



AUSTRALIAN  
DEFENCE FORCE

# The ADF Arts for Recovery, Resilience, Teamwork and Skills (ARRTS) Program



The ADF Arts for Recovery, Resilience, Teamwork and Skills (ARRTS) Program is a unique four-week residential arts-based recovery program for people who are experiencing health and wellbeing challenges that may be related to service.

The program is flexible and responds to individual abilities and interests, aiming to improve confidence and resilience through hands-on participation in the arts within a positive and supportive learning environment.

ARRTS offers three creative streams: Music and Rhythm, Visual Arts, and Creative Writing, all of which can lead to improved self-esteem, initiative, and the acquisition of new skills.

Training and mentoring is provided by experienced and passionate arts practitioners, and based on incremental skills development tailored to meet the needs of each participant.

Exposure to new experiences in a collaborative environment, while sharing stories, fears and concerns with like-minded peers, may assist participants to reconnect with families, the work environment, and the broader community.

Previous participants have reported significantly improved wellbeing, including increased self-confidence and an enhanced ability to 'move on' with their lives, as well as enhanced communication ability. This has been supported by evaluative research.

It is expected that personnel continuing to serve in the ADF, and those who will shortly transition to civilian life, will benefit from participation and the program is also open to Reservists, recently transitioned veterans, ACT ESA and the AFP.





## FAQ's:

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**Q: Who pays for ARRTS?**

A: The cost of travel, accommodation, and allowances, as well as program costs, are funded by ARRTS.

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**Q: How are ADF members supported?**

A: A dedicated health team provides support for participants during the program including liaison with the individual's current health practitioners, if needed.

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**Q: How do participants interact with mixed ranks?**

A: ARRTS is a 'no rank', no uniform program with participants and staff wearing neat civilian dress.

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**Q: Which services are able to access ARRTS?**

A: All services are welcome to participate, for both current and former members, whether full-time or reserve. The offer is also open to recently transitioned veterans, ACT ESA, and the AFP.

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**Q: Are there any competencies to pass?**

A: No. ARRTS is not a pass/fail program. The program aims to offer new skills and experiences in a non-judgemental environment, to assist in building confidence and resilience. At the end of each program, participants are given the opportunity to present their achievements to their family, friends, and colleagues.

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**Q: Do I have to live-in?**

A: Yes. The program is full-time residential, even if you live locally.

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**Q: If I am from the ADF, do I require a MEC downgraded status to apply?**

A: No. But you need to be experiencing health and wellbeing challenges that may relate to service.

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**Q: Am I required to take leave to attend ARRTS?**

A: No. Serving ADF members attending the ARRTS Program are deemed to be 'on duty'.

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**Q: When is ARRTS run?**

A: ARRTS offers two programs annually: May/Jun and Oct/Nov.

*Apply online via the ADF ARRTS Website at:*

<https://www.defence.gov.au/arrts>

*For further information email:*

[ADF.ARRTS@defence.gov.au](mailto:ADF.ARRTS@defence.gov.au)

or phone (02) 6127 6505

