

## Services for people with mental illness

TEAMhealth's services are provided within a model of recovery focussed psychosocial rehabilitation and within the framework of the National Mental Health Plan and Standards. TEAMhealth works closely with other specialist service providers such as Top End and Central Australian Mental Health Services, drug/alcohol services and other non-government organisations.

### REFERRAL CRITERIA

Referral criteria vary for each program. Please refer to the TEAMhealth referral form and/or contact the program Team Leader or Manager for further information. Contact details are provided at the end of this brochure.

**Recovery Assistance Program (RAP)** provides recovery focussed support promoting the development and achievement of goals, and skills. The RAP also supports homeless clients in the inpatient unit (Cowdy Ward) at Royal Darwin Hospital. Referrals are accepted from any source.

**Community Housing Program (CHP)** provides short to medium term housing options for clients who have the capacity to live independently. Most of this housing is shared. CHP tenants receive support from TEAMhealth's RAP program. Referrals are accepted from any source.

**The Manse** is a specialist 24hr hour long-term supported accommodation program designed to support people with complex needs who are unable to live independently in the community. The program focuses on relearning or learning living skills within a psychosocial rehabilitation framework. Referrals are accepted through TEMHS.

**Family and Youth Service** aims to assist families, children and young people (between 16-24 years old) affected by mental illness. The focus is on prevention and early intervention, and responding to the identified local need. Service area includes the Top End. Referrals are accepted from any source.

**Sub Acute Care Program** provides intensive individualised support to clients with a mental illness and psychiatric disability experiencing an exacerbation of symptoms. It also aims to reduce hospital admission and improve the likelihood of early discharge from hospital. There are two components to the program, a residential program (Papaya) and Community Based services. Referrals are accepted through TEMHS.

**Personal Helpers and Mentors (PHaM) Program** is designed to improve the quality of life of individuals with a functional limitation resulting from a severe and persistent mental illness. The aim of the program is to provide increased opportunities for recovery for people by providing access to appropriate support services, increased personal capacity and self reliance, and increased community participation. Service areas covered includes: Howard Springs, Virginia, Coolalinga, Girraween, Humpty Doo, Noonamah, Berry Springs, Batchelor and Adelaide River. Referrals are accepted from any source.

**Day to Day Living (D2DL) Program** provides structured and socially based activity programs. TEAMhealth provides the D2DL program in partnership with GROW (a community based organisation working towards mental health through mutual help and a 12 step program of recovery). The D2DL consists of a drop-in service, support groups, training in a psychosocial rehabilitation framework. Referrals are accepted from any source.

**Respite Program** provides options for people caring for a person with a mental illness. The program provides flexible options including: In home respite, overnight stays, week or longer activities. To be eligible people must have a carer. Service area includes the Top End and Central Australia. Referrals are accepted from any source.

## Services for aged people

TEAMhealth's aged care services are provided in accordance with the Australian Aged Care Act (1977) and the Community Aged Care Package (CACP) guidelines.

### REFERRAL CRITERIA

Indigenous clients must be 50 years and over.

Non indigenous clients must be 70 years and over.

Referrals are accepted through the Aged Care Assessment Team Australian Department of Health and Ageing (ACAT).

**Community Aged Care Packages (CACP)** are an individualised planned and coordinated package of community care services designed to meet older people's daily care needs in the community. CACP provide case management to aged people with low to medium support needs.

### FURTHER INFORMATION

Contact TEAMhealth:

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# TEAMhealth Services

Recovery Assistance Program

Sub Acute Care

Personal Helpers and Mentors

Community Housing Program

Family and Youth Service

Respite

Day to Day Living Program

Community Aged Care Packages