

BIKE THERAPY

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BikeTherapy Program Overview: BikeRescue and a whole lot more

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Since 2010, Dismantle Inc. has delivered a wide range of programs and services to meet our mission of building capacity in at-risk young people.

Our flagship program, BikeRescue, is an award winning youth engagement program centred around bike mechanics and restoration with kinaesthetic tasks and a dynamic workshop environment. BikeRescue has been extremely successful in engaging and reorientation at-risk young people, providing support, mentorship and guidance towards a brighter future.

Through BikeRescue, our mentors have guided participants to build capacity, confidence and motivation for personal growth and establish pathways regarding their educational, vocational and employment goals in areas that they are passionate about.

To meet the needs of particular program participants who may have challenges related to emotional dysregulation, communication, interpersonal relations and distress, an enhanced version of BikeRescue has recently been developed called **BikeTherapy**.

BikeTherapy

BikeTherapy is a tailored application of BikeRescue alongside concurrent delivery of Dialectical Behavioural Therapy (DBT) group training program modules. Through the delivery of BikeTherapy, the outcomes encompass:

1. The engagement and bike restoration outcomes of BikeRescue
2. The skills-based therapy of DBT that equips the participant with knowledge and practical skills to enhance and develop positive behavioural and coping strategies in varying environments - particularly environments that are invalidating and continually traumatic.

For a young person to have positive future life outcomes, they need to learn emotional regulatory skills in a safe and stable environment in which they can belong and achieve. The emotional and interpersonal skills that they will learn in BikeTherapy lead to inclusion, enabling participants to learn and apply healthy communication to interact and improve their relationships with their family, friends and wider community.

Dialectical Behavioural Therapy (DBT)

DBT is designed to support young people who may be vulnerable to emotional dysregulation and/or may be in an environment that is emotionally or developmentally invalidating. Application of DBT within BikeTherapy provides participants facing such challenges with the ability to:

1. Regulate their emotions
2. Communicate/deal with people appropriately, including family, peers, teachers and strangers
3. Cope with and handle distressful situations

The partial or full application of the DBT modules within BikeTherapy has resulted in Dismantle being able to offer BikeTherapy in a modular way, with the following options available:

- Part A - Mindfulness & Emotional Regulation; Half BikeRescue with 1 bike restoration
- Part B - Interpersonal Effectiveness & Distress Tolerance; Half BikeRescue with 1 bike restoration
- BikeTherapy Complete - all 4 DBT modules; Full BikeRescue with 2 bike restorations; complementary individual introductory interviews

Part A - 10 session program

Within BikeTherapy Part A, 8-12 young people will receive 10 sessions of integrated bicycle mechanics and DBT based training around Mindfulness & Emotional Regulation skills.

Mindfulness skills will walk participants through processes in which to stay alert and focused on the world around them through every day activities, allowing them to apply and focus themselves on reaching their goals.

Along side this, DBT's Emotional Regulation module will teach young people to name, become self-aware and manage emotions throughout daily life, enabling them to stabilise themselves through extreme high's and low's that come with emotional dysregulation.

Part B - 10 session program (optional, following earlier delivery of BikeTherapy Part A)

Following the prerequisite completion of Part A, BikeTherapy Part B offers a 10 session extension with two more DBT modules, Interpersonal Effectiveness & Distress Tolerance, integrated into the same highly successful bicycle restoration program.

Interpersonal Effectiveness teaches young people to build strong relationships and positive boundaries enabling them to protect themselves from negative relationships that can have a significant impact on their lives.

Distress Tolerance builds resiliency and empowers young people as they navigate environments that provide barriers to them living a life worth living.

Each of the 4 DBT modules addresses a particular disfunction within a young person's life. Depending on every young person's unique needs:

- 'BikeTherapy Part A' alone may meet their requirements
- the additional modules available through 'BikeTherapy Part B' may be determined as relevant after the completion of 'BikeTherapy A'
- or some groups may be identified as suitable for the 'BikeTherapy Complete' program from the beginning, a format which enables the complete range of DBT modules to be intertwined across the full 20-session span of the program (see detailed below:).

BikeTherapy Complete - Parts A and B - 20 session program, plus 30-minute pre-program individual introduction interviews (complementary)

Where BikeTherapy Complete (all 4 DBT modules and a full BikeRescue program (2 bike restorations, one to donate and one to keep)) is the preferred option, Dismantle's BikeTherapy mentors will also provide complementary 30-minute individual introduction interviews with each of the program participants.

BikeTherapy - a proud addition to Dismantle's suite of programs

Dismantle is pleased to offer this range of BikeTherapy programs, enhanced versions of BikeRescue to support young people who have emotional dysregulation, negative or isolated social interaction, and/or may have experienced traumatic and invalidating environments.

We look forward to partnering with relevant schools, agencies and operations for its delivery to enable young people to live healthier and richer lives empowered by positive coping strategies for when they potentially may enter emotionally challenging situations or environments.

Follow up

If you are interested, or want to find out more about BikeTherapy, please don't hesitate to get in contact with us at admin@dismantle.org.au.