



Recovery and Support Program (RaSP): A Shared Vision, Changing Lives

Clare Woods- NERaSP Coordinator



What is RaSP?

RaSP – is an eight week, two days per week, group based program, underpinned by a model of Acceptance and Commitment Therapy (ACT).

The aim of ACT is to help you live a *Life Worth Living*,
whilst effectively handling the pain that inevitably comes your way.



How do we do this?

ACT achieves this through the use of **acceptance, mindfulness, commitment** and **behavior change processes**, to produce greater psychological flexibility.

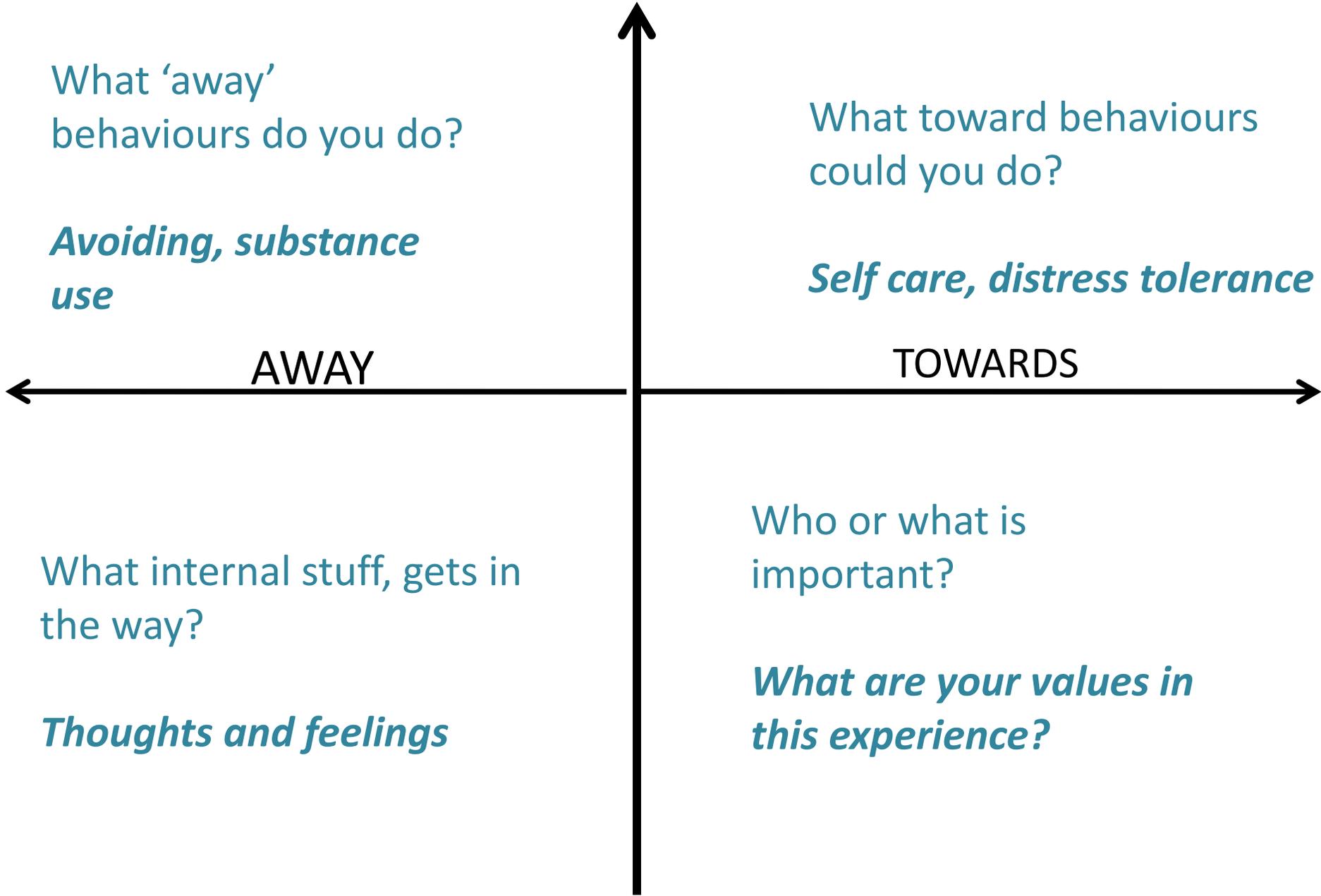
ACT in a NUTSHELL

The aim in ACT is not to 'get rid' of unpleasant internal experiences like anxiety/depression/pain, but to alter the way the person interacts with them, so that they have less influence over behaviour. This then frees the person to focus on building a values led.... **life worth living.**

Key Component of RaSP

- A key Component of the program is the use of the Matrix Model Developed by *Kevin Polke* and *Mark Wester*
- Assertive outreach & Phone Coaching
- Using *lapses* as rich Learning Opportunities

5 SENSE EXPERIENCING



Starting new things

What "away moves" might you be making in areas of:
 Distracting self/ Opting out/ Thinking/Ruminating/Worrying/
 Hiding/fighting/using/self-harming?

- Don't show up
- Don't do homework
- Don't contribute
- Disrespect others
- Arrive late/leave early
- Use/drink before coming

What are some small "baby steps" actions you could take, As toward moves, that bring you closer to Who/What is truly important to you. Describe what the person *you want to be*, would do.

- Arrive on time
- Complete Homework
- Ask questions when unsure
- To challenge myself
- To discuss with facilitators if feeling unsafe
- To stay present
- To stretch myself to meet new people



MINDFULNESS



Unwanted inside your skin stuff: Difficult Emotions/Troublesome thoughts/Uncomfortable sensations:

Thoughts	Feelings
<ul style="list-style-type: none"> • I don't belong here • They'll judge me • I don't know what I'm doing • What if I say the wrong thing • People think I'm stupid • I know this already • These people don't know what they're talking about 	<ul style="list-style-type: none"> • Anxiety • Nervous • Scared • Worried • Frustrated • Angry

What are **your values** in this given situation? Deep down, Who or What is important to me. What do I want to stand for in the face of this?

- To belong
- To be challenged
- To learn
- To be Present
- To contribute
- To feel safe

Mentally Experiencing
 (My thoughts, memories, predictions, emotions, urges)

Other program elements:

- Psychoeducation – AOD, Mental health, Assertiveness skills, Interpersonal skills etc.
- Linking in to peer support groups and other tailored support, depending on the person's needs
- Other Wrap-Around support – physical health, nutrition, pain management, dental care etc.
- Assistance with links to Education, Housing, Employment services etc.

Participant Requirements:

- Basic literacy – reading and writing
- Need to complete a residential or non residential detox prior to the program (RaSP staff can coordinate this)

Participants:

- ✓ Might have No Fixed Address
- ✓ May have experienced problematic use of licit, illicit or prescribed drugs
- ✓ May have an Acquired Brain Injury (ABI)
- ✓ Might not be focused on abstinence
- ✓ Might not be keen on group work
- ✓ May have complex physical or mental health concerns
- ✓ Might be experiencing legal or financial issues
- ✓ May have had poor experiences of rehabilitation in the past
- ✓ Might have little confidence that the program will be helpful
- ✓ Might take up the opportunity to repeat the program

Impact Evaluation Tools for RaSP

Validated Psychometrics used in RaSP, collected @:

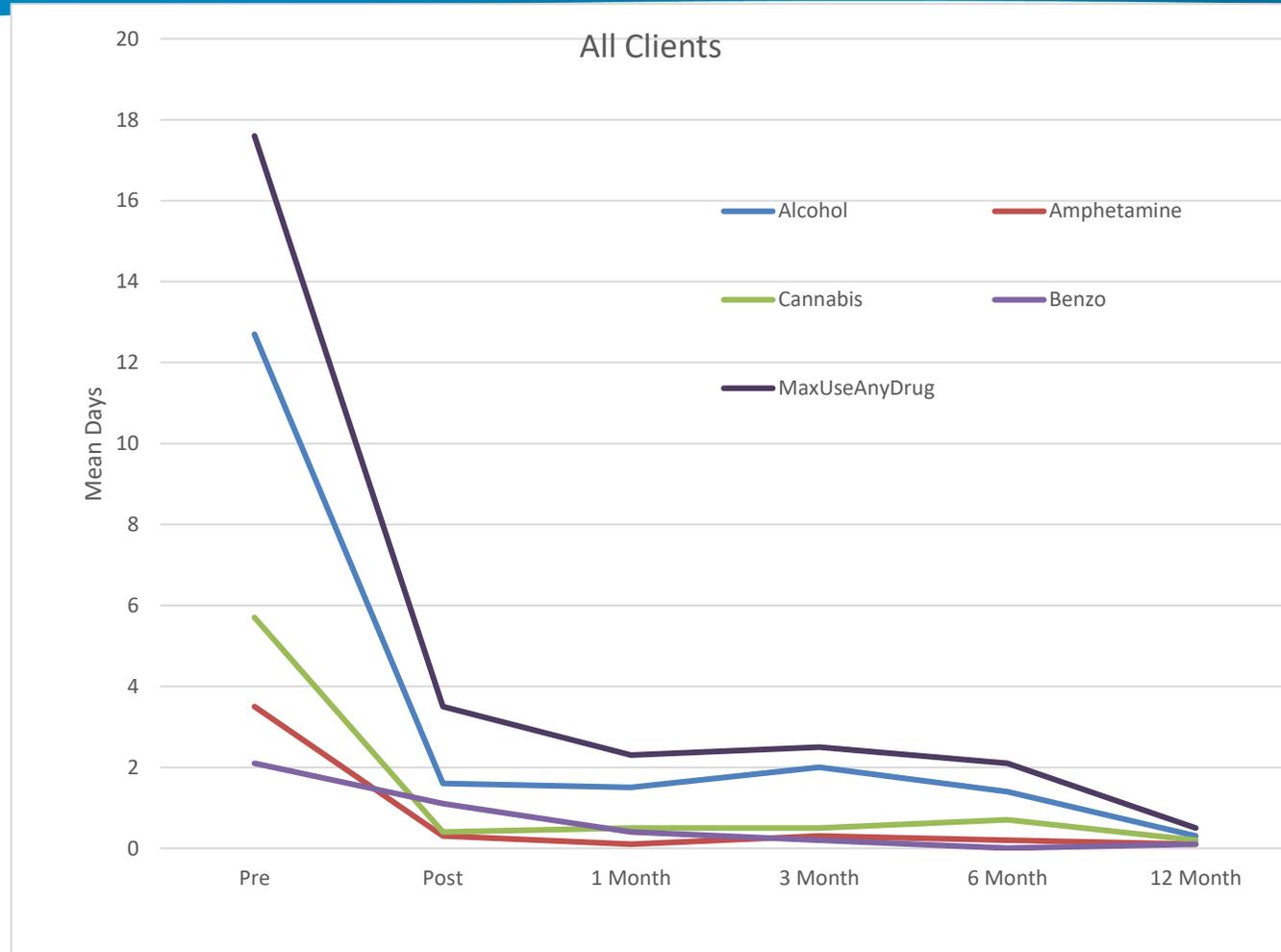
- Pre RaSP
- Post RaSP
- follow up at 1,3,6 & 12 months.

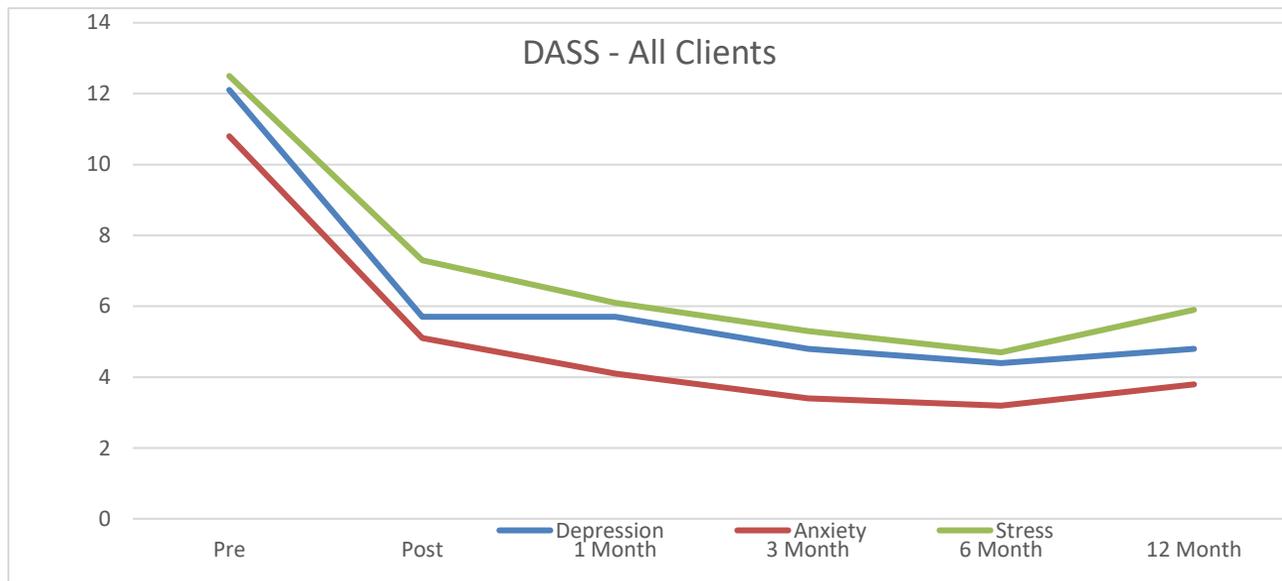
DASS21 : Measures Depression, Anxiety and Stress

WHOQOL BREF : Measures psychological, physical health and quality of life

ATOP: Australian Treatment Outcome Profile

Substance Use





	Depression	Anxiety	Stress
Normal	0 - 4	0 - 3	0 - 7
Mild	5 - 6	4 - 5	8 - 9
Moderate	7 - 10	6 - 7	10 - 12
Severe	11 - 13	8 - 9	13 - 16
Extremely Severe	14 +	10 +	17 +

THANKS!

Questions?

AnClare Woods: clare.woods@bchs.org.au

- How to Refer -Phone: RaSP Coordinator Clare Woods on 0429071661 (9am-4pm Monday – Friday) Email: rasp.intake@bchs.org.au