

GENERAL INFORMATION AND OVERVIEW OF SERVICE OPTIONS

What is the Maximising Recovery Panel?

The 2005 Bridging The Gap Review into Mental Health Services made recommendations to fund a broad range of treatment, supported accommodation, individual support and recovery options. The Mental Health Services Strategic Plan 2006 – 2011 commits to ensuring that all consumers, carers and referral points have equitable and efficient access to these options and the broader services provided by either Mental Health Services or its range of funded partners.

With this in mind, the concept of the Maximising Recovery Panel (MRP) was developed to facilitate the placement of mental health clients into these services – with one panel operating across the Southern region and one in the North/Northwest.

The aim of the MRP is to provide an assessment mechanism for all applications to Mental Health Services Supported Accommodation, Packages of Care and Recovery programs. Further details about these programs – which are provided by the non-government sector through Richmond Fellowship, Anglicare, ASPIRE, Langford Support Services and Caroline House - are outlined below.

The multidisciplinary members of the MRP review all referrals to determine individual support and clinical needs prioritise against available service options and make a recommendation based on the same. The focus of this process is to assist the individual involved to maximise their recovery from mental illness by linking them with an appropriate NGO option. This is consistent with Mental Health's strategic commitment to customer-focused service delivery and a model of care that is centred on the consumer and promotes recovery.

The MRP meet monthly and applications should be forwarded to the relevant Mental Health Services Area Management Unit before the 2nd Friday of the month.

The addresses of these units are: -

Mental Health South

PO Box 96

MOONAH TAS 7009

Phone: 6230 7549 **Fax:** 6230 7550

Email: mentalhealth.south@dhhs.tas.gov.au

Mental Health North/Northwest

PO Box 708

LAUNCESTON TAS 7250

Phone: 6336 2196 **Fax:** 6336 2117

Email: mentalhealthnorth@dhhs.tas.gov.au

The Service Options Explained

1. Residential Rehabilitation & Supported Accommodation Programs

The main focus of supported accommodation services in Tasmania for individuals with mental illness are residential recovery programs for adults.

Eligibility criteria?

Men and women aged 18-65 years diagnosed with an enduring mental health disorder and who are committed to developing skills for independent living.

How does it work?

Consumers are assessed and work with service providers to develop recovery plans based on their individual goals and strengths. The focus is on working towards independence and independent living. The service is non-clinical with clinical support provided by Case Managers based at regional Community Mental Health teams.

Richmond Fellowship Tasmania is the main provider of supported accommodation facilities in Hobart, Launceston and the North West. It is a community focused organisation that works to principles which support recovery.

The following provides an outline of each Richmond Fellowship service and contact numbers for Program managers.



Name	Contact	Total Residents	Staff	Maximum Length of Stay	Facilities	Comments
Mowbray	6326 9688	8	24/7 Staff Coverage	3 Years	<ul style="list-style-type: none"> • 8 units • Fully furnished including whitegoods • Communal laundry & recreation facilities. 	<ul style="list-style-type: none"> • Participants work with a Key Worker to identify their goals toward independent living. • The service is community focused and works at creating pathways for residents into the wider community • The cost to the resident includes rent, utilities and food.
Richmond Ulverstone	6425 1050	12	24/7 Staff coverage	3 Years	<ul style="list-style-type: none"> • 10 units • Cluster Style • 8 Single Units • 2 Two Bedroom Units • Three bedroom unit for staff and resident activities 	As Above
Richmond Glenorchy	6273 8650	12	24/7 Staff coverage	3 Years	<ul style="list-style-type: none"> • 11 Units • Cluster Style • 6 Double • 3 Single 	As Above
Richmond Lindisfarne	6243 9466	10	24/7 Staff coverage	3 Years	<ul style="list-style-type: none"> • 10 Rooms • Hostel Style • Communal Facilities • Mixed Gender 	As above <ul style="list-style-type: none"> • 18 – 35 years • Fees include board, lodging and electricity.
Rokeby	6247 7655	12		3 Years +	<ul style="list-style-type: none"> • 10 x one bedroom units • 2 x two bedroom units • Garden + Veranda • Complex of units with central community area 	<ul style="list-style-type: none"> • Residents are aged from 35 years upwards • The cost includes rent, utilities & food

Name	Contact	Total Residents	Staff	Maximum Length of Stay	Facilities	Comments
Langford Support Services - Newtown	62289099	<ul style="list-style-type: none"> • 18 • 15 MHS • 3 DS 	24/7		<ul style="list-style-type: none"> • Communal hostel-type Units • Twin Share 	<ul style="list-style-type: none"> • Level 2 or 3 support. • Each resident has their own individual plan to work on daily living skills and personal goals. • Level 3 residents receive a recovery based rehabilitation program. • Level 2 residents receive an activity based program with daily cleaning, lunch and dinner offered at a nominal cost.
Caroline House, North Hobart	6234 5011	<ul style="list-style-type: none"> • 6 	24/7		<ul style="list-style-type: none"> • 6 individual rooms and shared bathroom facilities which are situated on the first floor 	<ul style="list-style-type: none"> • Residential support facility for women over the age of 18 • All residents are encouraged to be involved in a recovery based rehabilitation program based on individual strengths and abilities to achieve personal goals towards independent living.
Curraghmore, Devonport	6423 6971	<ul style="list-style-type: none"> • 12 	24/7	3 Years	<ul style="list-style-type: none"> • 12 Bedrooms, including ensuites • three residential wings joining in a communal living and eating area 	<ul style="list-style-type: none"> • Eligibility is 18 – 65 years • Minimal assistance is provided in the preparation of meals when required as part of the rehabilitation process

Please Note:

To support clients in the transition process into Mental Health funded non-government sector Residential Rehabilitation & Supported Accommodation options potential clients and/or referrers are encouraged to view the service before filling in the Application Form. Transition into any of the above is an individual process that is tailored to meet each clients needs and ensure they are fully involved in the process. The Program managers for each of the individual services can be contacted on the numbers above.

2. Packages of Care

This flexible recovery and rehabilitation service has been set up by **Anglicare** (Hobart & Launceston) and by **Richmond Fellowship** (North West) to support people within their own home, or a venue of their choice.

The aim is to identify gaps that hinder well being and /or ability to live independently. It is about relapse prevention, increasing social, employment and education outlets for consumers and assisting individuals to maintain and retain their housing.

Eligibility criteria?

Packages of Care are available to adults (18-65 years old) with a diagnosed mental illness (including personality disorder and forensic participants) but who are well enough to live in 'independent' accommodation within the community. They will also be provided in rural areas where needed.

How does it work?

These packages are very flexible, offering two different levels of care and are not tied into structured tasks. Personal care (e.g. showering) is not provided.

Participants work with a Key Worker to identify their goals towards independent living. Level 1 is 2 – 3 visits a week; Level 2 is 6 – 7 visits a week. The level of service will hopefully decrease as the participant recovers their skills and abilities, moving into other community activities and support. In this way the service hours remain flexible and more participants are able to be accepted into the program.

Participants may stay in the service for 2-3 years but the focus remains on recovery and ensuring that clients with the highest needs are able to access the service.

Contact:

Anglicare South: (Ph: 6213 3526)

Anglicare North: (Ph: 6334 6060)

Richmond Fellowship NW: (Ph: 6431 8852)

3. Recovery

The Aspire Recovery Based Rehabilitation Program assists people who have experienced a significant mental illness to make permanent and sustainable changes that reduce the negative impact of their illness.

The program actively facilitates individual recovery by teaching skills and developing supports and resources. It assists people to achieve their social, residential, educational or vocational goals and promotes rehabilitation readiness and enhances overall quality of life, self esteem and wellbeing.

The Aspire Tasmania programs operate in Hobart, Launceston and Burnie.

Eligibility criteria?

- Aged between 16-64 years of age
- Have a confirmed psychiatric diagnosis which impacts on ability to live independently, maintain employment, participate in the community or continue studying
- Interested in and committed to actively work on a rehabilitation program.

How does it work?

Program interventions are mostly intensive, structured 1:1 sessions with some group work where appropriate. Each participant has a personal rehabilitation worker. Tasks undertaken together include: development of individual rehabilitation plans, training and support for identified goals and developing community support. Goals set tend to be larger goals that involve significant personal changes and skills acquisition.

Program participation is finite with most people achieving their goals within 2 years; however participation may take from 6 months to 48 months to be fully completed.

For further information please contact your Aspire office:

Launceston: Ph: 6333 3111

Hobart: Ph: 6224 5247

Burnie: Ph: 6431 8286

What do I do next ?

If you think that you/ your client may be eligible and/or interested in accessing these services please fill in the Application Form in this pack and send to the MRP in your area. The same form can be utilised for Residential Rehabilitation & Supported Accommodation, Packages Of Care and Recovery Program options.

All applicants will be advised by letter whether or not their application has been successful. This pack also includes a Request for MRP Decision Review Form which can be completed if the applicant does not agree with the decision of the MRP and wants to appeal the same. Review Forms can be lodged by either the referral source or the client

As a final point, please again note that you are encouraged to discuss the individual services with the NGO or MRP contact point before you complete an application. The NGO contact points are detailed above.

MRP contacts are: -

MRP South: Phone: 6230 7549

MRP North: Phone: 6336 2196

Thank you.