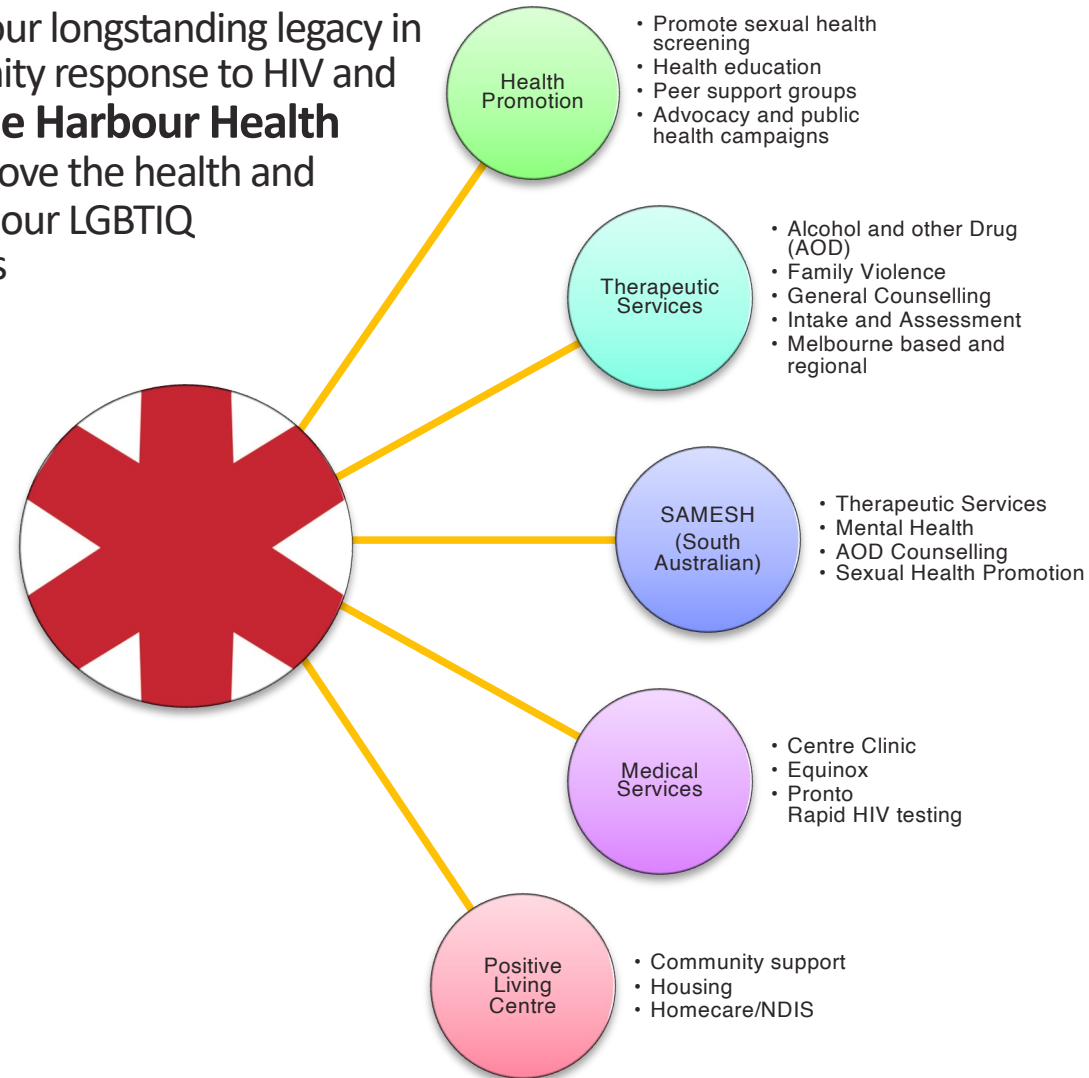


Rainbow to Riches: a Rainbow Recovery Program

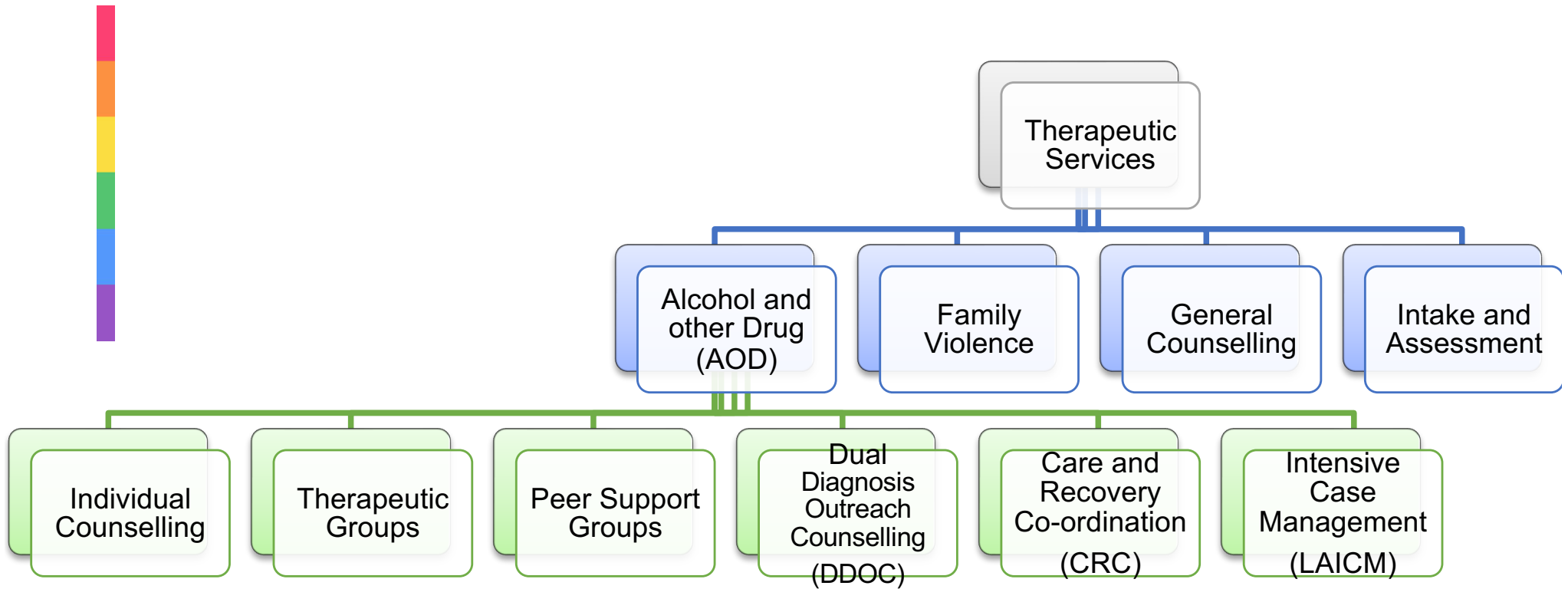
Hayley King (she/they)

thorneharbour
health*

Building on our longstanding legacy in the community response to HIV and AIDS, **Thorne Harbour Health** aims to improve the health and wellbeing of our LGBTIQ communities



Therapeutic Service





Rainbow Recovery Program

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health*

- NW & SE PHN funded
- Ages 18+
- North West: Brimbank, Hobson's Bay, Maribyrnong, Melbourne, Yarra
- South East: Port Phillip, Stonnington, Glen Eira, Bayside, Kingston, Greater Dandenong, Frankston, Mornington Peninsula, Casey, Cardinia
- Addresses structural barriers to service for LGBTIQ+ people



Rainbow Recovery Program

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- NRW
- LAICM
- DDOC
- AOD Counselling
- Brief Interventions – family & individual
- Groups (therapeutic & peer)

- Upskilling clinicians
- Community engagement



Minority Stress

The chronic stress associated with being a member of a stigmatised minority group. The internal impacts resulting in constant vigilance related to personal safety both physical and emotional. This includes the stress of avoiding discrimination through hiding one's gender identity or sexuality status by monitoring things like your mannerisms, language, and behavior.

For LGBTIQ+ people, it can involve choosing when and where to come out, invisibilised relationships, and structural discrimination. Minority stress also includes chronic stress from acts of stigmatisation such as:

- Employment discrimination
- Not being accepted by family
- Lack of safe access to healthcare
- Increased levels of interpersonal violence and abuse
- Lower socioeconomic status


Evaluation Findings

- **Uniqueness** of the Rainbow Recovery program, including **flexibility**, meeting clients where they are at and the benefits of **longer-term work**.

“And I feel like I’m at this point where I can maybe support myself way better versus where I was a year ago, completely in tatters. So, yeah, I just feel like it started off from literally scraps, and now it’s in a place where it can offer a certain form of warmth and comfort and stability.”

Client


Evaluation Findings

- 
- A vertical bar on the left side of the slide, composed of six colored segments: pink, orange, yellow, green, blue, and purple.
- **Queer-affirmative** service provision within community, holding an **intersectional** lens, curating **safe** spaces for queer clients to access services and **groups** in a way that where a client can bring their **whole self**.

“The experiences are quite unique to the community. Obviously, we’re all different still within it. But there's a lot of stuff that you don't have to explain (with THH).”

Client

Evaluation Findings

- 
- A vertical bar on the left side of the slide, composed of six colored segments: pink, orange, yellow, green, blue, and purple.
- **Overcoming barriers** for a diversity of clients to access **therapy** in a **non-traditional** format.
 - **Skilled** practitioners engaging **complex** clients with both **mental health** and substance use concerns in **trauma-informed** care.

*“I have been a client of traditional service delivery. RR is very trauma-informed, you don’t feel trapped in a box, you don’t have to do recovery the way you are told.” –
Peer group facilitator*

Evaluation Findings

- 
- A vertical bar on the left side of the slide, composed of six colored segments: pink, orange, yellow, green, blue, and purple.
- **Networked** with and supported by the **expertise** of **other teams** at Thorne Harbour Health.

“We chat with the Family Violence team at least on a weekly basis, when we're working alongside specific clients it might be daily as well, particularly because we know that LGBT Family Violence is so nuanced, so specific, so hard to get a tangible understanding of.” – RR staff (client facing)

Lessons & Recommendations

1. Expertise of organisation
2. Strong & safe work culture
3. Holistic care / wraparound service
4. Efficient recruitment processes
5. Sector partnerships
6. Groups
7. Trauma-informed lens



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