inside and outside of their treatment.

“Regularity comes to mind. So that the activity takes place orderly at some specific time and place.”

“Tulee mieleen säännöllisyys, että ryhmä tapahtuu säännöllisesti tietyssä ajakohtana, tietyssä paikassa.”

”Commitment to a group is challenging for our clients.”

“Sitoutuminen ryhmään on haastavaa asiakkaillemme.”

Supporting the clients’ sobriety came up frequently:

“The group activity should aim towards supporting sobriety.”

”Ryhmätoiminnan tulisi tähdätä päihteettömyyden tukemiseen.”

7.2.2 Guidance and Framework

Following this theme, the workers had interesting opinions and thoughts about what it takes to be a successful leader of this kind of group and have the true motivation and enthusiasm to lead a working group. The workers shared thoughts on how important it truly is to have a person who is capable musically, but also capable of having certain kind of style and content in managing to lead a working group with the clients. They felt that trustworthiness is one of the main factors in building the relationships inside the group and achieving mutual respect.

“The leaders should have knowledge in music when leading a band group.”

“Ohjaajilla tulisi olla musiikkitietämystä bändiryhmän ohjauksessa.”

”And certain kind of grasp to the whole thing, not everyone can lead this kind of group.”

“Ja tietynlaista otetta, et ei kuka tahansa pysty tämmöstä ryhmä ohjaamaan.”

”The group members clearly trusted you and liked you both.”

“Et teijän ryhmäläiset selkeesti luotti teihin ja tykkäs teistä molemmista.”

Mutual trust and respect in the relationship between the clients and the leaders was important in making the group activity succeed.

7.2.3 Motivation

In motivating the clients to take part and share interest in the band group, encouraging, motivating and being genuine towards the subject were key factors that made things work out.

For the clients there was probably be some personal interest to take part in the group, something worth aiming for, towards each and everyone’s personal and shared goals in the group. In the band group, music was according to the results a major influence for the clients, therefore the courage and motivation for this kind of group came out of desire and the clinic’s staff had similar ideas:

“In a way that the clients and the group-leaders are interested in music and playing music.”

“Siten et molemmat osapuolet ovat kiinnostuneita musiikista ja musiikin soittamisesta.”

“It would demand the courage to come, I think. More encouragement, you know.”

”Se vaatis sitä uskallusta tulla, musta tuntuu. Et enemmän sellasta rohkaisu vielä sitten.”

7.2.4 Effects

The overall observation about the clients during and after the band group from the workers’ point of view was clear:

“In my own client, I’ve noticed a lot more of positivity, there’s more laughter and so on. The group members have been more joyful compared to before the group started.”

“Omassa asiakkaassa on näkynyt, että on paljon positiivisempi, että on sitä naurua enemmän.

Ryhmäläisistä just et, on ollut jotenkin enemmän sellanen iloinen, just silleen, verrattuna ennen ryhmää...”

The workers shared their thoughts on that the clients have positively developed into responsible group members.

“Succeeding... One can do what one knows and wants to do.”

”Onnistumista... Voi tehdä semmoista mitä osaa ja haluaa tehdä. ”

The workers felt that feelings of joy, positivity and achieving something special had clearly come up in the clients’ behavior during the group.

8. Summary

Our hypothesis was based on the idea that with an unstructured and democratic band group the client would feel supported and empowered without an emphasis on the substance abuse theme itself. We planned a group that would be easy to join in, an activity and topic that came from the clients themselves. We tried to keep it simple with ending up with only three rules; no physical or psychological violence or harassment, no drugs or alcohol during the sessions and that the band group makes decisions democratically. We tried to keep away from ready set schedules, rules and ways of working until the band group naturally make their own. We students have both worked in substance services for the city of Vantaa earlier and we had noticed that there has been a need for this kind of client-centered activity for substitute treatment clients.

First of all we had an idea for the group to be for all clients of the drug treatment clinic in Vantaa, that would have included outpatient care clients from very different stages of treatment of drug abuse, some who are actively trying to recover their addiction and some who are still using and do not necessarily have will or interest to stop or decrease drug use. We thought that substitute treatment clients have a lack of

guided activities in their clinic, even there has been some group function in the past that have failed to continue because of a lack of enthusiasm from the clients. The workers of drug treatment clinic in Vantaa, as well as the clients, were very supportive to our study from the beginning to the end of this project. These factors gave us inspiration to do the band group that would be like any garage band in the suburbs, just without the substances.

One participant did not have any prior experience in being in a band before. One important thing we tried to emphasize when promoting the group was that no experience was required to join the group. This is why we had a band instructor with us, to teach the ones who wanted to learn how to play in a band. In our case it was not needed in the original sense, but the presence of the band instructor proved to be very useful in other ways. The clients got practical tips in playing in a band, and guidance of a professional musician. Networking in social services work is important and this is a way to work together with other organizations.

In the beginning we asked what the clients themselves wished from the band group. We taped the conversation and made it to a transcript. We asked what they wanted and expected from the group. At this stage we had already held a test round for the band group, and we wanted some improvement ideas. The participants had nothing negative to say about the band group's first round although we actually tried to raise up some critical points in order to potentially improve the group activity. We thought that if the clients do not wish to change anything, then we will not do so. The decision was theirs, and in the light of the final interviews it seems to have been the right one.

Other things that were wished into the band group were related to the spirit of the group. The participants wanted to do another demo record too, like in our test round of the band group. The recording was a "document" that the participants had accomplished something important for them. The interviews with the clients and the workers of the clinic combined with our observations showed that the band group was noticed and supported by the community of peers of the clinic.

"Mä tykkään tästä... musiikista yleensäkin. Mulle se on tärkeää, koska täähän on parasta terapiaa mitä voi olla! "

"I like this... music also in general. It is important to me because, after all, this is the best therapy available!"

The final interviews were made after all the group activities and recordings were finished.

The main themes that came from the interviews with the clients were group dynamics, guidance & framework, motivation and effects. Sub-themes open up the concepts and clear what the clients mean by these issues. Group dynamics was expressed with discussion about trust and encouragement in the group. Guidance and framework was a theme where the clients discussed how the guidance was in the group and surroundings and environment of the activity. Empowerment and patience popped up as sub-themes within the subject. These two sums up what the clients felt most important factors in guidance of the group.

Trust and encouragement was mostly emphasized when talking about motivation to take part in the group. "Effects" is the fourth and last theme of the interviews. The clients mentioned decrease in their substance abuse and increase in their self-esteem as impacts of the band group.

Many substitute treatment clients feel they don't have enough say in their own lives while being in Subuxone or methadone treatment. Antti Weckroth studied the issue in his study "Valta ja merkitysten tuottaminen korvaushoidossa: etnografinen tutkimus huumehoitolaitoksesta". In our study we wanted to respect our clients' autonomy and create an atmosphere for a mutual learning experience between clients and workers, in this case we students, through taking part in the band ourselves.

What was surprising to us was that the participants also wanted to influence on the city of Vantaa. It was also a topic that the participants brought up when they were asking details about this study. They were excited that the study was official and would be handed to their clinic. In this quote one of the participants describes the importance of music activities and surroundings for substitute treatment clients.

"Se olis kyl jos niinku oikeesti olis tämmöne tila käytössä ni mä en olis ihan yhtä niin lapanen ku mä olen...jos olis jotain niinku, kannut jossai vaikka... Vaikka niinku tämä kyseinen tila missä me ollaan, tän typpinen olis Se olis erittäin paljon helpompaa lähtee vetää sinne musaa ja harjoittaa niin ku esimerkiksi mäkään en laula missää muualla kun täällä paitsi yksinäni, niin se olis niinku hyvää treeniä. Mut se on mun mielestä vaikeaa välillä käsittää et niinku tämmösillä isoilla lafkoilla, Vantaan Kaupungilla ja muilla ei oo muka rahotusta tämmösee johonkin kämääsee treenikämppään. Tää on hyvä alku sille et, ja varsinki se et me saatiin se levy et muutkin päättävät, semi-päättävät elimet kuuli et ei oltu vaan puhaltelemas muniin."

*"It would be really something to have a space like this available. I wouldn't be quite as useless I am... If we could have like a set of drums somewhere... Or this place we are practicing now in, this kind. It would be so much easier to go and play music and practice, because I for example, I never sing anywhere except here and alone. It would be good training for me. It is sometimes difficult to understand how big cities like the city of Vantaa or others like it don't have financing for this kind of simple training space. This is a good beginning that we recorded the demo that the ones who decide about these things, and also others heard that we haven't just been wasting time. "

Relaxed and supportive atmosphere was mentioned as important in the group. Support was seen as peer support among the group and also as support from us. Substance abuse was seldom a big topic in the group. Even sometimes the participants expressed to each other that it would be refreshing to change the topic if there was talk about medicines for example. We did not control the topics, and we were pleased to see that the group restricted itself in these kinds of situations.

”Hyvää fiilistä, ja se on aina muutama tunti pois jostain muualta mis ei välttämättä tarttis olla.”

”Good feeling, and it’s always some hours away from some other places that I should probably avoid”

Overall the experiences of the group members were positive. The conclusions based on the interviews and our observations show that in this group activity for substitute treatment clients is a good practice and could be used in the future. Our clients of the clinic were interested in music, but the group could have been anything else as long as the idea would have come from the clients themselves. The client centered and anti-oppressive approach in group activity planning is the basis for a successful group.

”Yleensä tähän juttuun, mähän lähin ihan hulluuttani kun en ole laulanut ikinä. Otin giant leapin ja kokeilin... ja tykkäsin.”

”When I joined this thing (band group) I must have been a bit crazy because I really had not sung ever before. I took a giant leap, I tried and I liked it.”

<p>STRENGTHS</p> <ul style="list-style-type: none"> client-centered anti-oppressive democratic flexible relaxed 	<p>WEAKNESSES</p> <ul style="list-style-type: none"> unpredictability tight schedule small number of participants resources
<p>OPPORTUNITIES</p> <ul style="list-style-type: none"> empowering clients using music therapeutically as a tool following the clients’ wishes peer support bridging the gap between workers and clients increasing the clients’ sobriety 	<p>THREATS</p> <ul style="list-style-type: none"> clients’ substance abuse following planned timetable difficulties in clients’ commitment conflicts among/inside the group lack of patience/concentration differences in the level of musical skills challenging to motivate the clients

Table 3: SWOT-analysis of the band group

9. Discussion and ethical considerations

The whole process of the band group was a positive surprise to us. We were afraid that people would not attend the group, or that they would quit it right away. We had two devoted participants that were part of the group from the beginning. That gave us hope that we had been on the right track with this group. Two clients quit and we were told that one quit because of musical differences and did not feel comfortable with the music. That was a shame because we heard it after the group was already finished. The other quit because he joined another band and he wanted to focus only on that one. He still wanted to support the group by lending his bass for our use. Of course it would have been ideal to have more clients so that the whole band would have consisted of clients only, at least it certainly would have been a whole lot different and changed the nature of the band group and as well as the study itself.

The two participants who were active in the group were a great help to our study, their positive attitude, even when their own life situations were difficult, was inspiring. The enthusiasm they have for music and the band group is giving a reminder of how important pleasant activities are for substitute treatment clients. Balancing between the treatment and the personal lives of the clients is often challenging, full of doubts and difficulties. Activities like these do not make the problems disappear, but gives the client the possibility to express their emotions through music and interact with others in a drug free environment that is open to discussion about any topic that comes into mind. We talked about music, instruments, best rock songs of the century as well as relationships, feelings and ups and downs in life.

The group process was interesting as such. Firstly everyone was a little uncertain how the process would get started. As students we were frightened that nobody would participate in the group. The vision and goal was that the group would make its own rules and practices and that the participants would feel empowered in this democratic group. We were also interested to see how we could act as equals in the group with still keeping our own working ethics and boundaries. Thinking back to the group activities and the findings from this study, we were pleased to see our personal goals fulfilled. The bond between the group members and us got stronger during time. We felt mutual respect and the participants told that the process for them has been important and positive.

In the beginning it felt a little terrifying for us as students in the group that would be low structured and away from the clinic. The situation between a student and a client feels different outside the safety of office walls; in this case we were entering the clients' zone. On the other hand you can connect and interact better with the clients where they feel more comfortable. In the office environment the power structure is present in a more obvious way. With substitute treatment clients the actual treatment contains controlling elements that are due to medical reasons, to protect the client. Often, even if medically necessary, the follow up can feel oppressive to the client like we have heard from the clients themselves. However we don't want to comment on how substitute treatment should be done, but just to suggest a way of carrying out activities that might bring that gap between the clients and workers a little bit more close to each other.

We believe that the rules and practices that the group members themselves self made, were also more pleasant to follow for the clients. Sharing these experiences in a form of a study hopefully inspires to do more group activities for substitute treatment clients, rising from the clients own wishes and own terms. That might be one way to successful group activities with this particular client group.

Commitment was surprisingly a big topic in the group. It was something the clients analyzed throughout the process and it also appeared in the results of the interviews. As we wanted to see how the group would develop the participants required commitment to the group from each other. Commitment was something that was talked about in most of the sessions, in one way or another. To be present in the group, practice what was agreed in the sessions and turning up sober was seen as a sign of commitment in the band group. The participants also appreciated that we were committed and kept our word. Trust was a key factor in many ways in the process, and it was something that we did not expect. The fact that we were from outside of the clinic was probably an advance to us. It's easier to start the professional relationship with the client when there is no past effecting the communication.

Our study is a description of clients' experiences in one band group project. Many factors could have changed the direction of this process, and we were lucky in many ways. This might not work with all clients in individual level. Giving a lot of power and responsibility to the participants has always risk factors. However it is essential in the light of anti-oppressive social work practice. In our case it all succeeded in an ideal way. The amount of participants was very little. The experiences of two group members and the staff however hopefully give a picture of the process in an honest and useful way to the reader. It would be interesting to hear how this kind of group would work with more participants. For us it turned out to be a good learning experience to lead an activity to this client group, participate as active members in the band, to take risks of sounding funny or playing in a wrong tune. The participants gave positive feedback and encouraged us too to perform, no matter how we might have sounded. It awoke a feeling of togetherness which empowered the clients and also us as students.

Our objective was to answer the questions: "What kind of experiences did the clients of the drug treatment clinic get from the band group?" and "What kind of elements make a band group empowering for substitute treatment clients"? We feel we managed to answer both questions with this study. The ideology of the group functioned like we hoped it would. Anti-oppressive and client centered band group in the light of our study does work with substitute treatment clients and can empower the client in the process.

We feel it is important to have activities for substitute treatment clients that are less about substance abuse and more about supporting individual growth through self worth and succeeding together as a member of a group. In small groups the importance of one group member is noticeable. We also noticed that it was important to the clients that both of us were present during the group sessions because it made the group itself whole. We feel it is good for the substitute treatment clients also to have activities,

in addition to other groups, where treatment aspect is concentrated in the well-being of the client without the focus on the addiction itself.

” In any field of professional ethics there are two main aims, the prescriptive and the critical. Ethics as prescription aims to instruct how professionals ought to deal with morally problematic situations, while the critical aspect examines the premises and arguments on which prescriptions are based.” (Clarke, 2000, 46)

Ethical decisions came up and affected our thesis process profoundly from the beginning to the end. Issues such as informed consent, confidentiality and consequences were ever present and we had to be cautious how to act upon these and utilize them in the group. The clients who came to the band group sessions took part voluntarily and they had the right to choose whether to participate to the group and also how to participate. Taking part to the interviews before and after the group and also the recording of the demo cd were also up to them. After the transcription of the interviews the recordings were deleted. We told the clients the principles and the purpose of the thesis work right in the beginning of any activities and they were given permission to leave the group at any time. The clients’ personal information was not reported or given out in this thesis in any way. Their identities are kept a hidden. The interviews share the same principle of confidentiality. Successful ethical practice always entails elements of respect, honesty, truthfulness, required knowledge and professional skills.

“Qualities of conscientiousness, determination on the client’s behalf and commitment to the client’s interests are hallmarks of good professional practice.” (Clarke, 2000, 55)

“Care seeks the self-realisation and freedom of the cared-for.” (Clarke, 2000, 43)

Considering possible future studies it would be interesting to find out how a band group could work with a wider client group, for example out-care patients of the drug treatment clinic. The starting point would be different with new opportunities, as well as with new challenges. Further utilizing the possibilities of empowerment and anti-oppressive social work would support substance abuse clients.

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Appendix 1:

KORVAUSHOITOLAISET!

H-KLINIKAN BÄNDIRYHMÄ TULEE TAAS !

[BÄNDIRYHMÄN INFO-TILAISUUS KE 27.10 KLO 10-11 !](#)

TULE PAIKALLE TUTUSTUMAAN PROGGIKSEEN JA YHDESSÄ IDEOIMAAN RYHMÄN SISÄLTÖÄ!

SINULLA EI TARVITSE OLLA AIEMPAA BÄNDISOITTOKOKEMUSTA, TARKOITUKSENAMME ON ROHKAISTA VASTA-ALKAJIAKIN OTTAMAAN OSAA MUKAAN, PÄIHTEETTÖMÄÄN YHDESSÄ MUSISOINTIIN!

OLITPA SUIHKUSSALAU LAJA TAI PÖYTÄRUMMUTTAJA, VANHA TAI UUSI RYHMÄLÄINEN, TERVETULO!

H-KLINIKAN BÄNDIRYHMÄÄ TOTEUTTAMASSA: OTANIEMEN LAUREA AMMATTIKORKEAKOULUN SOSIONOMI-OPISEKELIJAT, BÄNDIOHJAAJA JUHA JÄPPINEN/VANTAAN NUORISOPALVELUT



Appendix. 2

Questions for the participants interview

LOPPUHAASTATTELU ASIAKKAAT

TOIMIVA RYHMÄ

- Millainen henki ryhmässä mielestäsi oli?
- Mitkä asiat vaikuttivat ryhmähenkeen?
- Mistä tekijöistä mielestäsi muodostuu toimiva ryhmä? (Pelisäännöt ym esim)
- Muodostuiko mielestäsi bändiryhmän toiminnan aikana omia käytäntöjä tai pelisääntöjä?
- Miten ihmisten väliset keskinäiset suhteet ryhmässä ovat toimineet?

OHJAUS JA PUITTEET

- Miten ryhmänohjaus opiskelijoiden (Paula, Petri) toimesta toimi ryhmässä?
- Miten mielestäsi ryhmä toteutui sisältönsä puolesta?
- Miten mielestäsi ryhmä toimi aikataulunsa puolesta?
- Mitä mielestäsi bändiohjaaja Jäppinen toi ryhmään?
- Miten mielestäsi Korson bänditila palveli tarkoitustaan? (entä otaniemi?)
- Miten mielestäsi H-klinikalla suhtauduttiin bändiryhmään?
- Mitä tämänkaltainen ryhmä edellyttää työntekijöiltä?
- Mitä tämänkaltainen ryhmä edellyttää asiakkailta?
- Täytyivätkö omat henkilökohtaiset odotuksesi bändiryhmästä? (miten?)
- Mitä olisi toivonut ryhmässä olevan toisin? (parantamisen/tarkemman suunnittelun/aikataulun) varaa?

MOTIVOINTI

- Miten motivoisit muita korvaushoidon asiakkaita osallistumaan tämänkaltaiseen ryhmätoimintaan?
- Miten työntekijät voivat vaikuttaa motivaation ylläpitoon?
- Mitkä tekijät mielestäsi vaikuttavat ryhmätoiminnan jatkuvuuteen?
- Bändiryhmässä oli aktiivisesti kaksi jäsentä. Miten korvaushoidon asiakkaita voisi motivoida osallistumaan tämänkaltaiseen ryhmätoimintaan jatkossa?

VAIKUTUKSET

- Aikaisempiin mahdollisiin ryhmäkokemuksiisi verraten, miten tämä bändiryhmä niihin mielestäsi rinnastuu?
- Mitkä asiat ovat mielestäsi olleet parasta ryhmässä, kohokohtia?
- Mitkä asiat ovat tuntuneet ryhmässä vaikeilta?
- Ovatko muut, ryhmän ulkopuoliset ihmiset antaneet palautetta ryhmään liittyen?
- Millaisia kommentteja olet saanut edellistä levystä?
- Onko osallistumisesi ryhmään vaikuttanut mielestäsi hoitoosi?
- Mitä ajattelet, että itse olet tuonut ryhmään, mikä on mielestäsi ollut oma panoksesi/roolisi?
- Mitä vaikutuksia tämänkaltaisella ryhmätoiminnalla voisi olla korvaushoidon asiakkaille?
- Oletko huomannut itsessäsi muutoksia bändiryhmän aikana?
- Onko ryhmällä ollut sinuun vaikutusta?

LOPPUKYSYMYKSET

- Mitkä ovat päällimmäiset tuntemukset ryhmästä juuri nyt, kun ”työ” on takanapäin?

Appendix 3

Questions for workers' interview

LOPPUHAASTATTELU TYÖNTEKIJÄT

Voitteko sanoa nauhalle työnimikkeenne?

TOIMIVA RYHMÄ

- Mitä tekijöitä/elementtejä pidät tärkeinä tämänkaltaisen ryhmän toteutuksessa, kun kyseessä ovat korvaushoidon asiakkaat?
- Entä mitä asioita pidät haastavina tämänkaltaisen korvaushoidon asiakkaille toteutettavaan ryhmään liittyen?
- Miten ihmisten väliset keskinäiset suhteet ryhmässä ovat toimineet, minkälainen ryhmähenki havaintojenne perusteella bändiryhmässä oli?

OHJAUS JA PUITTEET

- Millainen käsitys teille jäi opiskelijoiden (Paula, Petri) roolista ryhmässä?
- Miten teidän mielestä ryhmä toteutui sisältönsä puolesta?
- Miten ryhmä toimi aikataulunsa puolesta?
- Miten korvaushoidon tiimissä suhtauduttiin bändiryhmään?
- Mitä ajattelet tämänkaltaisen ryhmän edellyttävän ryhmän ohjaajilta?
 - Korvaushoidon työntekijöiltä?
 - Asiakkailta?
- Millaiset odotukset sinulla korvaushoidon työntekijänä oli bändiryhmältä?
- Miten odotukset toteutuivat?

TOTEUTUS

- Missä ryhmän toteutuksessa onnistuttiin?
- Missä ryhmän toteutuksessa olisi parantamisen varaa?
- Mitä itse olisit tuonut bändiryhmään?

MOTIVOINTI

- Miten korvaushoidon työntekijät voivat vaikuttaa motivaation ylläpitoon?
- Miten ryhmän ohjaajat voivat vaikuttaa motivaation ylläpitoon?
- Mitkä tekijät vaikuttavat ryhmätoiminnan jatkuvuuteen?
- Bändiryhmässä oli aktiivisesti kaksi jäsentä. Miten korvaushoidon asiakkaita voisi motivoida osallistumaan tämänkaltaiseen ryhmätoimintaan jatkossa?

VAIKUTUKSET

- Verraten aikaisempiin H-Klinikan ryhmäaktiiviteetteihin, miten tämä bändiryhmä onnistui?
- Mitkä asiat ovat mielestäsi olleet parasta ryhmässä?
- Mikä musiikin merkitys mielestänne tämänkaltaisessa korvaushoidon asiakkaille suunnatussa ryhmätoiminnassa on?

-Mitkä asiat ovat tuntuneet ryhmään liittyen haasteellisilta?

-Asiakkaiden kannalta?

-Oman tiimisi kannalta?

- Minkälaista palautetta ryhmästä on tullut asiakasyhteisöltä?

-muilta työntekijöiltä?

- Bändiryhmä nauhoitti kaksi neljän biisin demoa. Oletko kuullut niitä?

Jos kyllä, niin mitä ajatuksia ne sinussa herätti?

- Onko ryhmällä ollut vaikutusta bändiryhmään osallistuneiden asiakkaiden hoitoon?

-Onko bändiryhmä muilla tavoin vaikuttanut siihen osallistuneisiin asiakkaisiin?

-Mitä vaikutuksia tämänkaltaisella ryhmätoiminnalla voisi olla korvaushoidon asiakkaille?

-Onko bändiryhmällä ollut vaikutusta asiakasyhteisöön?

- Omaa työnkuvaasi reflektoiden, mikä on ollut oma roolisi bändiryhmää ajatellen?

- Miten tulevaisuudessa klinikan työntekijöiden eri toimenkuvia voisi hyödyntää tällaisessa ryhmätoiminnassa?

LOPPUKYSYMYS

-Millaista ryhmäaktiiviteettiä toivoisitte klinikalla toteutettavan jatkossa?

Appendix 4 : Clients interviews, content analysis table

Original statement	Simplified statement	Sub group	Theme
<i>Saa jotain yhdessä tehtyä, jotain aikaiseksi.</i> Doing something together, Getting something done.	Achieving a goal in a group.		
<i>Jokainen kun antaa oman panoksensa niin, kyllä siitä varmaan tulee hyvä juttu</i> When each member gives their own stake in, it'll probably be a good thing.	Each participant's effort is important.	Interaction	Group Dynamics
<i>Huumori. Musiikki on aina hyvästä.</i> Humor. Music is always good.	Humor is important in group activities.	Commitment	
<i>Pitkä pinna. Paljon ymmärrystä. Ei vois oudoimpiin tilanteisiin välttämättä joutua, kun mitä meidän kans joutuu</i> Patience. Lots of understanding. One might not get oneself into stranger situations than one gets with us.	Patience and understanding are good qualities in leading a group.		Guidance& Framework
<i>Täsmällisyyttä. Paikalle tulemista. sitä se vaatii...</i> Preciseness. Showing up, that's required.	Preciseness is a key factor. Showing up and taking part is required.	Empowerment	
<i>hyvin, erittäin hyvä paikka</i>	The environment is an	Patience	

Good, very good place.	important factor.		
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<i>Tulemalla paikalle. Uskallusta. Enemmän tekoja, ei puhetta.</i> Showing up. Courage. More action, less speech.	Courage to join in and concrete part-taking.		Motivation
<i>Emmä usko niinku et mä olisin jatkanu tossa hommassa, jos mä en olisi kokenut ympäristöö kannustavaks...</i> I don't think that I would have carried on in the group, if I had not experienced the surroundings as encouraging.	In group leading it is important to encourage and empower the clients .	Trust	
<i>Niinku siis että, jossain määrin pitää sponssaaniinku että ettei sit jänistä heti veke.</i> I mean that, some pushing and aiding is needed so that one does not lose courage right away.	Low threshold and positiveness. Cheering the group.	Encouragement	

<i>jos mä nyt tollee ronskisti sanon nii ehkä dokannu vähemmän tai jotain...</i> Roughly put, maybe I've been drinking less.	Less substance abuse .		Effects
<i>erittäin hyvää...Tässä on kaikki aivan hyvää. Luovuus ja kaikki...</i> Very good. Here everything is good. Creativity and all...	Shared creativity in group.	Decrease in Substance Abuse	

<p><i>kyl se on joo tota...onnistumisen fiilis, varsinkin... joo kyllä. tulee hyvä fiilis jos onnistuu jossain tommosessa.</i></p> <p>Yeah, it is the feeling of succeeding, especially...yeah right, it feels good when you succeed in something like this.</p>	<p>Succeeding in the group. Individually, and as a group.</p>	<p>Self-confidence/self-esteem</p>	
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Appendix 5: workers' interview content analysis table

Original statement	Simplified statement	Sub group	Theme
<p><i>Tulee mieleen säännöllisyys. Et tapahtuu säännöllisesti tiettyä ajankohtana.</i></p> <p>Regularity comes to mind. So that the activity takes place orderly at some specific time.</p>	<p>Regularity is an important element in group activity.</p>	<p>Commitment</p>	<p>Working/functioning group</p>
<p><i>Sitoutuminen. Siis asiakkaan sitoutuminen.</i></p> <p>Commitment, client's commitment i mean.</p>	<p>Commitment to a group is challenging for clients</p>	<p>sobriety</p>	
<p><i>-Mahdollinen oheiskäyttö. Jos sitä on.</i></p> <p><i>-Niin siis ton ryhmän pitäisi olla semmosta päihteettömyyteen tukevaa. Varmaan niinkun kaikella tapaa.</i></p> <p>possible drug use, if there is any. Yeah, the group should support sobriety, like probably in every way.</p>	<p>The group activity should aim towards sobriety.</p>		

<i>(Ohjaajan pitäisi) tietää musiikista.</i> The leaders should know about music.	The leaders should have knowledge in music when leading a band group.		Guidance&framework
<i>Ja tietynlaista otetta, eteikuka tahansa pysty tämmöstä ryhmää ohjaamaan. Et kyl siin pitää joku ote olla ryhmäläisiin.</i> And certain kind of touch, not everyone can lead this kind of group. Some grasp to the group members.	Authority is a good feature in leading a group.	The leader's enthusiasm on the subject.	
<i>Et teijän ryhmäläiset Sel-keesti luotti teihin ja tykkäs teist molemmista/The group members clearly trusted you and liked you both.</i>	Relationship between the clients and the students is important in making the group activity succeed.	Trust and respect.	

<i>et on kiinnostunut musiikista ja musiikin soittamisesta.</i> So that one is interested in music and playing music.	Client's interest in the theme of the group is an important factor.	interesting subject.	motivation
<i>et se vaatis sitä uskallusta tulla, musta tuntuu. Et enemmän sellasta rohkasuu vielä sitten.</i> It would demand the courage to come, i think. More encouraging, you know.	Taking part in the group acquires encouragement.	Encouraging the clients.	
<i>mä en tiedä onkse osallistuminen niinkun.... et ne ei haluisniinkun lähteä liikkeelle. kupitäs siirtyy paikasta A paikkaan B ja sinne on matkaa niin osalle se on jo hyvin haasteellinen että pääsevät lähtemään, musta tuntuu. mut hyvä</i>	Stepping up, going from one place to another are challenges for taking part.		

<p><i>et pitää lähtee.</i> I don't know if it's taking part, you know... it's like they would not want to step up. When you would have to go from a to b location, some feel that it is very demanding, I feel. But it is good that there's the distance, that you must travel.</p>			
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<p><i>oma asiakas on näkynyt et on paljon positiivisempi, et on sitä naurua enemmän.</i> ryhmäläisistä just et, on ollut jotenkin enemmän sellanen iloinen ,just silleen versus, ennen ryhmää .. In my own client, I've noticed a lot more of positiveness, that there's more laughter and so on. The group members have been more joyful compared to before the group started.</p>	<p>Clients have been more joyful during the group activity than before.</p>	<p>positive mood.</p>	<p>Effects</p>
<p><i>Positiivisia (vaikutuksia), Vastuullisuutta siitä ryhmä toiminnasta, et miten siellä käyttäytyään</i> positive effects. responsibility in group activity, how to behave in the group...</p>	<p>The clients have positively developed into responsible group members.</p>	<p>feeling of succeeding.</p>	
<p><i>onnistumista . Voi tehdä semmoista mitä osaa ja haluaa tehdä.</i> Succeeding. One can do what one knows and wants to do.</p>	<p>Pleasant activity has given the clients sensations of succeeding.</p>		

