

Relationships Australia Victoria (RAV) has significant experience and expertise working with correctional cohorts. We have developed a range of psychoeducational programs which are currently being delivered to individuals both in and out of correctional facilities.

## ATLAS

We recognise that persons on remand present with a range of complex needs, and require tailored intervention and support for their successful rehabilitation and reintegration into the community.





RAV has designed a suite of non-clinical training modules targeting the wellbeing and personal development of un-sentenced and pre-trial individuals (persons on remand). This includes individuals in correctional facilities across Victoria and some sentenced individuals.

### Modules

10, 2-hour modules/workshops of practical and interactive psychoeducation. Modules 1-3 are core content for participants, while modules 4-10 are optional but recommended.

1. Adapt
2. Take Stock A
3. Take Stock B
4. Houses & Homes
5. Learning for Life
6. Jobs & Careers
7. Healthy Living
8. Family, Friends & Community
9. Healthy Relationships
10. Recalibrate

### Guiding principles

-  Embedding a strengths-based approach
-  Incorporating adult learning principles
-  Encouraging skills development
-  Reconnecting & integrating participants' desired outcomes

This program was developed with funding support from Corrections Victoria.

'Finding out who I really am, my true values and my behaviour.'



I can look at a positive me and be able to leave the past behind and live for the moment.'

## Diffuse

Diffuse is a psychoeducational program designed for individuals who are incarcerated or on remand and non-incarcerated individuals who are engaged with the correctional system. It can also be facilitated for groups in the wider community.






The program supports participants to learn about and understand family violence, reflect on their relationship experiences and explore ways to integrate healthy relationship principles into their future relationship. Learning modules also utilise trauma-informed practices and provide the opportunity for reflection and group engagement.

### Modules

6, 2-hour modules/sessions:

1. Me, Relationships & Community
2. What is Family Violence? Understanding Conflict & Drivers of Behaviour
3. Goal-setting, Communication, Values & Strengths in Relationships
4. When Things Go Wrong - How We Recover & Move Forward
5. Moving Forward
6. Ownership, Strategies & Supports

### Unique features

-  Interactive toolkit for weekly reflection & action
-  SMART (Specific, Measurable, Achievable, Relevant, and Time-Bound) goal-setting
-  Temperature gauge of behaviour & stress dashboard
-  Targeted group discussions & resources including AVOs, court processes & resilience
-  Open mic reflection activity to close the program

'I identified great strategies to gain and maintain healthy relationships.'





LINCS is a strengths-based, one-day psychoeducational workshop specifically designed for individuals who are subject to a Community Correction Order (CCO).

The program is funded by Corrections Victoria and aims to increase CCO completions.

## Modules

The LINCS program name is an acronym representing the 4 core modules of the workshop.

L = Looking At Me

I = Identifying Priorities

N = Next Steps

CS = Community Supports

Built upon a straightforward, accessible and clear approach, workshops are designed to improve participants' capabilities and strengths, using skills-based activities that identify strategies and supports.

The activities highlight the importance of the individual's internal and external capacity to manage their life, understand what drives their behaviour and identify what their priorities are.

This leads to looking at social supports, other opportunities they want to pursue, resources they need and how to put steps in place to achieve their goals. Individuals will ideally complete the workshop with an action plan in place.

We have been successfully delivering LINCS since February 2017 and have received positive feedback from program participants and Corrections Victoria and achieved excellent learning outcomes to date.

'[I] understand more about my behaviour and how it could impact the person in front of me.'



LINCS in families is a one-day workshop designed to engage individuals in a safe environment with honest discussions around behaviour, healthy relationships, understanding conflict and expectations of self and others.

The program covers the same 4 modules as LINCS but has a different focus and has been adapted for the intended audience.

During the program, participants:

- identify their priorities, values & strengths
- create a plan of how they want to move forward
- practice goal-setting strategies
- learn about community support & resources available to them.

Individuals leave the program with a deeper knowledge of the importance of understanding behaviour, the different types of relationships and connections they have with the world around them.

'I can change my behaviour and control my emotions no matter what others do.'



## About us

Relationships Australia Victoria is a specialised provider of family and relationship services in Victoria, and a leading training provider with national and international expertise.

We provide high-quality research and evidence-led training to further develop your skills and experience, based on over 70 years' experience in relationship counselling, conflict management, family relationships, family dispute resolution, couple therapy and parenting education.

We can deliver a broad range of training solutions across a variety of topics related to relationships and families.