

6 November 2018

## **A LETTER FROM OUR BOARD CHAIR**

This year, TeamHEALTH have continued to assist people of all ages with a balance of supportive and preventative services. Our achievements mark a continued dedication to Territorians and our future goals are an exciting glimpse into how our supports will continue to grow and remain strong in the years to come.

The passionate staff at TeamHEALTH have excelled this year in their training and the delivery of supports in the Top End. Our support streams enable us to care for local communities to the highest level of standards. Each support stream is an integral arm of TeamHEALTH and it has been exciting to watch them develop and grow.

Our adult supports, assist each person on their mental health journey. From day-to-day support to community-led groups, our staff create an environment that facilitates recovery. The development of a new accommodation service, which assists older adults to live with and manage mental illness, was a key success this year.

Our accommodation supports recognise that when recovering from a mental illness transitioning from fully supported living arrangements can be difficult. This year we established transitional accommodation; this assists individuals in making the transition from a supported environment through to independent living. We now provide accommodation options tailored specifically to ensure that we meet each person's needs as they travel along their mental health journey.

TeamHEALTH residential supports are where participants are offered 24-hour supports within our residential services. Our team work hard to assist in all areas of a participant's life so that they gain independence as soon as possible. The construction phase of a new residential facility is about to begin, meaning we can provide more people with this support into the future.

Our child and family support stream demonstrates our understanding of the impact and affects mental illness can have on children and family members. We provide support to the family members and children affected by a loved one's experiences with mental health. Supports under this stream also care for children and young adults who are exhibiting early signs or are at high risk of developing a mental illness themselves. Our team have continued to dedicate time to running activities specifically aimed at young adults and family members.

Our big focus for the upcoming year is to work with schools, corporates and communities to roll out tailored education packages. Early preventative measures are integral to the community's early mental health experiences. Through our education stream, we will achieve prevention.

A huge well done to all staff. This year we have accomplished so much to the credit of the team's dedication and passion for supporting Territorians.

Yours sincerely

A handwritten signature in black ink, appearing to be "MS", written in a cursive style.

Markus Spazzapan

**Chairperson**

**TeamHEALTH Board**