

# 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.

We provide services in diverse communities ranging from the inner-city suburbs to regional and remote areas.

## 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 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 Neami Seaford YRRS

9am–10pm Monday to Friday  
2pm – 10pm Saturday and Sunday

Phone 03 8738 9736  
Fax 03 9776 4193  
Intake Assessment Service 1300 379 462

[seaford@neaminational.org.au](mailto:seaford@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](http://www.neaminational.org.au)

Cover image: Panorama with sea sunset, Seaford, Victoria, Australia  
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# Neami Seaford YRR Youth Residential Rehabilitation Service

A self-development, mental health  
recovery program for young  
people in a residential setting



# Our services

Neami's Youth Residential Rehabilitation Service (YRRS) is a mental health recovery program set within a residential setting for young people aged 16 to 25.

You can reside on site while undertaking the program for a negotiated time period (maximum 12 months). During this program, we work with you in the areas of self-development so that you feel capable and confident to live a life that has meaning for you.

Areas of self-development include:

- Self-responsibility
- Understanding behaviours and emotions
- Self-care
- Enhanced coping skills
- Daily living skills
- Independent living

This program can also assist you to develop and maintain links with your local community, family and social networks, and educational and vocational opportunities.

Neami operates four YRRS's in Victoria. They are located in Hawthorn, Moorabbin, Noble Park and Seaford.

The service is run by a multi-disciplinary team of community support workers, including people with an experience of mental health recovery.

## Group activities

The YRRS is a supportive and friendly community providing group programs and weekly meetings with other participants. Issues can be raised and resolved with the guidance of Peer Support Staff.

Group programs are therapeutic in nature focusing on motivation, purpose, fears, hopes, goals, and perceptions of self. These groups include goal setting, building knowledge, learning skills, exploring health holistically, and developing awareness around mental health issues.

Neami delivers the Optimal Health Program and Flourish as part of the Youth Residential Model, accompanied by a variety of alternative activities and groups that support your recovery.

## Optimal Health Program (OHP)

This group program helps you to improve your wellbeing. OHP considers the balance of social, emotional, mental, physical and spiritual needs. It provides tools to help set your own priorities and work towards progress in your chosen areas.

## Flourish

Flourish is a recovery focused, self-development group that is fun, interactive and helps you to explore your values and strengths. The program is run by Peer Support Workers who have a lived experience of mental health issues and recovery.

# Referrals and eligibility

## Eligibility

To be eligible for Neami Seaford YRRS you must be:

- Aged 16 - 25
- Diagnosed with a mental illness
- Able to cooperatively engage in a group setting and willing to participate in the program
- Not using illicit substances/drugs or alcohol during your time with the service

## Referrals

Referrals can be made directly via the Victorian Intake Assessment Service: 1300 379 462.

Assessment for entry into the service is conducted by Neami staff together with partnering organisations. All referrals will be considered based on the eligibility criteria. Feedback on the outcome will be provided in a reasonable time.

## Feedback and complaints

Neami is committed to improving our services and values your feedback to help us do so. Feedback and complaints are welcome in all Neami services and other organisational areas.

For more information on the feedback process, including downloading the feedback and complaints form, visit

[www.neaminational.org.au/feedback](http://www.neaminational.org.au/feedback)