



# Cairns Community Recovery Program

## Community Care Units (CCU)

The Cairns Community Recovery Program is a partnership model between Neami National and Cairns and Hinterland Hospital and Health Service (CHHHS).

The program commences in November 2015 and provides three community-based recovery-oriented support options for individuals with severe and enduring mental health issues in the Cairns Region.

Neami National has been engaged to manage the Community Recovery Program and will work closely with the CHHHS Mental Health and ATOD teams to ensure the delivery of complementary clinical and psychosocial recovery services.

### Model of support

The Community Recovery Program has three components, which include:

#### Cairns Community Care Units (CCU)

The new centre consists of 20 self-contained 1-bedroom units, offering 24-hour support.

The residential service is an option for people who need medium to long-term residential rehabilitation support to assist in regaining independence.

Through their partnership both Neami and CHHHS staff are available on-site and off-site to provide clinical services and recovery programs.

The Community Care Units provide:

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

#### Cairns Outreach Service

The outreach service supports those consumers transitioning from the residential facility and moving back into community living.

Community outreach supports the individual's recovery journey and the establishment of routines in their own home while also strengthening connections to community and support networks.

#### Cairns Day Service

The day service offers a range of individual support and group programs to up to 40 consumers of the residential facility and other individuals that live in the community and are supported by the CHHHS Mental Health and ATOD Service.

The groups are focused on areas such as optimal health planning, education and identifying goals or aspirations for the future.

Similarly, some work is conducted individually with peer workers, community rehabilitation support workers, aboriginal social and emotional wellbeing worker and allied health staff.

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## Community Care Unit (CCU)

The aim of the Community Recovery Program is to promote individual recovery by:

- Providing opportunities that maximise individual strengths and potential
- Providing support to acquire and maintain daily living skills
- Building capacity and confidence to engage and live in the community

### Referrals

Referral to the Community Recovery Program is only through the CHHS clinical services.

### About us

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.

Neami National started life 28 years ago as a group of people wanting to improve the lives of their family members, friends and neighbours living with mental illness.

Today, we are one of Australia's leading specialist community mental health services supporting people in diverse communities in Queensland, Western Australia, South Australia, Victoria and New South Wales, ranging from the inner-city and suburbs to regional and remote areas.

### 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

### Our approach

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.

### The Collaborative Recovery Model (CRM)

We use a model of recovery called the Collaborative Recovery Model to support consumers through our services. Our staff support consumers along the way and help connect them with other services in the local community.

### Peer support

Our service teams include Peer Support Workers, who combine their professional training with a personal, lived experience of recovery.

### Consumer participation

We have a commitment to consumer participation and cover the full spectrum of participation from involvement in service planning, interview panels, our research committee and our board of directors. Consumers play a major role in shaping our organisation.

### Health promotion

There are several areas where physical health and wellbeing can contribute to or undermine recovery. We promote good health in many different ways throughout all of our services.

### More information

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