

# Fact Sheet for Health Practitioners



## What are the aims of Go Beyond?



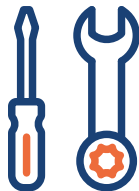
1

Provide education about that topics that are important for psychological adjustment and integration to civilian life.



2

Build psychological insight into personal challenges adjusting to civilian life and prepare veterans for change where needed.



3

Offer practical first steps and tools to facilitate stronger adjustment and reintegration.

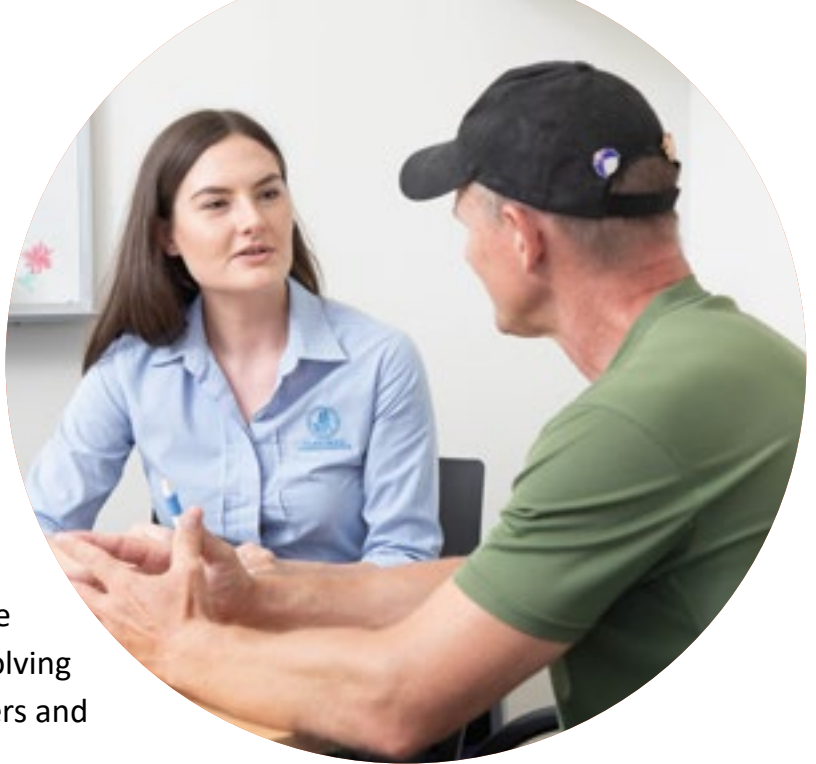


4

Provide connection with real world support.

## How was it developed?

Go Beyond was developed by a team of clinical psychologists at the Gallipoli Medical Research Foundation (GMRF) who have both clinical and research knowledge regarding transition issues for veterans. The development of the Go Beyond program is the culmination of seven years of qualitative and quantitative research by GMRF involving hundreds of Australian veterans, partners and health practitioners.



## How could Go Beyond be used?

Go Beyond can be used in a number of ways by veterans and health practitioners, including as a:



Self-directed tool to support veterans in their transition to civilian life;



Potential adjunct to one-on-one psychological therapy or other intervention aimed at improving well-being; and/or



Resource for partners, family members and friends of veterans to learn more about how to support their loved one in their adjustment to civilian life.

# What are veterans saying about the Go Beyond program?

GMRF conducted surveys to gather feedback from veterans on the Go Beyond program. The feedback indicated that:

**94%**

would recommend Go Beyond to another veteran

**91%**

found the Go Beyond platform easy to use

**87%**

would likely or very likely implement changes in their life

**90%**

were either satisfied or completely satisfied with Go Beyond overall

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## How does it work?



Go Beyond is tailored to any veteran that completes the M-CARM (Military to Civilian Adjustment and Reintegration Measure), which is a 5 minute self-assessment tool to measure psychological adjustment and reintegration difficulties. Veterans are automatically allocated Go Beyond modules that align with their unique M-CARM profile.

To find out more about the M-CARM and the Go Beyond program (including what each module covers) – [click here](#) to access three training modules developed for clinicians who work in this space.

Or feel free to visit [www.m-carm.org](http://www.m-carm.org) and [www.gobeyond.org.au](http://www.gobeyond.org.au) to find out more.