

Our approach

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.

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.

The Collaborative Recovery Model (CRM)

Neami uses 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 PARC

58 Barwon Heads Road, Belmont VIC 3216

24 hours / 7 days a week

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About Barwon Health

Our vision

Together with our community we build healthier lives, inspired by world class standards

Our mission

With our consumers at the forefront, we accomplish excellent and efficient care, education & research to advance health and wellbeing for all.

www.barwonhealth.org.au

About Neami National

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



Outreach service and Optimal Health Program (OHP)

Prevention and Recovery Care Service (PARC)



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Our services

The Prevention and Recovery Care (PARC) service is jointly run by Barwon Health and Neami National.

This short-term, site-based, service is 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.

The service supports people before they enter or after leaving the Swanston Centre Acute Psychiatric Admissions Unit.

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

Barwon PARC offers different service alternatives for different needs - a residential service, a day service, and an outreach service.

The day and outreach services offer an alternative to staying at the PARC residential service.

Services are provided to people in the Geelong, Colac and surrounding areas for people aged 16 and over who are experiencing difficulties as a result of mental ill-health.

OHP and groups

Neami offers a range of individual support and group programs to consumers of the residential service and others that live in the community while supported by Barwon Health.

Group programs

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

Optimal Health Program (OHP)

The Optimal Health Program is a group program which helps you to improve your wellbeing. OHP considers the balance of social, emotional, mental, physical and spiritual needs.

You will develop your own wellbeing plan and are encouraged to use the skills you have gained through the program with your support networks in the community.

Other programs

PARC offers a range of other groups that respond to the interests of people staying at the time. These groups may include:

- Relaxation
- Cooking group
- Walking group
- Spirituality
- Eat Plant Learn
- Peer led group

Outreach services

The outreach service supports consumers transitioning from the residential facility back into the community. It also supports people living in the community who are at risk of relapse.

Outreach supports your recovery journey and helps you to establish routines in your home. It can also assist you to strengthen connections to your community and support networks.

Outreach is a twenty hour package, that is spread over two months. During this time, a Neami outreach worker will visit you in your home or the community and to identify and work with you on your recovery goals. These are based on your own values, strengths and priorities in life.

Recovery goals can include areas such as:

- Reducing distress from symptoms
- Managing medication and accessing allied services
- Daily living and self-care skills
- Social skills and confidence
- Reconnecting with family and friends
- Pursuing education and developing new vocational skills
- Exploring employment and volunteering opportunities
- Community connections
- Holistic wellbeing
- Participating in community activities
- Improving physical health
- Gaining a greater level of independence