

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 that assists you to build your confidence, skills and to achieve a greater sense of meaning and purpose in life.

We provide services in 36 local communities ranging from the inner-city to regional and remote areas.

Mental health recovery

We believe that recovery is an individual process and that with the right kind of support everyone 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 connections; education and skills development; and employment.

Collaborative Recovery Model (CRM)

We use a model of recovery called the Collaborative Recovery Model to support you through our services.

The CRM helps you to identify your personal strengths, values and goals and then work towards achieving them. You choose your own goals.

Our staff will be there with you along the way and will also help you connect with other supports in the local community.

More information

Contact Neami Preston Northern PARCS

Enquiries: 9am–5.30pm
Monday to Friday

Service hours: 24 hours / 7 days for residents

Phone: 03 9470 3100

Fax: 03 9470 3122

preston@neaminational.org.au

About Neami National

Neami National is a community mental health service supporting the rehabilitation and recovery of people living with mental illness and psychiatric disability. We work with people to improve their health, live independently and pursue a life based on their 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

neaminational.org.au



Neami Preston Northern Prevention and Recovery Care Service (PARCS)

Short-term support to prevent hospital admission and support rehabilitation and recovery

neaminational.org.au



Neami Preston (Northern PARCS) is a short-term site-based service for people who are at risk of requiring hospital admission or who are leaving hospital and require additional support to successfully transition back into the community and avoid relapse.

This is not a replacement for acute inpatient services, but a preventative option that can avoid the need for hospitalisation in many cases.

We are a 10 bed service offering 24-hour support and a range of individual and group rehabilitation and recovery programs. Clinical supports and treatment are available on-site as required.

The average time spent here is 1-2 weeks with a maximum stay of 4 weeks. Each person is individually assessed and monitored during their time here.

For more information visit:
neaminational.org.au/prestonparcs

Individual work

We work with you to reduce your level of distress from mental illness and to avoid admission or re-admission to acute inpatient hospital care.

We work in the following areas:

- Assessing immediate and longer-term needs
- Monitoring safety and wellbeing
- Development of a relapse prevention plan
- Liaison with clinical services
- Referrals to community supports upon exit
- Development of exit plans and facilitating family involvement where appropriate

Group work - Optimal Health Program

We provide the Optimal Health Program, which focuses on the areas of:

- Symptom recognition
- Monitoring of early warning signs
- Understanding of stress, vulnerability and coping
- Maintaining wellness and health
- Developing an action plan to support:
 - Daily coping skills
 - Managing symptoms and medication
 - Relapse prevention planning

The Optimal Health Program begins in a group setting but recognises that recovery is an individual process and feeds into your individual work.

Eligibility

To be eligible you must be:

- Aged 18-64 and living in the local government areas of Darebin or Whittlesea
- Registered with the Northern Area Mental Health Service (NAMHS), Victorian Aboriginal Health Service (VAHS) or a Neami outreach support service
- Able to engage in a group setting and willing to participate in the Optimal Health Program
- Not using illicit substances/drugs or alcohol during their time with the service

AND

- Exhibiting early warning signs of acute illness and requiring increased support and treatment to prevent hospital admission

OR

- Requiring additional support following acute inpatient admission to transition back into the community and avoid re-admission

Referrals

Referrals can be made directly to Neami Preston or via Northern Area Mental Health Services (NAMHS) or the Victorian Aboriginal Health Service (VAHS) Monday to Friday during business hours.

Assessment for entry into the service is jointly conducted by Neami staff together with NAMHS.

Feedback on the outcome will be provided to the referrer in a reasonable time.