



The RUSH Program – Information Sheet

The RUSH program is an Australian intervention designed to target vulnerable offenders. It incorporates adapted versions of Marsha Linehan's Dialectical Behaviour Therapy (DBT) skills training modules to target individuals exhibiting suicide, self-harming and borderline personality characteristics and maladaptive behaviours. Preliminary evaluations have also been conducted on the program, resulting in various publications on the positive outcomes of this program for an offender population. The program has been implemented across Victorian, New South Wales, Queensland and Australian Capital Territory correctional environments, however, the skills taught in RUSH are not offender specific and can also be designed to meet the client needs of a particular organisation.

Objectives of the Program

RUSH utilises cognitive, behavioural and acceptance-based interventions to assist in reducing distress, increase motivation and assist vulnerable populations to develop new life skills that can help them potentially lead better lives and reduce the incidence of suicide and self-harm.

Program Modules

RUSH comprises four modules:

1. Healthy Mind, Healthy Body

Vulnerable populations often have a poorly developed sense of self. This module teaches participants how to consciously observe themselves and interact more effectively in their environment to enhance their self-perception. Given that these skills also apply to the remaining three

modules, they are introduced first and continually integrated throughout the program.

2. Dealing with Distress

Vulnerable populations exhibit patterns of behavioural dysregulation often expressed as attempts to injure, mutilate or kill themselves, or act out in aggressive or inappropriate ways (e.g., offenders setting fire to their cell, urinating on belongings, etc). This is often a function of an individual's inability to tolerate emotional distress long enough to pursue more effective solutions. This module focuses on ways to manage their distress.

3. Looking After Number One

Vulnerable populations generally experience extreme emotional dysregulation, typically responding inappropriately to environmental stressors. These inappropriate responses are often a result of the individual not knowing how to recognise and manage their unhealthy emotions. This module, therefore, focuses on recognising and managing unhealthy emotions.

4. Getting the Best out of Yourself & your Relationships

Vulnerable populations experience interpersonal dysregulation finding it extremely difficult to form and maintain healthy relationships, which subsequently impacts upon their perceived sense of self. This module explores the development and management of dysfunctional versus healthy relationships by focusing on issues, such as, assertiveness, conflict resolution skills, self-respect and self-esteem.

The RUSH program is delivered in the organisation setting via a co-facilitation model (eg. one well qualified psychologist plus one mental health professional such as a social worker). The program consists of 20 sessions run twice per week. However, given its modular structure, the duration and timing of the program can be tailored to a particular organisation.

Training in the RUSH Program

Myndscape Consulting are able to offer a 3-day training course in the program. The training provides psychologists and allied health professionals with the background, skills and techniques necessary to successfully deliver the RUSH program within their workplace. Given that the program targets a group of

individuals with a range of complex, challenging needs, those who deliver the program and participate in the training must have adequate skills in psychological theory and practice and group process and have a basic understanding of DBT interventions.

Training Materials

The following materials are included in the training program:

- A Training Manual which incorporates background theory, guidelines for delivery of the program and training exercises
- A session-by-session Program Manual
- A Certificate of completion

Furthermore, there are no ongoing annual fees that your organisation must pay to deliver the program within the workplace.

Training Fees & Venue

Training fees and venue will vary according to the needs of the client. Training can be run over three consecutive days or staggered to meet organisational needs.

If you are interested in the RUSH program and would like to find out more information, please see our contact details on our website.