



my social
support
NETWORK

SOCIAL RECOVERY REHABILITATION

Rehabilitation Reimagined



Testimonials

"You get self-worth, self-confidence, and see yourself in a different light. You realise you are not alone and it's okay to feel the way you feel. It becomes the highlight of your week...It would benefit anyone who is struggling in life. It feels like a family."

52, Female, Metro, Physical, and secondary psychological injury, 18 months unemployed currently doing course

"The team are my shining light, they are amazing...I wonder and will always wonder (I tell my case manager all the time) how can people I don't know do so much for me?"

45, Male, Rural, Severe Physical, and secondary Psychological, 12 months since injury, unable to return to work, now employed

"Life-changing! I used to be in a really dark place. The group has given me hope. People listen. I don't feel alone anymore. I realised that there are other people on a similar journey. I used to feel isolated. I used to be really active and suddenly I wasn't able to be. Injuries aren't always visible. When we get together, we don't feel worthless. You feel listened to. You feel important."

45, Female, Rural, Physical, and secondary psychological injury, 18 months unemployed currently employed full time



My Social Support Network

About us

My Social Support Network is a social recovery rehabilitation specialised service. Our programs focus on improving social health for people isolated through injury, illness or disability to support physical and psychological health outcomes.

- 01** We change the social conditions to create environments that are safe and thriving
- 02** We teach members the ability to regulate functions of the body and brain
- 03** We help members find their voice to regain their power
- 04** We restore or rebuild relationships in the community to support wellbeing

4 STEP REHABILITATION REIMAGINED

OUR PROGRAMS

Being injured or unwell for any period of time can feel really lonely and isolating. Our programs were designed to help people who have become isolated and lonely through injury, illness or disability connect to people again but in a way that suits them best.

The MSSN programs support improved social, mental and physical health outcomes. Programs can be used in conjunction with other treatments or interventions to support client recovery goals.

THEIR CHOICE

SOCIAL SUPPORT GROUP PROGRAM

Designed for Early Intervention, Isolation through long term injury / illness or Work to Retirement, This stepped care capacity building social support program focuses on supporting increased social participation for better mental and physical health.

Our group sessions include online zoom sessions hosted by at least one MSSN group leader, guest visits from local community organisations, virtual mini holiday trips, interactive hobby sessions and where possible face to face MSSN hosted BBQ's in members local areas. Individual connection support to local other community organisations for clients organised as needed.

PERSONAL DEVELOPMENT PROGRAM

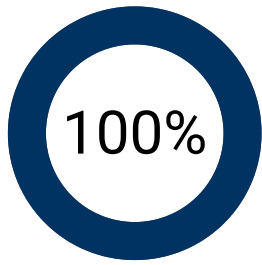
Are your clients struggling with getting their emotions under control? Do they need help to understand how to stop over thinking things? Would they like to feel like they are back in the drivers seat of their own day without feeling overwhelmed? Then this program is a practical 8 week group program to help give them the tools you need to take a step towards a sense of control.

BESPOKE & COMMUNITY SUPPORT

We offer individual person centred care for anyone who requires more individualised support at any time through their recovery journey. We will coordinate any services as required as well as offer full access to the network.

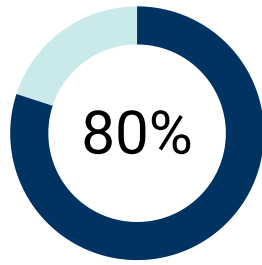


Outcomes



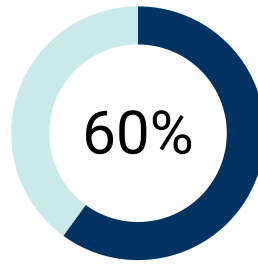
RESULTS

Every single person who completed the personal development program gained significant health, social, recovery or return to work outcomes.



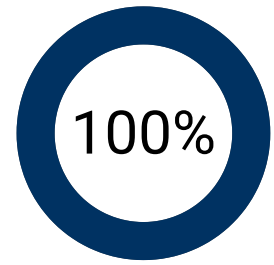
MEDICAL UPGRADES

Eighty percent of all participants in the combined Personal Development and Social program received medical upgrades.



RETURN TO COMMUNITY

Sixty percent of people who completed the Personal Development and Social Programs were able to successfully return to community activities



SATISFACTION

All participants who completed the Personal Development Program went on to join a biweekly social check in because they wanted to. Some asked to present their own workshops. Everyone reported feeling like they belonged.

Who is suitable?

Anyone who meets any of the following criteria can be considered:

1. No capacity for work
2. No return to work date within the next 12 weeks
3. Has stopped engaging with the insurer and / or allocated occupational rehabilitation provider
4. Has expressed a deep sense of loss from losing their job
5. Is displaying low levels of coping and high levels of negative emotions
6. Has become socially isolated
7. Lives in a remote area with limited local services
8. People who have access to the internet and a device that can connect to our membership site and live video sessions.

OUR PROGRAMS. THEIR CHOICE

Frequently Asked Questions

What is My Social Support Network?

1. MSSN is a social recovery and rehabilitation specialist service
2. This is a membership network for people with injuries, illness or disability to be able to participate in community while restoring their own wellbeing in their recovery journey.
3. Members are given tools to self-regulate their own physiology and be part of a network where they can feel connected to and safe.
4. Members can join from their phone, tablet or computer. They don't have to put a screen on, they don't have to speak if they don't want to.
5. Members can participate in the network and attend as many sessions a week as they want beyond their program
6. Yearly re-referral from treating medical practitioner required
7. Members are given back control of their recovery

What does the membership offer?

1. A membership portal available 24/7
2. A range of "right in time learning" options for members to support their own social and personal development recovery pathway
3. A safe way to reduce social isolation, recover and restore health
4. Tele health social, personal development and career masterclasses
5. Face to face sessions on an as needs basis

Connection to the Network?

Membership is based on a yearly referral basis. Members can easily be re-referred each year by their treating practitioner. Group programs are in 8-12 week program cycles.

Fees

- **Pre-membership assessment and report** - \$450
- **Onboarding into Network individual tech support** - \$200
- **Social Support Groups** - \$1950 (12 week program - \$54.50 each)
- **Personal Development Program** - \$1500.00 (8 week program = \$93.75 each)
- **Bespoke individual support** - \$210 / hr



Refer Now



+61 406 990 816

info@mssn.com

www.mysocialsupportnetwork.com

**THEIR BEST
TOMORROW
BEGINS
*TODAY***