

The areas of skills we encourage development of are;

- **Practical application of everyday life skills:** e.g. shopping, cooking, budgeting, paying bills, household maintenance and cleaning, accessing services, filling out forms, use of public transport, etc.
- **Social and Community Integration:** Developing positive and supportive social networks that foster a sense of belonging and value in the community we live in. (This could mean assisting individuals to participate in leisure, recreational, social, educational, and/or vocational activities, depending upon the individual's interests and abilities, doing voluntary or paid work) etc.
- **Understanding mental illness:** This involves learning about and understanding mental illness, (e.g. causes, how the illness presents, triggers and signs of becoming unwell, medication etc.) The organisation also attempts to develop community awareness of mental illness.
- **Developing Positive Coping Skills:** this involves learning and developing supportive life skills that assist individuals to live positively with the illness (e.g. exercise, attitudinal skills, goal setting, art therapy and other therapies, community involvement and activities, counselling etc.).

CONTACT NUMBERS

Local Mental Health Services:

Great Southern Community Mental Health Service:
(08) 9892 2440

Mental Health Law Centre:(08) 9328 8266

Freecall:.....1800 620 285

Advice Line(08) 9328 8012

Mental Health Advocacy Service:
(08) 6234 6300

or Freecall:1800 999 057

Website: www.mhas.wa.gov.au

Health and Disability Services Complaints Office
(HaDSCO):.....(08) 6551 7600

Freecall:.....1800 813 583

Health Consumers' Council:.....(08) 9221 3422

or Freecall:1800 620 780

Legal Aid WA Info Line:.....1300 650 579

Aboriginal Legal Service of Western Australia
(Inc.):.....(08) 9265 6666

or Freecall:.....1800 019 900

Albany Office:.....(08) 9841 7833

or Freecall:.....1800 016 715

Carers WA:1300 227 377

Counselling Line (Freecall):.....1800 007 332

Albany Migrant Resource Centre:
(08) 9841 1190

Translating & Interpreting Service:.....131 450



Community Supported Residential Units

Unit 4, 8 Ballard Heights, Albany 6330

Phone/Fax: (08) 9847 4939

Email: csru@albanyhalfwayhouse.org.au

ALBANY HALFWAY HOUSE ASSOCIATION INC.

MISSION STATEMENT

To provide a community based and managed service to adults diagnosed with mental illness by working cooperatively with service users, and other agencies, to encourage self empowerment and determination in the development of skills that will enhance the lives of individuals.

VALUES: We believe that;

- Our organisation is here to encourage self empowerment, determination and responsibility in our clients.
- All individuals should have the opportunity to develop in the community to their full potential.
- All individuals have the right to be treated with dignity and respect for their autonomy.
- Our clients have the right to a well managed, professional and accountable service that also provides appropriate advocacy and referral information.

This is your recovery journey

Experiencing and being diagnosed with a mental illness does not have to 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 and beyond what has happened to you, and not letting it define you as a person.

The road to recovery is as individual as you are. For your journey to be successful, it must be your plan, not ours and tailored to suit your needs.

Albany CSRU works on a rehabilitation and recovery model that provides supported accommodation services to people with a serious and persistent mental illness who have medium level support needs and are at a level of recovery that allows them to be involved in a rehabilitation program. It is not long term accommodation but a stepping stone to independent living.

The aim of the CSRU program is to support individuals living in supported accommodation to develop skills which will enable those individuals to take ownership, responsibility and control over many aspects of their lives. We aim to work alongside you to enable you to become self empowered, building your strength and determination to pursue the life you want. Individuals will be assisted in developing and maintaining skills required for daily living, improving personal and social interactions and increasing participation in community life and activities. Over time individuals will become more independent in managing their recovery needs and therefore less dependent upon staff, before transitioning to living within the wider community.

How is a resident supported at CSRU?

The CSRU program offers one-on-one support, encouragement and assistance to individuals with the aim of helping those individuals to participate actively in day to day living within a residential community. The service provided is flexible and responsive to individual needs and the activities undertaken are in accordance with the individual's recovery plan in mind.

CSRU also offers an extensive social inclusion program where individuals are invited to participate in group activities with other consumers of the agency. All participation by individuals is voluntary.

CSRU staff will assist the client to develop the skills, confidence and ability to live independently in the community. CSRU consists of four shared units and three single units and the service is staffed 24 hours a day, seven days a week as a licensed psychiatric hostel.

Objectives include:

- Providing access to stable and affordable housing and support to enable accommodation stability and reduce the need for hospital-based care;
- Providing a home-like environment that is safe for residents, visitors, staff and the community without being unduly restrictive;
- Developing and maintaining residents' everyday life skills necessary for community living;
- Enhancing community participation and social inclusion;
- Working in partnership coordinating care and developing strong partnerships with mental health services, community support agencies and other key stakeholders that lead to improved outcomes for residents.
- Empowering and including residents in the planning decision making associated with management and operation of the service.
- Providing advocacy for Residents where required.
- Encouraging residents to develop or re-establish appropriate family, social and community networks.
- Assisting Residents to access appropriate mainstream and specialist services that meet individual health, personal and social needs.

