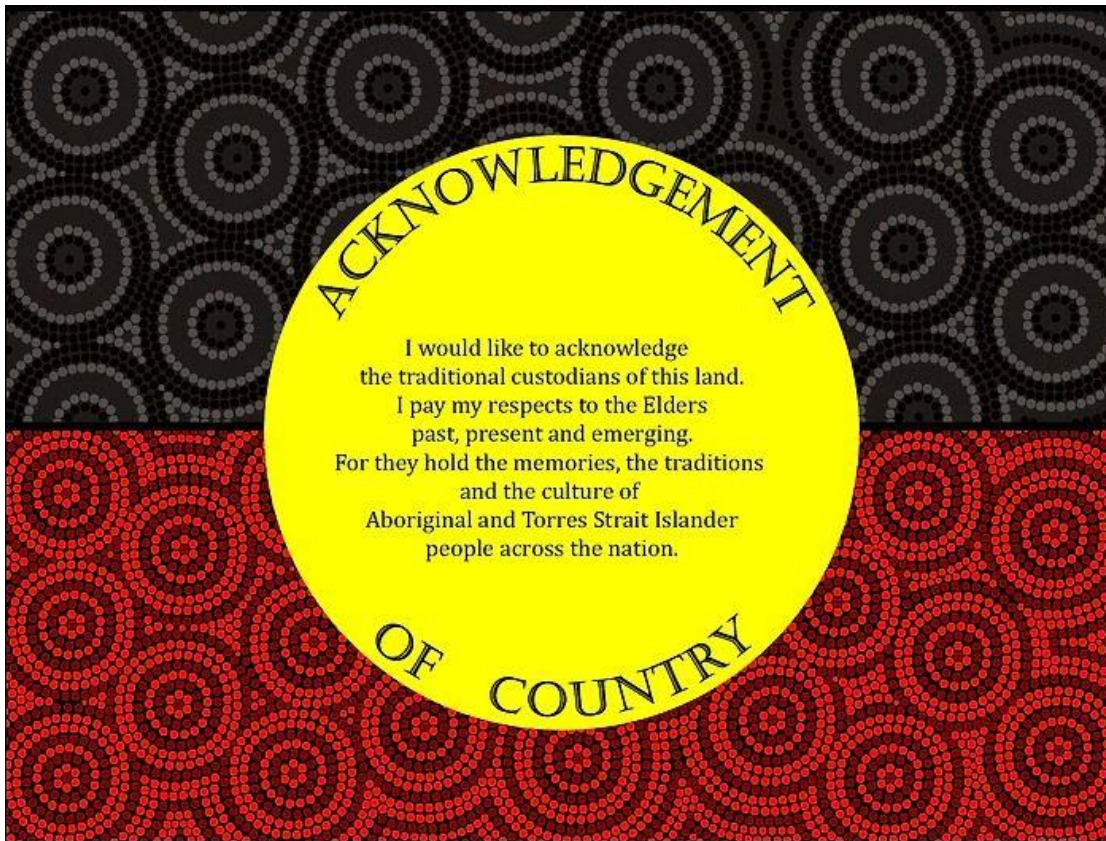


# **Building Connections Beyond Recovery:**

## **Supporting Long-Term Well-Being for Individuals with Dual Diagnosis**

# Acknowledgement of Country



# The RASP Program



- 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

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

# RASP Evaluation



- Feedback has been consistent over the past six years reflecting the lack of ongoing social connection that these client have post group
- We have tried to include these things over the years but not formally including group check-ins, Christmas parties and Adhoc family sessions.
- Secured extra funding to focus on family support and social connections.

# What the research tells us



- **Mental Health:** Studies show that social support is linked to better mental health outcomes. Research from the National Institute of Mental Health (NIMH) indicates that individuals with strong social connections are more likely to recover from mental health challenges than those who are isolated.
- **Substance Recovery:** According to a study published in *JAMA Psychiatry* (2017), people in addiction recovery who have strong social connections are more likely to stay sober and less likely to relapse. In fact, 67% of individuals in recovery report that having a solid support network was a key factor in their success.
- **Loneliness and Health:** A 2021 study by the Australian Institute of Health and Welfare (AIHW) found that around 1 in 4 Australians experience feelings of loneliness, and loneliness has been linked to higher risks of mental health issues, such as depression and anxiety, and physical health problems like heart disease.

# Social Isolation Post recovery: A major Barrier



- Clients face isolation after leaving recovery programs, particularly as they distance themselves from old substance-use relationships.
- Lack of support systems increases the risk of relapse and emotional distress.
- Social connection is critical for long-term recovery and wellbeing.

# Missing the Social Connection Component post discharge



- Many recovery programs focus on mental health, addiction, and past trauma but leave little room for building positive relationships.
- Post-treatment clients struggle with finding a new community and healthy social connections.
- Isolation becomes a silent barrier to sustained recovery.

# Beyond Recovery:

## Rebuilding Social Connections



- **Purpose:** To help clients transition from recovery by creating healthy, supportive social networks.
- **No Focus on Struggles:** The program focuses solely on building new connections, skills, and playfulness.
- **Key Features:** Activities based on mindfulness, resume-building, nutrition, and creativity.





# Program Components:

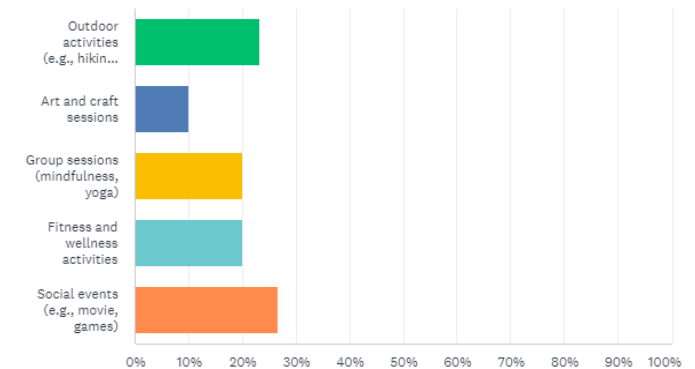
## Play, Learn, and Connect



- **Group Sessions:** Regular meetings focused on social engagement and fun.
- **Skill-Building Workshops:** Clients choose skills to learn (e.g., resume building, mindfulness, etc.).
- **Playfulness:** Fun activities designed to break the intensity of recovery and create positive experiences.

Which type of activities would you be most interested in participating in?

Answered: 30 Skipped: 0



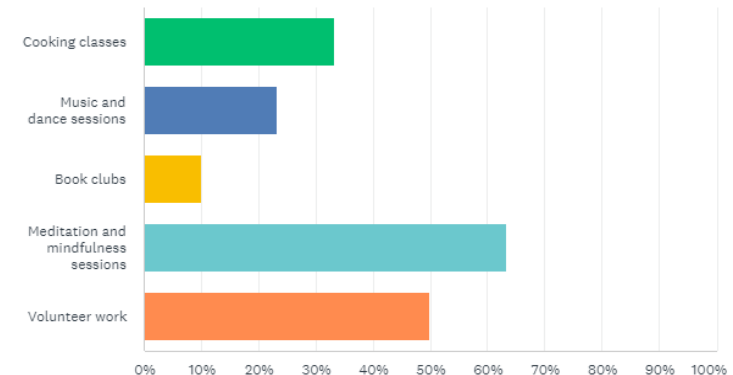
# Rebuilding Confidence and Community Through New Skills



- Clients can choose skills such as resume building, job interview preparation, healthy eating, and mindfulness.
- These skills help foster self-worth, build competence, and encourage positive engagement with the world.
- New social connections are formed around shared learning experiences.

What other activities would you like to see included in the group? (Select all that apply)

Answered: 30 Skipped: 0



# Success Story: Matt's Journey After Beyond Recovery



- **Challenge:** Matt struggled with isolation after completing a recovery program.
- **Beyond Recovery Impact:** He learned new life skills (assertive communication, mindfulness) and formed lasting friendships through group activities.
- **Result:** Matt found job and proposed to his girlfriend of 10 years, rebuilt his social circle with clear boundaries, and is maintaining his sobriety for over a year.

# How Beyond Recovery Prevents Isolation and Promotes Long-Term Wellbeing



- Healthy social networks provide emotional support and reinforce recovery.
- Clients experience a sense of belonging and community that they often miss after leaving treatment.
- Social connections become the foundation for a thriving, sober lifestyle.



# Expected Outcomes: Social Connections and Self-Worth



- Clients reported experiencing reduced isolation and increased social connectedness.
- Skills learned in the program improve confidence and life satisfaction.
- We anticipate that the program will result in stronger, healthier social networks that support long-term recovery.



# Growing Beyond Recovery: Next Steps



- Expansion of Beyond Recovery to gain networks within the local community to offer volunteering internships
- Collaboration with other organisations to further enhance the program's reach and activity options.
- Continued focus on building sustainable social networks and life skills for long-term wellness.



# Moving Forward: Building Connections for a Life Beyond Recovery



- Social connection is essential for sustained recovery.
- Beyond Recovery provides the tools for personal growth, new relationships, and playful engagement.
- Let's continue to build communities that support recovery, not just by overcoming past struggles but by fostering new connections and opportunities.





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