

Research Strategy 2021–2025

Prioritising Framework

VISION

Reconnexion's vision is to support the pathway to wellbeing for people experiencing benzodiazepine and z-drug dependency, and to promote the safe and appropriate prescribing of these medications.

GUIDING PRINCIPLES

The principles underpinning our research strategy are developing strong partnerships and collaborating with research partners to build our research capacity, promoting an evidence-based approach to service delivery and design, and improving the patient-centredness of the treatment of benzodiazepine dependence.

STRATEGIC PRIORITY AREAS

Priority Area 1: Education and Awareness

- Keeping up to date with research and sector developments
- Promoting evidence-based practice
- Attending and presenting at relevant conferences, seminars, and workshops
- Promoting awareness and education in the community

Ensuring Reconnexion personnel are resourced and supported by current evidence-based knowledge regarding benzodiazepine dependency and withdrawal, sleep, anxiety, and depression. This priority area also includes disseminating information and raising awareness in the community, providing education and resources to the healthcare sector, and contributing to the AOD and Mental Health sectors through reports, conferences, workforce training, and consultation.

Priority Area 2: Consumer Voice

- Commitment to informing, consulting, and involving our consumers
- Consumer involvement in service design and delivery
- Co-designed resources and outcomes

Reconnexion commits to consumer participation in decision making about service planning, policy development, priority setting and quality improvement processes. This involves participation in their own treatment at the individual level, service development at the organisational level, and education, awareness, and engagement at the community level. Our goal to include the consumer voice is underpinned by a willingness by Reconnexion to reflect on and change current work processes.

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Priority Area 3: Continuity of Care

- Expanding our presence in rural and regional Victoria
- Increasing support and collaboration with primary care providers
- Supporting integrated treatment for co-occurring needs

To ensure our clients experience benzodiazepine treatment that is integrated and collaborative, we aim to work closely with GPs, Pharmacists, Psychiatrists, AOD workers, and Nurse Practitioners. This includes committed action to providing our service and collaboration in regional and rural areas of Victoria. This priority area also reflects an aim to be responsive to our clients' co-occurring needs and provide effective treatment and support, from intake through to exit planning.

Priority Area 4: Prevention and Early Intervention

- Reducing the need for sleeping medications (Better Sleep Program)
- Reducing the need for antianxiety medication (Anxiety and Depression Program)
- Supporting healthcare providers to tackle benzodiazepine dependence
- Increasing community awareness about benzodiazepine dependence

This priority area reflects our goal to promote the psychological treatment of anxiety and sleep disorders to reduce the need for benzodiazepines and z-drugs to be used long term. This includes educating healthcare providers regarding the successful treatment of benzodiazepine dependence to promote earlier identification and treatment in primary care. Raising awareness in the community is essential to equip consumers with knowledge and resources to access support when required.

Priority Area 5: Co-Creation of Evidence

- Data collection internally at Reconnexion
- Working with partners to generate empirical evidence

Working closely with research partners (consumers, universities, healthcare providers, etc.) to increase data collection and dissemination by Reconnexion as contributors and leaders in practice-based evidence for benzodiazepine research. This includes collection of data internally and externally for research purposes, to measure performance and outcomes related to clinical work.