

# Neami Strathpine

Outreach support and group  
programs for mental health  
recovery and wellbeing



# 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.

# Our services

## Community outreach support

We provide individual recovery support to people experiencing mental health issues. The type and amount of support available varies depending on your needs and eligibility. We support you to identify your own strengths, values and goals in life.

Community outreach provides support in your recovery while also strengthening your connections to your community and support networks.

Examples of things we can support you with include:

- Becoming involved in social and community activities, and connecting with local services
- Improving relationships with family and friends
- Improving physical health and wellbeing
- Becoming more confident in everyday tasks such as budgeting, catching public transport and looking after your home
- Pursuing education and employment opportunities

Outreach support programs are provided through the Personal Helpers and Mentors Program (PHaMS).

## Support with housing and accommodation

The Housing and Support Program (HASP) provides clinical and non-clinical support and social housing. We assist you to move from the care of acute mental health services to stable, community living.

Young Adults Exiting Care of the State (YAECS) provides young adults leaving settings of State care with non-clinical and social housing support. We can assist you to transition back into community living.

## Service coordination

Partners in Recovery (PIR) is a coordination program helping people living with serious and long-lasting mental health issues to navigate and manage services and care providers.

We support you, your family and/or carers to navigate services and reduce the stress and work involved in getting them to talk to each other and work together

We also create better links between clinical and community services while improving referral pathways and promoting recovery, wellbeing and good health.

Partners in Recovery is a free service coordination program funded by the Australian Government.

## Group programs

We offer a range of group programs to develop knowledge, skills and resources that are consistent with your personal goals and values, while benefiting from the shared experience of group work.

**The Optimal Health Program (OHP)** helps you to improve your wellbeing. OHP considers the balance of social, emotional, mental, physical and spiritual needs.

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

## Launching pad

Launching Pad is a four day skills development program that explores the key concepts involved in authentic consumer participation.

# Eligibility and referrals

## Eligibility

The eligibility criteria varies for our different programs.

As a general guide you must be:

- Aged 16 or over
- Experiencing mental health issues
- Living in or connected to Greater Metro North Brisbane and Moreton Bay regional council areas

## Referrals

Individuals, carers, families, mental health professionals and other health care providers can make referrals. Referrals must be discussed with the individual prior to making the referral.

Neami encourages referrals from people from culturally and linguistically diverse backgrounds, Aboriginal and Torres Strait Islander people, and refugees.

## Feedback and complaints

Neami is committed to improving our services and invites 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)

# More information

## Contact Neami Strathpine

8.30am – 5pm, Monday to Friday

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## 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 photo by Jan Smith

