

## MODEL OF RECOVERY AND CARE

The Albany Halfway House Association is committed to the provision of a range of services that meet the needs of consumers and those involved in their ongoing care. These services are based on a recovery model of care.

A central component of the plan is the development of a model of care that is centred on consumers, promotes their recovery and delivers an equitable and efficient service. Our model of care is built on evidence based practice and will use the full range of skills and experience of people within the organisation and the wider community, including those the consumer and their families and carers. The model of care will be subject to ongoing evaluation and improvement based on consumer feedback and changes in relevant knowledge bases.

## THIS IS YOUR RECOVERY JOURNEY.

Experiencing and being diagnosed with a mental illness does not mean that you are unable to live a full and meaningful life. Recovery is about learning to create or rebuild a meaningful life, discovering and using your own resources and resourcefulness, finding a new sense of self, meaning and purpose. It is about growing within beyond what happened to you, and not letting it define you as a person

## CONTACT NUMBERS

### Mental Health Services

Great Southern Mental Health Service	(08) 98 92 2440
Albany Health Campus.....	(08) 98 92 2222
Richmond Wellbeing.....	(08) 98 42 9221
Headspace.....	(08) 98 42 9871

### Other Services

Lower Great Southern (Rural Link) Community Mental Health.....	1800 552 002
SANE: Mental Health Helpline.....	1800 187 263
Samaritans Crisis Line.....	1800 198 313
Lifeline.....	13 1114
Mental Health Advocacy Service.....	(08) 6234 6300
or Freecall.....	1800 999 057
Website: <a href="http://www.mhas.wa.gov.au">www.mhas.wa.gov.au</a>	
ARAMFI WA: (Freecall).....	1800 811 747
Carer's WA.....	1300 227 377
Counselling Line (Freecall).....	1800 007 332
Albany Migrant Resource Centre...	(08) 98 41 1190
Translating and Interpreting Service	131 450



# Albany Halfway House Association

PO Box 2063, Albany WA 6332  
Phone: (08) 9842 2612 Fax: (08) 9842 2731  
Email: [admin@albanyhalfwayhouse.org.au](mailto:admin@albanyhalfwayhouse.org.au)

# Albany Halfway House Association

## COMMUNITY SUPPORTED RESIDENTIAL UNITS (CSRU)

Phone/Fax: 98 474939

CSRU is supported short –medium term accommodation for people with a diagnosed mental illness.

The CSRU has a keen focus on empowering people to feel capable of making their own decisions and managing daily activities. Recovery staff provide daily support to assist in recovery.

The CSRU also has a daily activity program for people to build confidence to engage in community activities.

### Recovery Approach

Albany Halfway House Association has a strong focus on recovery.

AHHA has developed person centred Recovery Plans which focus on both a clinical and personal recovery.

### Eligibility Criteria:

- 18 – 65 year's old
- Diagnosed severe mental illness
- Experiencing moderate level of a psychiatric disability
- Agreeable to become involved in a community supported accommodation program
- Would benefit from supported accommodation service
- Has given consent for a referral to the CSRU program

### Referrals should be directed to:

Referrals can initially be discussed with CSRU clinical staff. Clinicians can then submit a referral however it must be sent to:

**Albany Community Mental Health: Phone: 9892 2440.** as they are required to case managed all CSRU clients.

## TRANSITIONAL HOUSING PROGRAM

Albany Halfway House Association operates two houses in the community which are supported 6 days a week by Recovery staff. People who feel they are able to live independently but are either waiting community housing or require a bit more support would benefit from The Transitional Housing Program.

Eligibility Criteria 18 -65 with a diagnosed persistent and ongoing illness

### Referrals should be directed to:

Albany Halfway House Association  
Phone: 98 42 2612 Fax: 98 42 2731

## MENTAL HEALTH HOUSING PROGRAM

The Mental Health Housing Program is an early intervention and prevention initiative of the National Partnership Agreement on Homelessness (NPAH)

The Mental Health Housing Program provides psychosocial supports to adults over 18 years of age experiencing a severe and persistent mental health diagnosis once housed.

Referrals to the Mental Health Housing Program can be made by clinician at Specialist Mental Health Inpatient Units for persons who have experienced homelessness, or are at risk of homelessness prior to discharge.

The Mental Health Housing Support Workers work alongside people exiting specialist inpatient facilities to establish and maintain stable accommodation, as well as to assist in developing and maintaining skills.

### Referrals should be directed to:

Albany Halfway House Association  
Phone: 98 42 2612 Fax: 98 42 2731

## ALBANY OUTREACH SUPPORT (AOS)

Phone 9841 3113 Fax 98 42 2667

- AOS supports people diagnosed with an ongoing and persistent mental illness.
- AOS provides individual support to people living in their own homes.
- Recovery Staff understand that for your journey to be successful, it must be your plan, not ours and tailored to suit your needs.
- Recovery staff support people to make their own decisions and choose their individual goals in life.
- Recovery staff can assist with transport for shopping, appointments and other community activities.

### Eligibility Criteria:

- 18-65 year's old
- Diagnosed persistent and ongoing mental illness

The referral should be submitted to Albany Halfway House Association and will be subject to assessment by the Case Manager and Coordinator for suitability and eligibility according to criteria

### Referral should be directed to:

Albany Halfway House Association  
Phone: 98 42 2612, Fax: 98 42 2731