



# SERVICE SHOWCASE

**CHAIR: DOM ENNIS, GM, QUALITY & SERVICE DEVELOPMENT, YSAS**

1. Providing holistic care to people in their own communities through a health lens
2. RaSP – the holistic ACT/DBT recovery program for dual diagnosis that “Builds a Life Worth Living”
3. The Living Room: Providing Holistic Care for Homeless People in the Heart of Melbourne’s CBD

## Platinum Sponsors





# RaSP – the holistic ACT/DBT recovery program for dual diagnosis that “Builds a Life Worth Living”

Clare Woods, BCHS

Katrina Wong, BCHS

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# Recovery and Support Program (RaSP)

the holistic ACT/DBT recovery program for dual diagnosis that

“Builds a Life Worth Living”

Clare Woods - NERaSP Coordinator

Katrina Wong - Co-facilitator



# What is RaSP?



- Day rehabilitation for dual diagnosis
- Group program
- 8 weeks, 2 days per week
- Acceptance and Commitment Therapy (ACT) and interspersed with Dialectical Behaviour Therapy (DBT) skills

*“The goal of ACT is to create a **rich and meaningful life**, while accepting the pain that inevitably goes with it.” – Russ Harris*

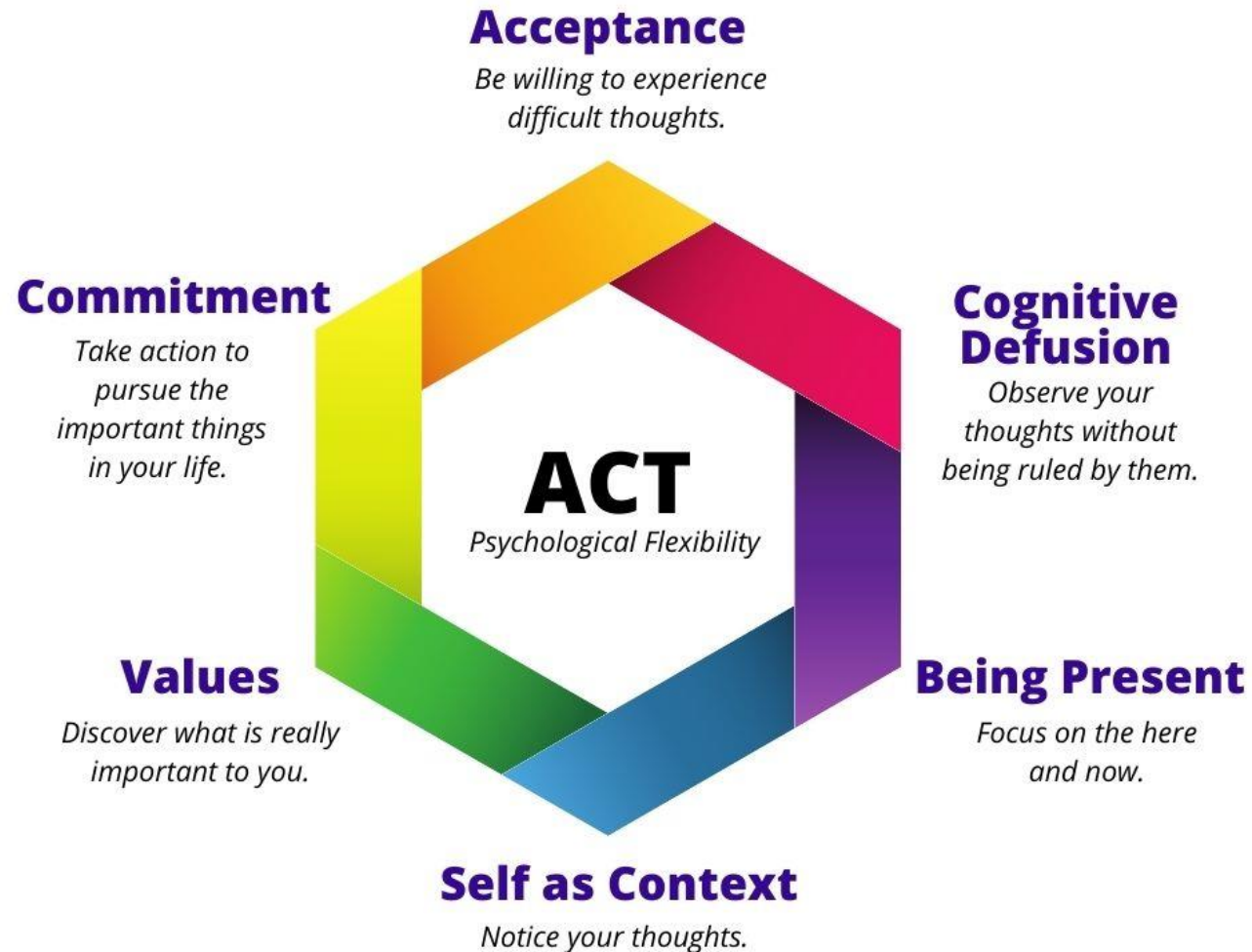
# Low Threshold Service

- Basic literacy – reading and writing
- Abstinence in week prior to commencing program (NERaSP staff can assist with resi/non-resi withdrawal)

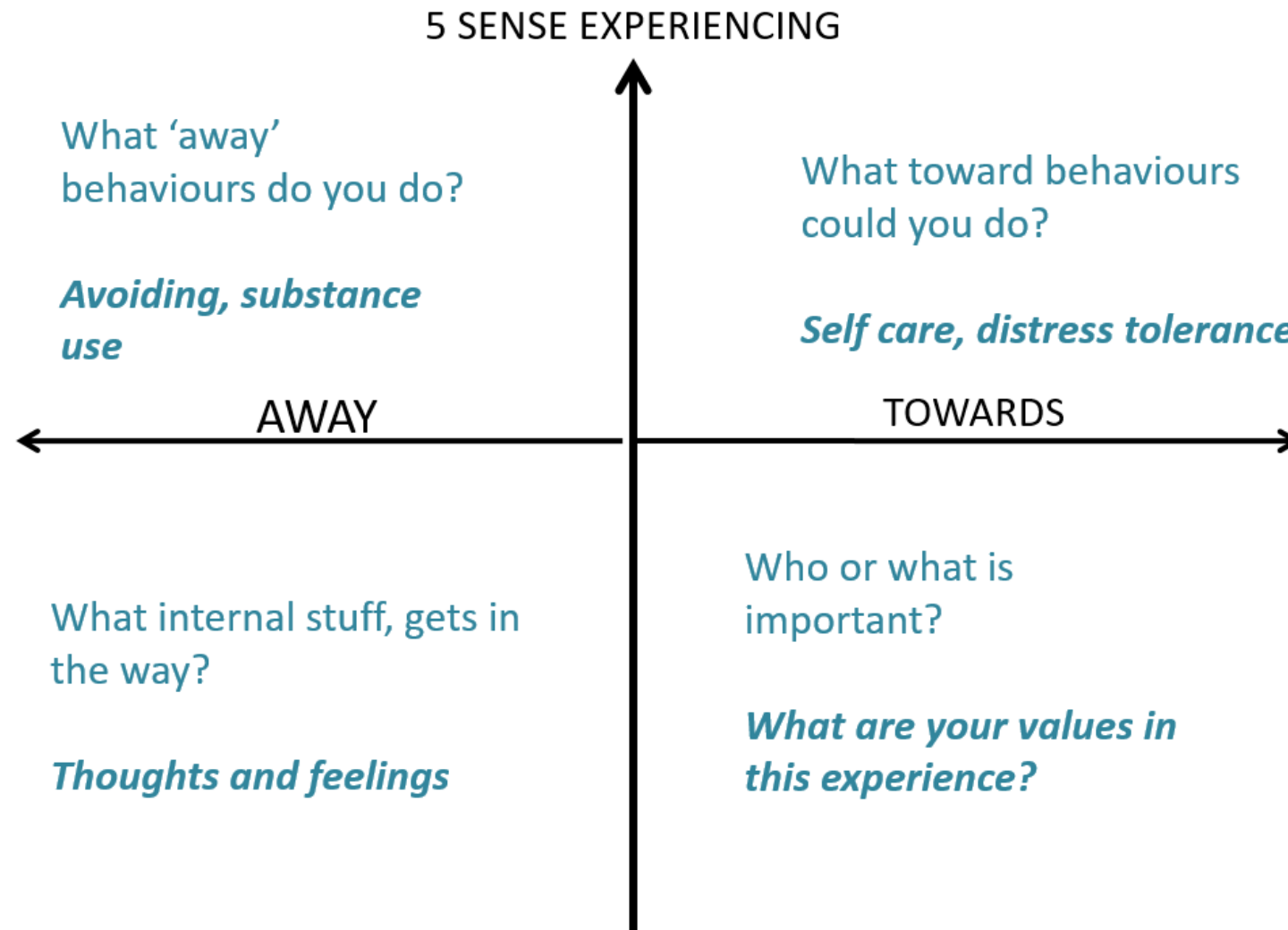
## Participants:

- ✓ May have complex MH diagnoses or co-morbidities (e.g. BPD, schizophrenia)
- ✓ May experience barriers to learning (ADHD, ABIs, intellectual difficulties)
- ✓ Might have No Fixed Address
- ✓ Might not be focused on abstinence
- ✓ Might not be keen on group work
- ✓ May have complex physical 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

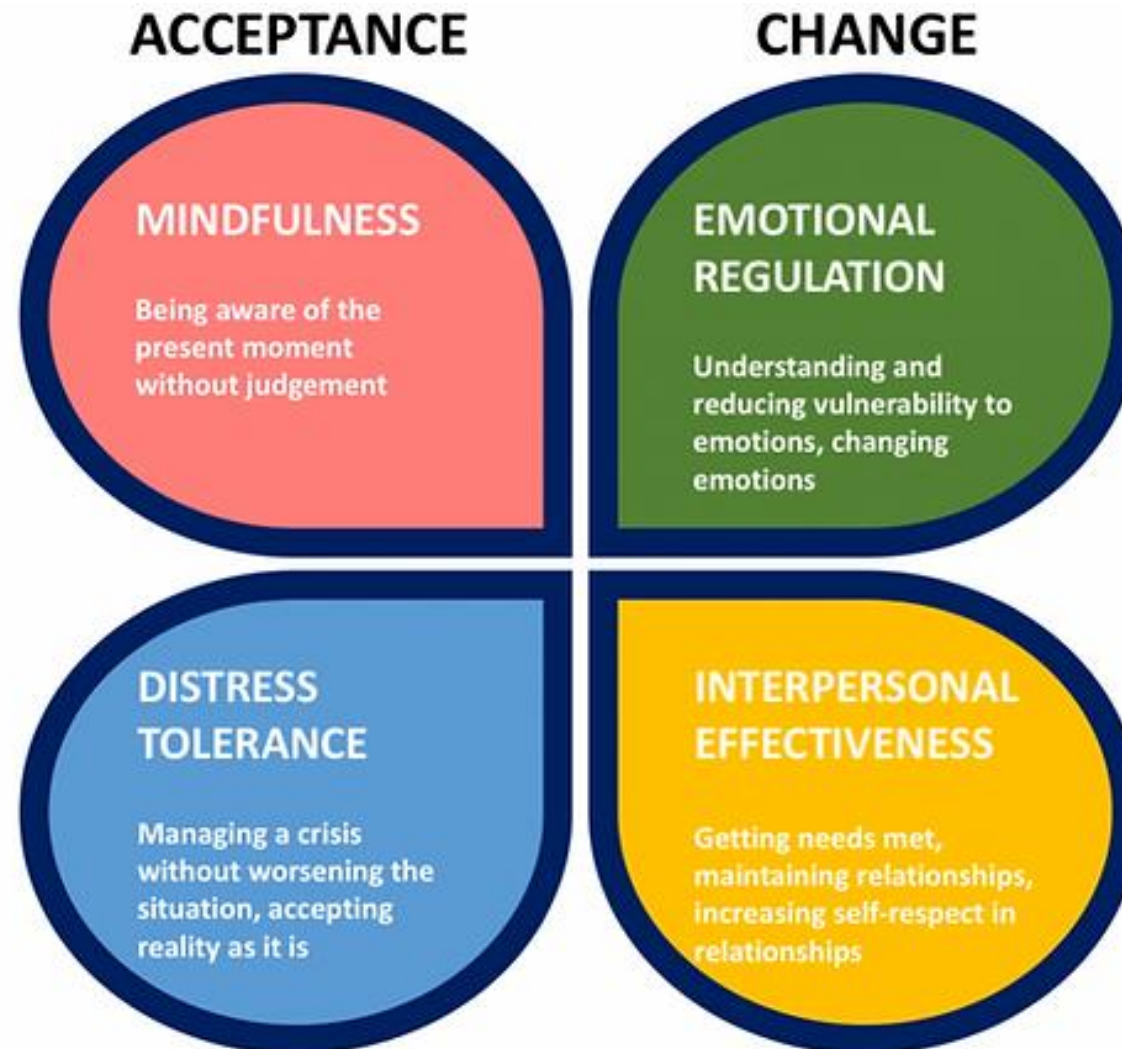
# ACT in a Nutshell



# ACT Matrix



# DBT in a Nutshell





# Key Components of RaSP



- Getting comfortable with the uncomfortable
- Building a values-driven, life worth living
- ACT structure and ethos, DBT skills
- Lapses as rich learning opportunities, rather than 'failures'
- Consumer-led

# Other Program Elements



- Referrals to other dual diagnosis related support
- Integrated care – GPs, nutrition, pain management, dental care etc
- Assistance with linking to education, housing, employment services etc



# Impact Evaluation Tools for RaSP

- **DASS21:** Measures Depression, Anxiety and Stress
- **WHOQOLBREF :** Measures psychological, physical health and quality of life
- **ATOP:** Australian Treatment Outcome Profile
  
- These psychometrics collected:
- Pre-RaSP
- Post-RaSP
- At follow up at 1, 3, 6 & 12 months.

# Online Program during COVID-19



- Trialled with previous clients
- What were key concepts? What could be self-learnt?
- Developed and utilised LMS
- Consumer-led feedback from first few groups
- Admission requirements and contracting
- ↑ Presentations of those from rural areas, poor mobility, severe anxiety
- Break out rooms, reflection space, videos and other online materials for further learning
- Physical materials provided – workbook, tools for mindfulness activities

# Learning Management System



Learning Management System Interface Screenshot:

**Header:** Home, My Learning, Calendar, RASP Group 8. Search bar, Home, Catalogue.

**Program: RASP Group 8**

**Progress Bar:** 1 Daily Reflections / Zoom Links, 2 Day 1, 3 Day 2, 4 Day 3, 5 Day 4, 6 Day 5, 7 Day 6, 8 Day 7, 9 Day 8, 10 Day 9, 11 Day 10, 12 Day 11, 13 Day 12, 14 Day 13, 15 Day 14, 16 Day 15.

**Content Area:**

- Daily Reflective Practice** (IN PROGRESS)
- RASP ZOOM SESSIONS**
- MODULE 4 - MATRIX EXPLAINED** (IN PROGRESS)
- MODULE 5 - SMART GOALS** (IN PROGRESS)
- MODULE 6 - INTRODUCTION TO MINDFULNESS** (IN PROGRESS)

**Navigation:** BACK, NEXT

[https://rasplms.bchs.org.au/user\\_login](https://rasplms.bchs.org.au/user_login)

# Limitations to Online

## ➤ Tech Issues

- BCHS provided participants with laptops (on as needs basis)
- Developed online program induction
- WiFi and phone data

## ➤ Privacy

- headphones and private area

## ➤ Commitment and Engagement

- setting challenges (limited options while in lockdown)
- follow up has been more difficult
- ↓ engagement and commitment in last few online groups

# Shifting Landscapes

## ➤ Continuation of online program

- consumer-led
- accessibility
- eligibility criteria – screening
- low threshold for these participants

## ➤ Flexibility

- individual sessions can be online or F2F
- follow up
- assessments





# Thank you!

## Get in contact

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