

## The Facts about Self-Abuse

The only thing that is certain about self-abuse is that health professionals are polarised between the notions of a failed suicide attempt or a little known but emerging mental health issue. Yet consumers tell us differently and no one appears to be listening.<sup>1</sup>

In 1997-98 there were more than 25,000 episodes of hospital care due to self-abuse. 78% of individuals were 15-44 years of age with females 15-29 over represented.<sup>2</sup>

51% more females aged 12-24 were hospitalised for self-abuse in 2005-06 than in the previous decade while the figure for males was up 27%.<sup>3</sup>

Poisoning is by far the most common means of self-abuse, evident in 85% of female and 70% of male cases.<sup>4</sup> Other forms of self-abuse include cutting, burning, self hitting, biting, eating disorders, hair pulling, bone breaking, interference of wounds and drug 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".<sup>5</sup>*

<sup>1</sup> "SAFE Central" pilot program, GARSS, 2001-02

<sup>2</sup> Steenkamp & Harrison, Australian Institute of Health & Welfare, November 2000

<sup>3</sup> Eldridge, Australian Institute of Health and Welfare, June 2008

<sup>4</sup> Steenkamp & Harrison, Australian Institute of Health and Welfare, November 2000

<sup>5</sup> Perdrie's Story- SAFE in Oz 'Facilitating the SAFE in Oz Consumer Program'

S.A.F.E is an acronym for Self-Abuse Finally Ends. Self-abuse is also often referred to as self-harm.

Mary Graham and Dr Dorothy Haswell co-founded SAFE in Canada in 1990. Their success prompted the 'SAFE Central' pilot program at GARSS (Gippsland Accommodation & Rehabilitation Support Service Inc.) in 2001-02 with the subsequent launch of SAFE in Oz in 2008 whose vision is to...

### 'Achieve an individual's resolve to overcome self-abuse'

Annie Slocombe, co-director of SAFE in Oz, has national and international experience in mental health, social welfare, youth services, crisis intervention and survivors of domestic violence and sexual abuse. Her commitment to people with mental health issues and their recovery pathways was the catalyst to successfully introduce the first Self-Abuse Finally Ends pilot program at GARSS – 'SAFE Central' in Gippsland, Victoria. The success of the pilot program has highlighted the need to extend this initiative.

Di Wines, co-director of SAFE in Oz, is a training and development consultant and an author of educational teaching resources. She has considerable experience working with individuals with diagnosed mental health and self-abuse issues as an advocate, educator and mentor. Di has enhanced holistic recovery pathways through the development of programs designed to help individuals achieve their goals.

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# Self- Abuse Finally Ends

## Foundations For Recovery

An Introduction To Working With  
Individuals Who Self-Abuse

## 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 Self-Abuse

Two Day Training Workshop

#### Day One - Self-Abuse...what is it all about?

- What is self-abuse?
- How do we know it is self-abuse?
- Why do individuals self-harm?
- How does self-harm start?
- What are the triggers for self-abuse and why do we do it?

#### Day Two - Our response to Self-Abuse

- Meeting the needs of someone who self-abuses
- 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 training 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 training workshop will provide the tools necessary to facilitate the SAFE in Oz Consumer Program. The module based program is designed with the vision to achieve an individual's resolve to overcome self-abuse.

#### The comprehensive three day workshop will address the following issues:

- Step by step to understanding
- Making sense of self-abuse 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

#### 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 self-abuse?
- 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 for carers, family and friends when run concurrently with the SAFE in Oz Consumer Program.

#### Program set up

SAFE in Oz provides consultancy support for organisations setting up a Real Talk program for carers, family and friends.