



my social
support
NETWORK

Reimagine
Community





Who we help



We help people who are at risk or who have become isolated and lonely through injury, illness and disability. My Social Support Network is a Specialised Social Support Service for people who are struggling to engage with the outside world. We bring the world to them in the safety of their home through our community, online portal and programs. We empower people to take control, engage in their local community start where they want to start.

OUR PROGRAMS

Feeling lonely or isolated for any period of time has a detrimental effect on health and health services. Our programs and services were designed in consultation with people who were already isolated and together we created a connected and supported community. We help individuals take control of their prevention or recovery. We help define their own health and wellbeing goals, have fun and learn skills along the way. We help our Members to connect to their local community in a way that suits their needs.

My Social Support Network brings the community to the person. We provide programs and support improved social, mental and physical health outcomes. We link with local community services or treatment providers to support our Members needs.

MEMBER CHOICE

Stepped Care Psychosocial Support Program

Our 12-week program is appropriate for Early Intervention, Isolation through injury / illness or Work to Retirement transition. This stepped care capacity building psychosocial support program focuses on supporting increased social participation. The aim is for better mental and physical health outcomes so that the individual can begin to engage in community and/or work-related activities.

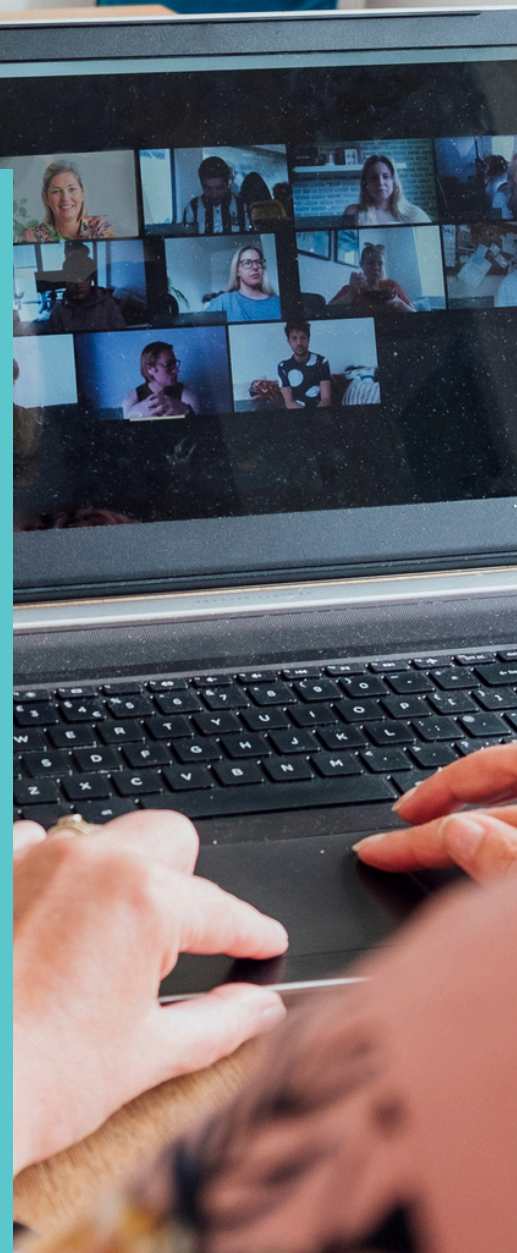
The program includes access to daily programs, online zoom sessions hosted by at least one MSSN group leader, guest visits from local community organisations, virtual mini holiday trips, interactive hobby sessions and where possible face to face MSSN hosted events in members local areas. Individual connection support to other local community organisations for clients is organised as needed.

Regain Control: A Practical Personal Development Program for Managing Motivation, Emotions, Health and Goals

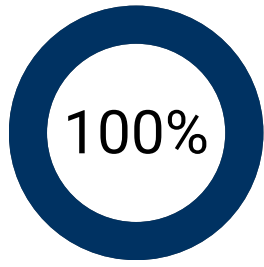
Are your clients struggling with pain (physical and psychological) or getting their emotions under control? Do they need help to understand how to stop over thinking things? Would they like to feel like they are back in the driver's seat of their own day without feeling overwhelmed? Then this 8-week program is a practical group program to help give them the tools they need to become confident, motivated and feel like they are in control again.

Transition to Work or Retirement Program

We offer a range of transition support services both in groups and through individual person-centered care. Suitable for someone who already has some capacity for community or work engagement but might need a plan and a helping hand. We will coordinate any services as required as well as offer full access to the My Social Support Network Community.

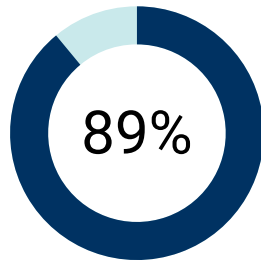


My Social Support Network Outcomes



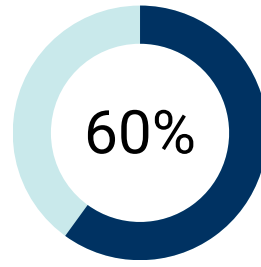
HEALTH OUTCOMES

Every single person who completed the MSSN Programs and participated in the community gained significant health, social, recovery or return to work outcomes.



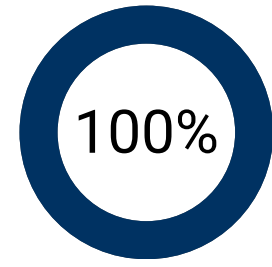
SOCIAL RECOVERY

Almost ninety percent of participants in MSSN community programs began to demonstrate improvements in pro-social behaviours and social engagement.



RETURN TO COMMUNITY OR JOB

Sixty percent of people who completed the MSSN Programs were able to successfully gain employment.



SATISFACTION

All participants who completed an MSSN Programs went on to join the social programs because they wanted to stay part of the community. Some asked to present their own workshops. Everyone reported feeling like they belonged.



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

Who is eligible?

If you respond is **YES to ANY of the following** questions, then referral to MSSN is appropriate.

1. **Psychosocial Early Intervention** - your client has poor social support and is at risk of long-term absence from work. **YES / NO**
2. **Social disconnection** - has your client been socially disconnected from the workplace for more than 4 weeks? **YES / NO**
3. **Acute state of mental ill health**, your client is unable to participate in community or work and does not seem to have any reliable social support networks? **YES / NO**
4. **Poor levels of emotional control** which is impacting their ability to return to or secure new employment. **YES / NO**
5. **No medical capacity**, your client is unable to return to work and is at risk of developing poor mental health. **YES / NO**
6. **Is your client socially isolated and finds leaving the home difficult?** **YES / NO**
7. **Is your client at risk of becoming socially isolated?** **YES / NO**

Testimonial

My friends & family didn't know how to help me & I also didn't know how they could help me. This leads to a very deep isolation. I've been lucky enough to have had great psychological support however, that only took me so far. The main turning point for me was to be referred to MSSN & from there the feeling of isolation started to diminish. I started to feel the unmistakable feeling of companionship & "family" that comes from being with others going through the same experiences. That feeling is priceless & I can't state strongly enough how valuable that was to me moving forward. Dr Caroline Howe, the team at MSSN & above all, my fellow community members were there to support me in my journey. That has been pivotal in helping me overcome my deep social anxiety. I have now started a casual job in fashion retail & feel so grateful for MSSN team & the whole MSSN community, as I am quite sure I wouldn't have had the recovery that I have had. 🙏 *Cherree 65 years old*



Frequently Asked Questions

What is My Social Support Network?

1. MSSN is based on the biopsychosocial model of care and specialises in stepped care social habilitation and rehabilitation for people who are at risk or have become isolated and lonely through injury, illness, disability or age.
2. MSSN aims to rebuild the sense of community around someone. We offer a range of programs that the individual can choose to participate in and individual support for individual goal success.
3. Members are given tools to self-regulate their own physiology and rebuild their social engagement strategies so that they are better able to engage with the Community.
4. MSSN provides socially safe spaces for members to engage with so that they feel safe.
5. Members can join in a variety of ways, dependent on how they feel on the day. From their phone, tablet, computer or face to face.
6. Members are active drivers of their recovery and re/habilitation and can attend as many sessions a week as they want beyond their booked program(s).

How does it work?

1. Referral for support and MSSN will reach out to connect with the individual to assess individual needs.
2. An online community is available 24/7 to improve community connection and sense of belonging.
3. A range of "right in time learning" options for Members to support their own social and personal development recovery pathway.
4. A safe way to reduce social isolation, recover and restore health and return to community and work.

Why social therapy to support better outcomes?

The "My Social Support Programs" have been specifically designed to address biopsychosocial function. The biopsychosocial model is made up of three parts: Physical health, psychological health, and social health. Research has shown that social support and social integration can influence overall physical and psychological outcomes. The personal development and social programs are targeted to not only address the domains of biopsychosocial influence but also to re-establish social connections for people who have become socially isolated by injury, illness or disability.

Frequently Asked Questions

What do the My Social Support Network Programs Offer?

1. **Improved function** through a stepped care capacity building program
2. **Improved coping and self-efficacy** and the development of intrinsically motivated personal goals.
3. **Improve recovery expectations** through rebuilding sense of empowerment and building daily routines to improve physical, psychological and social capacity
4. **Establish social support** to improve general health and the perception of others

What are the aims of My Social Support Network Programs?

The aims of My Social Support Network are to rebuild:

1. **A sense of self-efficacy to improve motivation and to improve cognitive flexibility.** Self-efficacy has also been shown to be a critical factor for return to work for individuals with psychological issues.
2. **Hope and optimism to improve resilience,** improve confidence, improve a readiness for future challenges, better social adjustment, improve career related goals.
3. **Coping – to improve physical and mental health,** better social adjustment, greater confidence in career decisions, successful job search behaviours.
4. **Perceived employability** – to improve the perception of gaining successful employment.
5. **Designed to support overall return to community and work-related activities.** Research has shown that social support provides individuals with physical and emotional benefits and has been identified as a significant factor in the recovery process.
6. **Improve individual opportunity and lead to greater insight,** motivation, sustained job seeking behaviours and improved future job-fit.
7. The programs are specifically designed for Members to allow them to engage in a socially safe program that allows them to **be part of a community in a safe way.**

Frequently Asked Questions

Are there alternative treatments available?

To date there is no known treatment alternative specifically designed to improve the social conditions for the social isolation and related barriers caused by long term injury, illness and disability.

My Social Support Network programs and support are the only targeted social connection, recovery and rehabilitation support service that we know of available in Australia, to reduce social isolation and loneliness which can detrimentally impact psychological distress.

The programs aim to reduce isolation, psychological symptomology (anxiety, stress, depression) as well as improve physical and primary psychological symptoms that can lead to better community and /or work-related activities / sustainable integration.

Is this program accepted by other medical experts?

1. A number of research studies are now available to indicate the appropriateness and effectiveness of targeted social recovery programs to support mental and physical health outcomes or even prevent the severity of the injury occurring.
2. Factors associated with job loss effect how our adaptive behaviours identify opportunities. Research shows that our ability to be motivated, feel satisfied, self-manage, the choices we make, and our behaviour all become impacted as a result of injury.
3. A social program allows the opportunity to rebuild the sense of loss due to broken social connections after leaving a workplace. (Research available on request).

Frequently Asked Questions

My Social Support Network qualifications

All staff in the Network who work directly with clients are either qualified health professionals or experienced employment consultants.

1. Intake assessments include a biopsychosocial survey are conducted by our qualified health professionals.
2. MSSN programs are run by health professionals as well as job placement specialists.
3. Personal Development program groups are run by qualified health professionals.
4. Social Group Programs are run by a collection of specialised people dependent on the topic. They are experts in their field.

Testimonial

"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



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