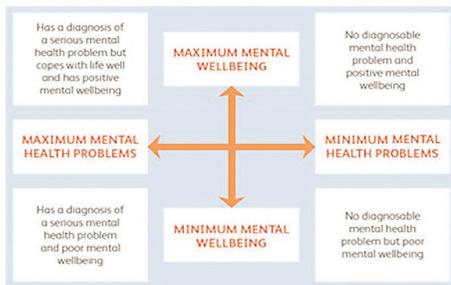




RECOVERY FOCUSED SERVICES

Today we continue our conversation about mental health and the services available in our community. We focus on what is called recovery focussed services. Mental health, much like physical health is not static. With or without a mental health diagnosis or illness, our mental wellbeing can fluctuate. Having a diagnosis or a mental illness, does not imply poor mental wellbeing. In the same way, the absence of a diagnosis, does not mean we are mentally well. Our wellbeing is really defined by how well we are coping with life, regardless of having a mental illness.



Recovery focussed services supports people with a mental illness on their personal journey to mental wellbeing. This looks different for every person. Most people who are diagnosed with a mental illness recover, however it can be difficult to predict how long that will take and what that will look like for different people.

Recovery is not the same as a cure. It means a person is able to create and live a meaningful life with or without mental health issues.

It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by the illness. It recognises that a person living with a mental illness has a range of strengths and experiences that puts them in the best place to know what works best for them and how they want to live their lives. They are the expert in their own recovery and goals are determined by the person with the mental illness. The workers are there to support them to achieve this.

WHO CAN HELP WITH YOUR RECOVERY?

Many mental health services can help with your recovery. The first step is to see your doctor, who can give you advice and refer you to local services. Further to the clinical and peer support offered by the MLHD at the Cressy St Centre, and the counselling services through a Mental Health Treatment Plan provided by your GP, Deniliquin also has specific Mental Health recovery programs such as those delivered by **Wellways** and the **MLHD Recovery Unit in Wagga**. These programs are voluntary and come at no cost to the person.

Recovery support workers work alongside the person experiencing the mental illness together with their GP, mental health clinicians, therapists, friends, carers, peers and the wider community.

WELLWAYS

Wellways is a Non-Government Organisation (NGO) that delivers a range of programs and supports, such as :

- Community and Living Support (CLS)
- Continuity of Support (CoS)
- Well Connected
- Housing and Accommodation Support Initiative (HASI)

These programs ensure people with a mental illness are supported to live independently, manage physical and emotional health, and get involved in the community. These programs are all slightly different, but offer a range of supports that may help with:

- Social skills, connections and relationships with family and others



- Day to day living skills (self-care, cleaning, shopping, cooking and transport)
- Financial management and budgeting
- Finding and maintaining a home
- Vocational skills and goals
- Maintaining physical wellbeing, including exercise
- Building broader life skills including confidence and resilience
- Support to help maintain tenancies (housing)
- Assistance with accessing local health services
- Assistance with accessing the NDIS (National Disability Insurance Scheme) or Aged Care Services

Wellways also delivers programs around suicide prevention and after -suicide supports.

How can these programs be accessed?

Some of these services can be accessed by self-referral so it is best to call them on **1300 111 400** for information about what service would be right for you.

MENTAL HEALTH RECOVERY UNIT WAGGA WAGGA

People experiencing mental illness are able to access a unique 8-week residential course which provides a wide range of supports and skills development for people with a mental illness who are ready to take the next steps in their recovery journey.



The purpose built unit in Wagga has a welcoming and friendly feel with lots of great spaces to join in workshops and group activities as well as spend time working individually with recovery specialists. Participants stay in their own room with an ensuite which they can secure and are welcome to bring personal items to ensure the stay is comfortable.

How will the Recovery Unit help?

This program was developed from consumer feedback and provides psychoeducation on a wide variety of subjects that will help build the skills and strengths needed to make progress with a person's recovery. The participant is at the centre of everything that happens in this program and are encouraged to identify their own goals, write their own reports and even run their own meetings. The program includes things like:

- Practical living skills
- Heathy eating
- Building self esteem
- Assertiveness
- Managing your mental health
- Social Anxiety
- Men's and Women's Health groups
- Psychological Therapies
- Employment
- Drugs and Alcohol issues, where required

A team of professionals work together to provide professional support, care coordination and guidance during the stay. The team consist of Social workers, Occupational Therapists, Nurses, Psychiatrists, Psychologists, Peer support workers, Dietitians and Pharmacists.

How can this program be accessed?

People from anywhere in the Murrumbidgee Local Health District are welcome and can talk to their GP about this as an option, speak to their support worker or clinician or self-refer. For more information they can be called on (02) 5943 1820. There are current Covid-19 related changes to service delivery, but information can still be accessed.

"Recovery from a mental illness is not fixing what is broken; it's discovering wellness; it's finding meaning and purpose; it's living your values through life's journey"

MORE ABOUT ADVOCACY, YOUR RIGHTS AND CARERS

The Charter of Mental Health Care Principles is a rights-based set of principles that mental health services must make every effort to comply with in providing treatment, care, and support to people experiencing mental illness.

- Is your mental health service and supports helping your recovery?
- Are you given real choices? Are you given enough information to make informed choices about care and treatment?
- Do you feel unique as an individual? Do you feel supported to build on your unique strengths and promote self-responsibility?
- Do you feel respected? Are you treated with dignity and do you feel welcome at the service?
- Are you part of a partnership and communicated with? Does the service

proactively involve you in all aspects of care planning and treatment with a recovery focus? Are you involved in reviewing your recovery goals?

It is important to know if you feel you that your service is not meeting these needs, it is a potential barrier to your recovery. It is best to discuss this with your service in an open conversation. You or your carer can also find an advocate to help you address this. One such advocacy service that visits Deniliquin is **One Door**.

One Door Carer Service provides information, education, advocacy and support through the **Family And Carer Mental Health Program**. They can be reached on **1800 843 539**.



**Together we can make our community kinder and more supportive for people.
 Thanks to Deniliquin Mental Health Awareness Group and Channel4Change for supporting this page**