

WHERE IS THE PROGRAM CONDUCTED?

There are currently 3 RECON centres available, with plans to expand to more locations in the near future:

- Sydney Police Centre
- Moorebank in the South West Metro region
- Beresfield in the Newcastle / Hunter region

HOW DO I JOIN?

You can contact the RECON team to register your interest in taking part in any of the programs.

For work related injuries, you can have your Injury Management Advisor (IMA) make the arrangements on your behalf.

The RECON clinicians, will develop a clear plan so that your Command is aware of your commitment to the program.



ALL INFORMATION GATHERED WILL REMAIN PRIVATE AND CONFIDENTIAL



RECON

- ✓ SPONSORED BY HUMAN RESOURCES COMMAND, EML AND ICARE™
- ✓ RECEIVE TREATMENT AT WORK
- ✓ FOCUSED ON MENTAL AND PHYSICAL HEALTH
- ✓ INJURY REHABILITATION AND PREVENTION

WHAT IS RECON?

RECON is an in-house treatment program delivered by experts in the field of physiotherapy, strength and conditioning and psychology.

The program has three streams of service and treatment; Reconnect, Restart and Reconditioning.

RE / CONNECT

Reconnect draws on the link between structured exercise and improvements in areas of mental health, such as sleep, anxiety, depression, stress and trauma. It is a 12 week program under the supervision of a psychologist. Participants attend a RECON clinic twice a week, where they participate in one on one sessions with a strength and conditioning coach. The team focus on the officer achieving their individual health and wellbeing goals.

The Reconnect psychologist will provide you with support, and will work with the treatment team as needed, facilitating resources and direction in the program to target improvements in your symptoms and wellbeing.

The Reconnect team will tailor exercise programs to meet your individual needs and goals. Reconnect welcomes anyone from first time exercisers to long time trainers, aiming to improve confidence and positivity about exercise and its role in mental health.

Reconnect is designed and open to anyone wanting to improve their mental health.



RE / CONDITIONING

Reconditioning is for officers returning to duty following an injury at work. The program is a unique and integrated multi-disciplinary environment to address work related injuries.

You will be treated by a highly skilled team of physiotherapists, strength and conditioners and psychologists, depending on your injury and recovery goals. The team works with you to not only recover from your injury, but to also improve overall health and wellbeing.

The Recon team work with you to develop a plan for your recovery, focusing on both work and outside of work functional goals, as well as empowerment for future maintenance, health and injury reduction.

RE / START

Restart is a preventative health program aimed at getting your health and wellbeing back on track. It aims to reduce your chance of injury and ill health, with a combined approach from our team of physiotherapists, strength and conditioning coaches and psychologists.

Restart is a 12 week program delivered in both work and own time, equipping you with the knowledge, motivation and tools to keep you happy, healthy and injury free.

Restart achieves improvements in many areas including physical capacity (mobility, strength and aerobic), weight loss, diet, mental health and most importantly habits around health and wellbeing.