

Our approach

Neami National is a community mental health service that provides rehabilitation and recovery support services across Australia.

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.

Collaborative Recovery Model (CRM)

We use the Collaborative Recovery Model to support people through our services. The CRM aims to identify your personal values and goals and work towards them.

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

More information

Contact Cairns Community Recovery Unit

Service hours

24 hours, 7 Days

Enquiries

Monday to Friday, 8.30 am - 5:00 pm

Phone 07 4226 4000

Fax 07 4220 9411

cairns@neaminational.org.au

About Neami National

Neami National is a community mental health service supporting people to improve their health, live independently and pursue a life based on their own strengths, values and goals.

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

Cover image: Amy Piesse

March 2017

Cairns Community Care Unit

A recovery-orientated residential program supporting people experiencing mental illness to regain independence



Our service

The Community Care Unit (CCU) is a residential service managed by Neami National and delivered in partnership with Cairns and Hinterland Hospital and Health Service (CHHHS).

The CCU provides community-based recovery-oriented support for individuals with severe and enduring mental health issues in the Cairns region.

The CCU provides medium to long-term residential support to assist in regaining independence.

The Community Care Unit provides:

- A supported residential environment with a focus on developing and working towards personal recovery goals and planning for transition back into community living.
- Support to establish daily routines including cooking, cleaning, and shopping.
- Programs tailored to individual needs that focus on reconnecting with community including general practitioners, health practitioners, community organisations and clubs.

Referrals and Eligibility

Referrals to the Cairns CCU are only through the CHHHS mental health alcohol and other drugs service.

If you are interested in the CCU, contact your CHHHS case manager.

Our programs

The CCU has 20 self-contained, one-bedroom units with 24 hour support on-site.

Our programs help to provide space and time to reflect on your recovery journey as well as targeted opportunities to develop in a way that supports lasting life changes.

While at the CCU, you will regularly meet with your team of support staff and health professionals to identify and work towards your lifestyle and wellbeing goals. While staying at the service, you are expected to attend programs and groups and participate in planning your transition back into your community.

Health and wellbeing are the focus of our program - the CCU has a no-alcohol and drugs policy and is a smoke-free environment. The CCU can help you to address addictions as well.

Everyone participating in the program pays a contribution to stay at the CCU and shops for and prepares meals in their own unit (with support provided to establish meal preparation skills).



Group Programs

A range of groups are offered at the CCU that develop knowledge, skills and resources that are consistent with personal goals and values.

Optimal Health Program (OHP)

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

In this program, you will develop your recovery and treatment plan and be supported to use the skills you gain with your support network.

Peer Support

Peer Support Workers combine their professional training with a personal, lived experience of recovery to assist you in your unique recovery. Peer Support workers also run a recovery focused self-development group called Flourish.

Other programs

The CCU offers a range of other programs that respond to the interests of people staying at the time. These include:

- Relaxation / Meditation
- Quit Smoking
- Cooking and Nutrition
- Eat Plant Learn
- Exercise / Fitness