

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 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 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 supports in your local community.

More information

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

To improve mental health and wellbeing in local communities

Contact us

Contact details for your nearest Neami National service:

Fill in details or attach site card/sticker

Neami site: _____

Phone number: _____

Message: _____

Cover image by Neami National



Optimal Health Program (OHP)

Helping you improve your wellbeing

www.neaminational.org.au



About the program

The Optimal Health Program helps you improve your wellbeing in a holistic way.

It considers the balance of your social, emotional, mental, physical, occupational and spiritual needs.

It provides tools to help set your own priorities and then work towards progress in your chosen areas.

The program uses the 'I Can Do' model (below) that identifies the stresses and vulnerabilities in your life and how to manage these with clear strategies employing your own strengths.



Planning your wellbeing

You are invited to develop your own individual wellbeing plan which covers three key areas of health.

Health Plan 1 – Optimal Health

Recognise your strengths and strategies in managing everyday health and wellbeing.

Health Plan 2 – Sub Optimal Health

Better understand and monitor your stress, vulnerability and identify your collaborative partners and personal support network.

Health Plan 3 – Episode of Illness

Manage episodes of acute illness and respond with identified strategies and supports.

The Optimal Health Program also explores:

- Managing your medication
- Monitoring your metabolism
- Understanding change and resolving ambivalence
- Setting valued directions for greater wellbeing
- Creative problem solving
- Self-monitoring levels of wellbeing

You are encouraged to discuss and use the skills and knowledge you have gained through the program with your support worker and personal support network.

More information

For more information about OHP, see the website at www.neaminational.org.au/OHP

Benefits, eligibility and referrals

Benefits of the program

The Optimal Health Program is the result of research to develop a self-management program promoting hope, growth and collaboration.

Previous participants have reported benefits including:

- Prevention of acute illness and relapse
- Less time spent in hospital and acute health services
- Greater confidence in managing their wellbeing
- Improved use of collaborative partners and supports

Eligibility

You must be a current consumer of Neami National to participate in the Optimal Health Program.

Referrals

Please speak to your support worker if you are interested in taking part.



**Frameworks
for Health**

The Optimal Health Program was developed by Frameworks for Health, St Vincent's Hospital Melbourne.