



# Mentoring In Recovery





# Mentees - Target Group



- ❖ Senior residents who are approaching the end of their program and preparing for reintegration
- ❖ The Mentoring Program is an optional service that residents can express an interest to become involved with
- ❖ The Mentoring Program is embedded at the TC and clinicians encourage residents to engage with this optional program



# Mentor Criteria

- ❖ Over 25 years old
- ❖ Minimum 5 years in recovery
- ❖ Able to commit to fortnightly contact and monthly face to face contact
- ❖ Have a positive, non-judgemental attitude towards people in recovery
- ❖ Able to commit to minimum 12 months in program



# Mentor Recruitment

- Website
- Social media platforms
- Corporate and pro bono partners
- Newsletter
- Partner networks
- Jobseeker sites
- Word of mouth





# Overview of Mentor Training

- Introduction to alcohol and other drugs (AOD)
- Introduction to our therapeutic model
- Introduction to mentor program
- Clarity about role and responsibilities
- Discussion of expectations and boundaries
- Presentation from senior resident/s
- Potential scenarios, how to deal with them
- Support available
- Q+A.



❖ Planned outcomes for **mentees** include:

- Easier transition into community
- Reduced isolation through greater connection
- Expanded networks
- Expanded opportunities for work, recreation, friendship
- Improved self-esteem
- Reduced relapse.

❖ Planned outcomes for **mentors** include:

- Increased knowledge and understanding of substance use
- Access to new community of interest and support
- Ability to share knowledge, wisdom and skills
- Satisfaction of making a positive contribution.



# What next – making the match



- ❖ Ensure all paperwork is completed (Mentor and Mentee)
- ❖ Discuss potential mentor with mentee (in brief)
- ❖ Contact mentor with mentee details
- ❖ Mentor to call/text mentee to set up a meeting
- ❖ Coordinator to check in with both after first meeting
- ❖ Ongoing supervision of the match by the coordinator



- ❖ Average length of mentor relationship - 4.5 months
- ❖ In a 12 month period (Feb 2021 – Feb 2022), to our knowledge, 4% of mentees relapsed (30 mentees)
- ❖ In the same period 60% of residents, in the same cohort and to our knowledge, who did not have a mentor, relapsed





- ❖ Having a co-ordinator
- ❖ Start matching while resident still living at TC
- ❖ Regular check in with Mentor and Mentee, separately
- ❖ Metro verses regional – the differences





# The Research

- ❖ Melinda Beckwith, David Best, Michael Savic, Catherine Haslam, Ramez, Bathish, Genevieve Dingle, Jock Mackenzie, Petra K. Staiger & Dan I. Lubman (2019) **Social Identity Mapping in Addiction Recovery (SIM-AR): extension and application of a visual method,**
- ❖ David William Best, Catherine Haslam, Petra Staiger, Genevieve Dingle, Michael Savic, Ramez Bathish, Jock Mackenzie, Melinda Beckwith and Dan I. Lubman. - **Social Identify Mapping in Addiction Recovery (SIM-AR): extension and application of a visual method. (2016)**
- ❖ **Social identity differentiation predicts commitment to sobriety and wellbeing in residents of therapeutic communities** Genevieve A. Dingle,, Catherine Haslam, David Best, Gary Chan, Petra K. Staiger, Michael Savic, Melinda Beckwith, Jock Mackenzie, Ramez Bathish, Dan I. Lubman (2019)
- ❖ Catherine Haslam, David Best, Genevieve A. Dingle, Petra K. Staiger, Michael,Savic, Ramez Bathish, Jock Mackenzie, Melinda Beckwith, Ashleigh J. Kelly & Dan I. Lubman,(2019) **Social group membership before treatment for substance dependence predicts early,identification and engagement with treatment communities,** Addiction Research & Theory, 27:5, 363-372,



❖ Thank you for attending



ODYSSEY HOUSE  
VICTORIA

---