

Our approach

We work in a positive framework and assist you to build your confidence and skills to achieve a greater sense of meaning and purpose in life based on your own values.

Mental health recovery

We believe that recovery is an individual process and that with the right kind of support each person can move towards a life that matches their own values and goals for the future.

Recovery goals often include physical and mental health, self-confidence, social and community connection, education and skills development, and employment.

The Collaborative Recovery Model (CRM)

Neami uses the Collaborative Recovery Model to support people through our services.

The CRM aims to identify your personal values and goals, and then helps you make progress towards achieving them. Each person chooses their own goals.

Our staff support you along the way and help connect you with other services in your local community.

More information

Contact PARC

58 Barwon Heads Road, Belmont VIC 3216

24 hours / 7 days a week

Phone 03 4215 8101

Fax 03 4215 8198

About Barwon Health

Our vision

Together with our community we build healthier lives, inspired by world class standards

Our mission

With our consumers at the forefront, we accomplish excellent and efficient care, education & research to advance health and wellbeing for all.

www.barwonhealth.org.au

About Neami National

Our vision

Full citizenship for all people living with a mental illness in Australian society

Our mission

Improving mental health and wellbeing in local communities

www.neaminational.org.au



Residential service

Prevention and Recovery Care Service (PARC)



Our services

The Prevention and Recovery Care (PARC) service is jointly run by Barwon Health and Neami National. This short-term, site-based service is for people who are at risk of requiring hospital admission or who are leaving hospital and require additional support to successfully transition back into the community.

The service supports people before they enter or after leaving the Swanston Centre Acute Psychiatric Admissions Unit.

The PARC is not a replacement for acute inpatient services, but a preventative option that can avoid the need for hospitalisation in many cases.

PARC is a voluntary six bed service offering twenty-four-hour support and a range of individual and group rehabilitation and recovery programs.

The service offers a range of individual support and group programs to consumers of the residential service that are focused on areas such as health planning and identifying goals or aspirations for the future.

Services are provided to people in the Geelong, Colac and surrounding areas for people aged 16 and over who are experiencing difficulties as a result of mental ill-health.

Staying at PARC

PARC has a No Alcohol or Drugs policy and is a smoke free venue.

Your stay at PARC is free although you will need money to purchase your own food during your stay.

Throughout your time at PARC, staff will work with you to establish your longer term goals and connections in the community to assist you in your ongoing recovery.

Everyone staying at the service is required to cook for themselves although support is available where required. Breakfast is provided in the morning.

People accessing the service are encouraged to attend the Optimal Health Programs, Monday to Friday 10am-11am as well as other group programs available.

While at the service, you will have a meeting with your team (Clinical and Neami staff) once a week to review how you're going and to discuss your support needs for the next week.

The PARC is able to support you with medication monitoring and maintenance during your stay.

PARC staff and treating team will also work with you during your stay to plan for your discharge. If you feel that you still require support after your stay at PARC you can ask your Case Manager to refer you to Neami's Outreach Program.

Group programs

As part of the residential and day services, we offer a range of groups that support you to develop knowledge, skills, and resources that are consistent with your personal goals and values.

Optimal Health Program (OHP)

The Optimal Health Program is a group program which helps you to improve your wellbeing. OHP considers the balance of social, emotional, mental, physical and spiritual needs.

In this program, you will develop your own Recovery and Treatment Plan and are supported to use the skills you have gained through the program with your support networks.

Other programs

PARC offers a range of other groups that respond to the interests of people staying at the time. These groups may include:

- Relaxation
- Cooking group
- Walking group
- Spirituality
- Eat Plant Learn
- Peer led group