

The Facts about Self-Destructive Behaviour

The one thing that is certain about self-destructive behaviour is that health professionals are polarised between the notions of a failed suicide attempt or a little known or emerging mental health issue. Yet clients tell us differently and no one appears to be listening. ¹

In 1997-98 there were more than 25,120 episodes of hospital care due to self-harm. 78% were ages 15-44 years with females 15-29 years over represented. ²

51% more females aged 12-24 were hospitalised for self-harm in 2004-06 than in the previous decade while the figures for males was up 27%. ³

Poisoning is by far the most common means of self-harm, evident in 85% of female and 70% of male cases. ⁴ Other common forms of self-destructive behaviours can include cutting, burning, self-hitting, biting, eating disorders, hair pulling, bone breaking, wound interference and drugs and alcohol abuse. Yet ...

"I am a 32 year old person, I say person because I don't know who I really am. I have the body of a disfigured woman and the mind of a dead soul. Self-harming for me is a physical manifestation of the extreme internal distress and trauma I feel each day of my life. The feeling of guilt, shame, and self-hatred for what I allowed to happen in the past. It is my punishment, yet release from this intense inner pain". ⁵

The majority of clients would say that they do not participate in this behaviour for attention seeking purposes nor to die, but to cope with and kill the inner pain and trauma they are feeling. ⁶

1 "SAFE Central" pilot program evaluation 2001-02

2 Steenkamp & Harrison, Australian Institute of Health & Welfare November 2000

3 Eldridge, Australian Institute of Health & Welfare, June 2008

4 Steenkamp & Harrison, Australian Institute of Health & Welfare November 2000

5 Perdrie's story – SAFE in Oz 2008

6. 'SAFE Central' pilot program evaluation 2001-02

S.A.F.E is an acronym for Self-Abuse Finally Ends. It is often referred to as self-harm, SAFE in Oz now use the term self-destructive behaviour, a term preferred by those who participate in this behaviour.

The term S.A.F.E originated from an organisation in Illinois, USA – S.A.F.E Alternatives. It was then co-founded in Canada by Mary Graham and Dr Dorothy Haswell in 1990. Their success prompted the 'SAFE Central' pilot program in Gippsland Victoria in 2001-02. and the subsequent launch of SAFE in Oz in 2008 whose vision is to...

'Achieve and individual's resolve to overcome self-destructive behaviour'

Annie Slocombe, director of SAFE in Oz has national and international experience that spans over thirty years, in mental health, complex needs, social welfare, youth services, crisis and critical incident intervention, foster care, domestic violence, sexual abuse, training and development and organisational management..

Her passion and commitment to people with mental health issues and their recovery pathways was a catalyst to successfully introduce the 'SAFE Central' program in Gippsland, Victoria. The success of the pilot program highlighted the need for us to benefit from this experience as she extends this initiative throughout Australasia.

Co-writer of an effective 11 module - step-by-step recovery program for individuals wishing to achieve their resolve to overcome their self-destructive behaviour, Annie has used her extensive experience and the pilot program evaluation to achieve this effective recovery formula.

SAFE in Oz is happy to try to accommodate your specific training needs and to modify workshops accordingly were possible. Contact Annie with your needs.



SAFE in Oz Pty Ltd

ACN: 130 594 302 ABN: 69 1340 594 302

9 Kimberley Drive Traralgon VIC 3844 Australia

Annie Slocombe - 0433 085 367

safeinoz@wideband.net.au

www.safeinoz.com.au



Presents

Foundations For Recovery
'An Introduction To Working With Individuals Who Have Self-Destructive Behaviours'

Your Pathway to Recovery
'Facilitating the SAFE in Oz Consumer Program'

Real Talk
A program of hope and support for carers, family and friends.

'Foundations For Recovery'

'An Introduction To Working With Individuals Who Have Self-Destructive Behaviours'

Two Day Training Workshop

Day One

Self-Destructive behaviour... what is it all about?

- ◆ What is a self-destructive behaviour?
- ◆ How do we know it is a self-destructive behaviour?
- ◆ Why do individuals do it?
- ◆ How does it start?
- ◆ What are the triggers for the behaviour and why does it continue to happen?

Day Two

Our response to Self-Destructive Behaviour

- ◆ Meeting the needs of someone with self-destructive behaviours
- ◆ Hospitalisation and associated problems.
- ◆ Treatment environments and points of intervention
- ◆ Boundaries, support plans and essentials for behavioural change
- ◆ Meeting the needs of and supporting the worker
- ◆ Introduction to 'Facilitating the SAFE in Oz Consumer Program' a three day facilitator training workshop

This workshop is a pre-requisite for the 'Facilitating the SAFE in Oz Consumer Program'.

'Your Pathway to Recovery'

Facilitating the SAFE in Oz Consumer Program.

Three Day Training Workshop

This 3 day training workshop will provide workers with the tools to facilitate a SAFE in Oz Consumer Program.

'Your Pathway to Recovery'

A module based program designed with the vision to achieve an individual's resolve to overcome their self-destructive behaviour.

The content of the 3 day workshop allows participants to work through issues related to;

- ◆ Step by step to understanding
- ◆ Making sense of the self-destructive behaviour and of overcoming it
- ◆ It's how you think that makes the difference
- ◆ Feelings are helpful, but feelings are changeable
- ◆ Investigating self-talk
- ◆ Triggers – action and reaction
- ◆ Choice and change
- ◆ Taming the chaos
- ◆ Connections and commitments
- ◆ Living in the present and for the future
- ◆ Long-term management of the behaviour

Program set up

SAFE in Oz provides consultancy support for organisations setting up a SAFE in Oz Consumer Program

'Real Talk'

A program of hope and support for carers, family and friends.

Two Day Training Workshop

Day One

How It Begins

- ◆ What is a self-destructive behaviour?
- ◆ What are the risk factors?
- ◆ Why keep doing it?
- ◆ What are the triggers?

Day Two

Understanding The Act

- ◆ What is the response to a trigger?
- ◆ What is in their head space?
- ◆ Hope, help, support and time!
- ◆ How can I help?

This program is extremely effective as a support program for carers, family and friends whilst the Consumer Program is running and throughout the recovery process. The overall aim is that individuals who attend this workshop, continue to be a support group for each other and open it to the wider community.

Program set up

SAFE in Oz provides consultancy support for organisations setting up a 'Real Talk' support group for Carers, Family & Friends.