

Navigators guide

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People with a psychiatric disability need all the support they can get from family, friends and services in their recovery. The Psychiatric Rehabilitation Service (PRS) is a specialist service in Hunter New England Mental Health comprised of many teams, coordinators and services linked with the community disability support sector, providing clinical rehabilitation. Teams work in partnership with consumers and families to promote recovery, prevent relapse, encourage independent living and maximise participation in everyday life. Clinical rehabilitation ranges from intensive hospital treatment and care settings to independent community living. PRS maintains active **partnerships** with government and non-government organisations¹ (NGOs) that provide support for accommodation, employment, vocational training, community access, social support networks, recreational and other community based activities.

Services and location at a glance

- ❖ **STEPS** early intervention program based in Newcastle for young adults 16-30yrs
- ❖ Three community based **Supported Recovery Teams** in Newcastle, Lake Macquarie and Hunter Valley
- ❖ Community based **Rehabilitation Coordinators** located in Manning, Tamworth, Armidale and Moree
- ❖ Inpatient services (**Rehabilitation & Clinical Support Program**) located at Morisset Hospital.
- ❖ **Community Development & Partnerships (CDP)** in a coordinates funded NGOs, supported Housing and community capacity building
- ❖ **Volunteer Support Program**²

¹ NGO (non-government) Services NG20

² Volunteer Support Program NG23

- ❖ **VETE** Vocational Education Training & Employment program³
- ❖ **Court Liaison Service** based in Newcastle

Support Through Early Psychosis Service

STEPS is for young people in Newcastle, Lake Macquarie and Hunter Valley who are recovering from a psychotic episode. It offers opportunity to learn new skills, discover new interests, increase confidence and sense of control in life, develop personal strengths and relationships, and make plans for the future. STEPS is for you adults aged between 18-30yrs who are recovering from a psychotic episode who are ready to plan for the future needing some support and assistance towards achieving their personal goals⁴.

Supported Recovery

These community services based in Newcastle, Lake Macquarie and Hunter Valley provide a range of clinical rehabilitation, treatment and support programs to people and their families with a mental illness. These may include individual and family interventions, supportive counselling, group programs, consultancy and partnerships with NGO service providers in the housing, employment and disability support sector. There are two purpose built residential facilities for consumers to develop skills for independent living.

Rehabilitation Coordinators

Rehabilitation coordinators are located in Foster (Manning), Tamworth, Armidale and Moree. They focus on consultation, liaison and expert advice to/between consumers, their families, local

³ See Open Employment & Study NG21

⁴ See Getting Help Early for Psychosis NG12

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About our programs

PRS provides therapies to help people recover, develop their own understanding, self esteem, insight, new coping skills including daily living and social skills training. The recovery model also focuses on mental health education, reducing use/abstinence of harmful substances, counselling, pre vocational training, consultation and linking to non-government and government organisations and shared care arrangements with the General Practitioner. Family members and friends are encouraged to be involved with the clinical teams to ensure optimal outcomes for consumers.

Access & Referrals

Consult with your GP and/or local care coordinator about your needs and services. A referral form can be obtained from PRS staff or local Community Mental Health Team Service, and once completed sent to the local rehabilitation coordinator in your area or to our central intake address. For more details call general enquires.

General Enquiries Ph: 02 4915 1711

STEPS & VETE Ph: 02 4915 1796

Supported Recovery

Newcastle Ph: 02 4961 6929

Lake Macquarie Ph: 02 4904 9000

Hunter Valley Ph: 02 4939 2940

Rehabilitation Coordinator

Manning Ph: 02 6554 8874

Tamworth Ph: 02 6767 7926

Armidale Ph: 02 6776 9856

Moree Ph: 02 6757 0239

Rehabilitation & Clinical Support

Morisset Hospital Ph: 02 4973 0269

Community Development & Partnership

Ph: 02 4915 1730

Volunteer Support Program

Ph: 02 4915 1712

Court Liaison Service

Ph: 02 4924 6813

community mental health services and other agencies. This involves scoping of services and service gaps, development of local service plans, including provision of supported accommodation and personal support packages (HASI)⁵ in the provision of specialist psychiatric rehabilitation and recovery services.

Rehabilitation and Clinical Support

These services are provided at Morisset Hospital on the south-western shores of Lake Macquarie comprising of 91 non-acute beds. Inpatient facilities incorporate a 14 bed inpatient unit (*Rosella*), clinical rehabilitation and support units (located in 9 cottages) and a medium security unit (*Kestrel*). The aim of the services is to provide a range of structured rehabilitation and recovery oriented inpatient services and programs for people with serious mental illness.

Community Development and Partnerships

CDP is a non-clinical service that coordinates specific programs of Non Government Organisations (NGOs) funded through HNEMH. NGO services are funded to provide non-clinical mental health services in the community. It also covers Service Agreements with Housing (JGOS), related to the Housing and Accommodation Support Initiative (HASI), and Volunteer Support Program.

Court Liaison Service

The Court Liaison Service, located in Newcastle provides assistance to people who currently have a mental illness or have previously been diagnosed with a mental illness and are involved in criminal legal matters. The service also provides urgent mental health assessment for individuals before the court.

⁵ See Accommodation & Housing NG22