



# © SAMMs

## Categorised Interventions For Participants With Complex Needs

### SAMMs (Self-Awareness, Motivation and Management)

Targeted interventions to help participants, identify, understand, and develop the motivation to take accountability and manage their non-vocational barriers through SAMMs clinical therapy and multi-disciplinary model of care. Our approach assesses risk, builds capacity and responsiveness to gaining employment.

SAMMs is now categorised based on targeted CMT barrier interventions & specific activity ID's to provide a method to track participants progress, plan an expected end of treatment date, equip EC's with actionable plans and to help participants meet their other obligations such as legal, health, family and housing.

The **Categorised Interventions** are as follows-

SAMMs Addiction Interventions

SAMMs Mental Health Interventions

SAMMs Criminal Justice Interventions

SAMMs Interpersonal Skills Interventions

SAMMs Housing Interventions

SAMMs Coordinated Health Management

### SAMMs Foundation Interventions

*Prerequisite to the Categorised Interventions*

#### Assessments

EPs receive a thorough assessment of the participant's disclosed and previously undisclosed non-vocational barriers. This helps the EC in understanding the participant's needs and tailor support based on their capacity and responsiveness to addressing and managing barriers. At the third session of SAMMs Foundation Program participants are allocated to professional services interventions tailored to their specific barriers.

- Review of Barriers & Requirements
- SAMMs Score (Risk, Needs & Capacity)
- Adjustments & Support Recommendations
- Categorised Intervention Allocations

#### Progress Tracking

Progress is reported at the completion of each specific intervention.

- ✓ Barriers Addressed
- ✓ Duration of Program
- ✓ Evidence/Actions Taken
- ✓ Participant's New Mindset

These reports give ECs clear, actionable insights into the participant's improvement and readiness for employment. The reports are designed to align with Employment Services standards, making them easy to integrate into Employment Services processes, such as progress reporting.



## Outcome Focused

Each SAMMs activity is outcome-driven, structured around a set number of sessions designed to address specific barriers and bring participants closer to sustainable employment. Upon completing the program, participants leave with a clear and transparent plan.

## Collaborative Approach

SAMMs collaborate closely with ECs to ensure that interventions are tailored to the participant's goals, resulting in improved outcomes for both the participant and the EC. By engaging with a network of medical, legal, family, and housing services, SAMMs create multidisciplinary teams that offer comprehensive support to participants with complex needs, often organising case conferences and care plan meetings.

## SAMMs Catergorised Interventions For Individuals & Groups

*Each Categorised Intervention includes intensive case management & psychotherapy*

	Targeted Intervention	Activities/Interventions
<b>SAMMs Addiction Interventions</b>	<ul style="list-style-type: none"><li>• Alcohol Dependence</li><li>• Drug Dependence</li><li>• Substance Abuse</li><li>• Gambling</li></ul>	<ul style="list-style-type: none"><li>✓ Risk Assessments &amp; Harm Reduction</li><li>✓ Motivational Interviewing</li><li>✓ Psychoeducation</li><li>✓ Referrals for Detox &amp; Rehab</li></ul>
<b>SAMMs Mental Health Interventions</b>	<ul style="list-style-type: none"><li>• Anxiety &amp; Mood Disorders</li><li>• Personality Disorder</li><li>• Psychiatric Condition</li><li>• Trauma</li><li>• ADHD</li><li>• Self-Care</li></ul>	<ul style="list-style-type: none"><li>✓ Mental Health Interventions</li><li>✓ Trauma Interventions</li><li>✓ Mental Health Assessments</li><li>✓ Psychiatrist Referrals</li><li>✓ Wellbeing Plans</li></ul>
<b>SAMMs Criminal Justice Interventions</b>	<ul style="list-style-type: none"><li>• Ex-offender History</li><li>• Current Legal Limitations</li><li>• Legal Action Pending</li><li>• Anger</li></ul>	<ul style="list-style-type: none"><li>✓ Behavioral Change Therapy</li><li>✓ Needs Assessments</li><li>✓ Collaboration with Lawyers</li><li>✓ Court Support &amp; Preparation</li></ul>
<b>SAMMs Interpersonal Skills Interventions</b>	<ul style="list-style-type: none"><li>• Social Isolation</li><li>• Relationships/Family</li><li>• Trauma</li><li>• Independence</li><li>• Confidence</li><li>• Domestic Violence</li></ul>	<ul style="list-style-type: none"><li>✓ Trauma Specific Therapy</li><li>✓ Safety Planning</li><li>✓ Interpersonal Strategies</li><li>✓ Collaboration with Child &amp; Family Services</li><li>✓ Collaboration with Family Violence Supports</li></ul>
<b>SAMMs Housing Interventions</b>	<ul style="list-style-type: none"><li>• Accommodation Issues</li><li>• Financial</li><li>• Self-Care</li><li>• Independence</li></ul>	<ul style="list-style-type: none"><li>✓ Case Management</li><li>✓ Self-Care Psychoeducation</li><li>✓ Trauma Specific Interventions</li><li>✓ Housing Application Referrals</li></ul>
<b>SAMMs Coordinated Health Management</b>	<ul style="list-style-type: none"><li>• Chronic Pain</li><li>• Intellectual Disability</li><li>• High Treatment Demands</li><li>• Neurological Impairment</li><li>• No or Limited Supports</li></ul>	<ul style="list-style-type: none"><li>✓ NDIS Applications</li><li>✓ Case Conferencing</li><li>✓ Support Plans</li><li>✓ Functional Capacity Assessments</li></ul>

