

## SAFE in Oz Consumer Recovery Program Step-by-Step to Overcoming Self-Destructive Behaviour

The SAFE in Oz program is a unique 11 module innovative treatment program, for individuals who use self-destructive behaviour as a coping mechanism to address the stresses of trauma and life. The original S.A.F.E [Self-Abuse Finally Ends] program was co-founded by Karen Conterio & Dr Wendy Lader as SAFE Alternatives, a residential program in Illinois USA. It was then successfully developed and co-founded by Mary Graham & Dr Dorothy Haswell as an outreach program in Canada. The program has been re-developed by founder Annie Slocombe of SAFE in Oz into a more holistic program for Australasian needs, as a one-on-one/group and/or outreach approach designed to support those who use self-destructive behaviour/s as a coping mechanism.

The 11 module program addresses how one can positively change their self-destructive patterns of behaviour and manage the continuing urges, triggers and stressors that life brings. The program equips consumer group participants with a 'tool box' for life!

Annie sought training from Mary Graham & Dr Dorothy Haswell and started working one-on-one with a group of major complex needs clients, it was clear by their behaviour change outcomes that the program worked, it was the feedback, drive and many volunteers hours by this group that secured the funding to provide a pilot program, co-ordinated by Annie in Gippsland. 60 consumers participated in the groups, 1 passed due to accidental suicide, 1 suggested that they changed their behaviours in no shape or form [however, this person did go on to do the program 2 years later with positive outcomes], 37 ceased their self-destructive behaviour/s, the other 21 suggested, in post-evaluation, that they reduced the number of behaviours, their frequency and intensity. I know that there are 34 people from that program who are long-term living life without the need to use self-destructive behaviour/s to cope and continue to manage their urges, triggers and life stressors in positive, safe and healthy ways.

It was the outcomes and feedback from participants of the consumer program/one-on-one clients and the professionals, parents, carers, family & friends who supported them in the program and their step-by-step to recovery that shaped the SAFE in Oz approach to training and their programs. Feedback clearly highlighted the program's ability to empower participants to take control back of their lives and make safe, healthy and productive choices that inspired them to reach their potential.

Feedback included;

*"Through the SAFE in Oz program, you can learn to contain your harmful reactions to the problems of living. While exploring healing ways of soothing emotional pain, you will learn how to recognise your triggers to self-harm. Breaking the cycle is supported through a peer group environment and a wonderful support group."* Sue H. [now 15 year free of self-destructive behaviour/s]

*"This program can help you heal from the inside out by helping you to learn new ways to solve problems, provide strategies to challenge negative self-talk and feel better about yourself."* Kevin B. [now 14 years 'clean']

*"This program saved my life, it gave me real hope with such practical approaches and creativity. It was about me for me and not just the behaviour. It gave me belief in myself again. Yes, it was bloody hard dealing with the demons! But the hard work and amazing support has given me a life that I CONTROL with the better choices I make now. Number 1 being life without hurting myself because I CHOOSE to and I CAN!"* Gilly [now 12 years of true happiness]

*"Thanks for helping me find me and the happy life I really wanted without having to hurt myself."* Scottie [now 14 years as the real Scottie]

*"Your program gave us back our son and allowed us to be part of being the companion on the journey. Before SAFE we felt helpless, hopeless and useless as parents, you gave us hope and real help to help ourselves, our son and our family. All parents need programs like this for their children and themselves."* Kerry & Jack D.

*"SAFE program has turned my delinquent and severely depressed daughter into a beautiful woman and soul. It has given me insight, education and skills to help my daughter and the rest of our family understand and be part of her recovery. The 'Real Talk' and support group is imperative to parents and other family members as it helps us to help our loved ones and ourselves."* Janine S.

*You gave life back to our kids and to us. We are now dynamic, not dysfunctional and will strive to keep it that way thanks to all SAFE has taught us. I would recommend this program to anyone needing positive change in their lives!* Bev & Peter D.

*"This program is inspirational to everyone involved in it. It offers real, practical and creative approaches in addressing self-destructive behaviours as a coping mechanism for trauma and life stressors. A simple, effective and dignified approach where the person is primary and the behaviour is secondary. It builds resilience and self-empowerment, provides a diverse range of skills, strategies and techniques to, not only, cease the maladaptive behaviour but then go on to manage urges to hurt oneself for the rest*

of their lives. I would strongly recommend this program and will be using it in my own practice after seeing the outcomes of clients I have referred." V P [Psychologist]

"WOW! What an experience! Such an innovative, creative and holistic program! Patients I have referred have done extremely well with exceptional outcomes. It has provide me with improved professional and personal knowledge and skills in relation to this patient group and will continue to refer to the program. Thank you as there is nothing like this available in the community." Dr M [GP]

Such a holistic and creative approach to this really stigmatised and labelled issue. Although all the clients I referred did not stop straight away, by the time they finished the program they were well on the way and ready to deal with their trauma demons. The program equipped my clients with safer, healthier and real alternatives, rather than hurting themselves, before dealing with their demons. It used a simple, creative and respectful approach that empowered people to take control in order to make improved and informed choices for their future. It healed from the inside out, helping people to find themselves and giving them a belief in themselves that they can be and do what they choose. JJ [Women's Health Nurse & Complex Needs Co-ordinator]

The finest training and recovery program ever introduced by this school community. There is a huge issue of deliberate self-injury on the school campuses that appeared to be growing. The school provided support groups for students and parents with outstanding consultancy support from Annie at SAFE. The honesty, transparency and consistency approach worked well with our students and their families opening free and equitable communication. The program was simple, creative and very effective in engaging and effecting change in the behaviours of our students and some of their families. Principal [Private School]

There are pages of feedback similar to the above from participants and their parents/carers, family, friends and professionals that experienced the step-by-step recovery with SAFE and other significant supports in the consumer's life.

If you visit our website at [www.safeinoz.com.au](http://www.safeinoz.com.au) you will find our Vision and Values.

The 11 module recovery program is designed to enable group sessions or one-to-one facilitation in the provision of a safe environment in which:- **Hope**

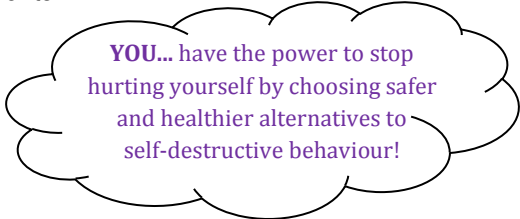
**Support & Companionship**

**Acceptance**

will empower program participants in their efforts to achieve their resolve to overcome self-destructive behaviour.

In the resulting life affirming environment, group participants will be able to use the diverse range of skills, creative activities, experiences and shared stories to acquire knowledge and practise skills. This will enable them:-

- ❖ To understand what triggers their self-destructive behaviour
- ❖ To examine their thinking for cognitive distortions
- ❖ To identify and better manage their emotional reactions
- ❖ To identify harsh or critical self-talk and change it to supportive and helpful self-talk
- ❖ To formulate a variety of alternative strategies to deal with trigger events
- ❖ To choose more constructive alternatives and act on them
- ❖ To form lasting and supportive relationships
- ❖ To achieve their resolve to overcome self-destructive behaviour.
- ❖ To manage their urges and triggers for life.



**YOU... have the power to stop hurting yourself by choosing safer and healthier alternatives to self-destructive behaviour!**

### How do I register for the training?

You will need to complete a registration form and email it to [safeinoz@wideband.net.au](mailto:safeinoz@wideband.net.au) . Upon receipt of your registration a tax invoice will be generated for payment. Once payment is received you will be sent a Confirmation of Registration giving you all the information needed to attend and a CD with all your workshop resources and activity information to the address on the registration form, please state on registration form if you wish it to be posted to an alternative address. **Registrations need to be in early and payment processed in order to allow you enough time to prepare your workshop resources. We strongly suggest allowing yourself up to a month for preparation before the workshop's due date.**

You will need to print out all your workshop resources to bring with you to the training workshop. You are probably asking yourself that if I am paying **\$880.00 [includes GST]** for the training, why I need to print my resources.

The fact is that the training costs would be significantly increased if SAFE in Oz had to provide the resources. The important issue is that the CD offers an assignment of copyright that allows you to reproduce any of the resource information when facilitating a SAFE in Oz Consumer Recovery Program, including the 11 modules and facilitation tools. Therefore, once you have purchased the training and CD you have nothing more to pay to SAFE in Oz.

The ability to be able to reproduce the resources for clients and facilitators is worth \$2000 + GST per client and \$1500

per facilitator/consumer consultant, which when you apply for funding can be incorporated as 'In Kind' resources that you or your organisation are contributing to the program. This impacts significantly when seeking funding to provide the program in your community.

Annie also provides at no cost a custom support letter for your funding application. You will need to send your completed funding submission and criteria, preferably allowing a couple of weeks, and then a custom letter supporting your application will be written and sent to you on SAFE in Oz letterhead. Since doing custom support letters and not the generic support letter, it appears that acquisition of funds has been more successful.

The Program content over the 3 days – remembering anything done in the 2 day will just be refreshed on where required.

### **Before You Begin**

Referral process - Know what to expect - The 11 modules - Guidelines for SAFE in Oz

### **Module 1 - Getting To Know Each Other**

Step by step to understanding. Creating a contract. Group contract brainstorming activity. Group contract. Setting 'short term' and 'long term' goals. Goal setting activity. 'Short term' progress stones activity. 'Long term' progress stones activity. Getting to know you activity. Creating a community and personal resource directory. Community directory activity. Personal directory activity. My book of life! The actions you take to a situation don't just happen. A picture paints a thousand words. Situational analysis activity – Maria. Situational analysis activity – Group. Situational analysis activity sheets. Self-soothing alternatives. Self-soothing brainstorm activity. Keeping track. Keeping track - step 1 activity. Keeping track - step 1 activity sheet. Home activities. Self-soothing alternatives activity. Good news page.

### **Module 2 - Making Sense Of Self-Destructive Behaviour And To Overcome It**

Reflections. Situational analysis activity. Getting to know you activity. Things we love – things we hate. What is self-destructive behaviour? How do I know it's self-destructive behaviour? There must be a reason. Long term effects. Reactions to self-destructive behaviour. Why should I end self-destructive behaviour? Why should I end self-destructive behaviour activity. Overcoming self-destructive behaviour. How long is your fuse? What affects the length of your fuse? What can you do to lengthen your fuse? Self-soothing. Self-soothing ladder. Glossary of SAFE words. My SAFE words glossary. Keeping track – Step 2. Home activities. Good news.

### **Module 3 – It's How You Think That Makes The Difference**

Reflections. Situational analysis activity. Getting to know you activity. Understanding your thinking – gives you insight to get it right. Wait a minute, are you thinking straight? Twisted thinking. Twisted thinking quiz. Recognizing twisted thinking. Changing the way you think. Unlocking the mindset. Affirmations. Creating your own affirmations. Keeping track – Step 3. Home activities. Affirmations activity. Good news.

### **Module 4 - Feelings Are Helpful But Feelings Are Changeable**

Reflections. Situational analysis. Getting to know you activity. Self-soothing – little acts of kindness. Feel/Feelings – words with many meanings. The significance of feelings. Recognising feelings. Feelings as information. Anger. Recognising signs of anger. 8 principles of anger management. The 'chill pills' for anger management. Visualisation. Feelings – why do we have feelings? Home activities. Feelings word search. Good news. Keeping track – Step 3.

### **Module 5 - What Was That You Said To Yourself?**

Reflections. Situational analysis. Getting to know you activity. Messages from childhood. How do messages become self-talk? Recognising the twists in self-talk. Changing negative self-talk to constructive self-support. Negatives to positives. Home activities. Messages activity. Good news. Keeping track – Step 3.

### **Module 6 – Triggers - Action And Reaction**

Reflections. Situational analysis. Getting to know you activity. Laugh out loud, you'll feel better. Laughter is good for you. Benefits of laughter activity. Triggers - what is a trigger? Taking responsibility for your responses to triggers. Situational analysis activity. To use self-destructive behaviour or not – That is the question! Trigger board. Home activities. Positive thinking 1 crossword. Good news. Trigger board sheets.

### **Module 7 - Choice And Change**

Reflections. Situational analysis activity. Getting to know you activity. Choice and change. Making different choices. You have a choice. What choice do you really have? The challenge of change. Home activities. Good news.

### **Module 8 - Taming The Chaos**

Reflections. Situational analysis. Getting to know you activity. Why is relaxation helpful? Relaxation in everyday life activity. Create fun time! Communication styles. Successful assertiveness. Getting life on track. Sometimes even the best laid plans go astray. Easing into change. Home activities. Good news. Positive word search.

### **Module 9 - Connections And Commitments**

Reflections. Situational analysis. Getting to know you activity. Getting along with others. Why do we have so many

conflicts? Assumptions and beliefs activity. Personal boundaries. Making commitments. Making contracts with self and others. Contracting for support resources. Home activities. More characteristics' activity. Good news.

### **Module 10 - Living In The Present And For The Future**

Reflections. Situational analysis. Getting to know you activity. Meet my best friend activity. Putting it all together. Life's shopping list. Maintaining a balanced lifestyle. Your prescription for life activity. Self-destructive behaviour is a choice! Saying "goodbye" to... Saying "goodbye" to... activity. Emergency box brainstorm activity. 'Short term' & 'long term' goals for life! Emotions journal' activity. How do you feel? Your journey of emotions. Your journey of emotions group activity. Reflecting on the consumer program goals. Home activities. Saying "goodbye to self-destructive behaviour" activity. Short and long term goals for life activity. 'Short term' progress stones activity. 'Long term' progress stones activity. Reflecting on the consumer program goals activity. Good news. Positive thinking 2 crossword.

### **Module 11 – Celebrating Achievements**

Reflections. Situational analysis. Getting to know you activity. Some healthy reminders. Home activities. A few final thoughts. Good news. Graduation – **CONGRATULATIONS!**

Please get your registration into us as soon as possible please as there is strictly limited places available in these workshops.

If you have any further questions, please do not hesitate to contact Bianca the SAFE in Oz Administration & Communication Manager on 03 5176 2616 or [safeinoz@wideband.net.au](mailto:safeinoz@wideband.net.au).

Have a great day

Kind regards

Bianca & Annie

**Bianca Lack**  
**Administration & Communications Manager**  
**SAFE in Oz**  
**03 5176 2616**

**Annie Slocombe**  
**Director**  
**SAFE in Oz**

[www.safeinoz.com.au](http://www.safeinoz.com.au)

Training to work with & support individuals who have self-destructive behaviours in our community.  
Mental Health – Walk The Talk!

9 Kimberley Drive Traralgon 3844

[safeinoz@wideband.net.au](mailto:safeinoz@wideband.net.au)

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