

# 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.

# More information

## Contact Neami Joondalup

Open 24 hours / 7 days a week

Phone: 08 6200 9165

Fax: 08 6200 9168

joondalup@neaminational.org.au

Neami Joondalup is available to anyone living in Western Australia with a mental illness.

## 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 image by Amy Piesse

# Neami Joondalup Mental Health Sub-Acute Service

A short-term support service to prevent hospital admission, support early discharge and promote recovery



# Our services

Neami Joondalup is a short-term support service for people with a mental illness to prevent hospital admission or support early discharge. We also assist people to transition back into the community after hospital.

The service is not a replacement for acute inpatient care but an option that can prevent the need for hospitalisation when people are aware they are becoming unwell.

We are a 22 bed centre offering 24-hour support and a range of individual and group rehabilitation and recovery programs. Clinical supports and treatment are available as required.

Neami Joondalup is available to anyone living in Western Australia with a mental illness diagnosis.

## Features of our service include:

- Vegetable garden
- Tennis court and bicycles
- Recreation room for crafts and games
- Communal and quiet areas
- Outdoor BBQ area
- Communal kitchen
- Private laundry facilities
- Ensuite bathrooms

The service is run by a multi-disciplinary team of rehabilitation and peer support workers. Nursing staff are on site 24 hours a day, 7 days a week.

The average stay is 2-4 weeks. Each individual is assessed and monitored during that time.

For more information visit [neaminational.org.au/joondalup](http://neaminational.org.au/joondalup)

## Individual work

Neami works with you to reduce distress from mental illness and to avoid admission or re-admission to acute inpatient hospital care.

We work with you in the following areas:

- Assessing your immediate and long-term needs
- Monitoring your safety and wellbeing
- Developing a relapse prevention plan
- Liaising with clinical services, carers and the community
- Referring to community supports upon leaving
- Developing exit plans and facilitating family involvement where appropriate

## Group work - Optimal Health Program

The main group program we provide is the Optimal Health Program, which focuses on:

- Recognising symptoms
- Monitoring early warning signs
- Developing an action plan to support:
  - daily coping skills
  - managing symptoms and medication
  - relapse prevention
- Understanding stress, vulnerability and coping
- Maintaining wellness and overall health

The Optimal Health Program begins in a group setting but recognises that recovery is an individual process. Staff assist you to meet your personal goals.

# Referrals and eligibility

## Eligibility

To be eligible for Neami Joondalup you must:

- Be aged 16-64 and eligible for mental health services
- Have a mental health diagnosis
- Be able to engage cooperatively in a group setting and willing to participate in the Optimal Health Program
- Have stable and ongoing accommodation
- Not using illicit substances/drugs or alcohol during your time with the service

AND

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

OR

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

## Referrals

Referrals can be made directly to Neami Joondalup by Psychiatrists, General Practitioners and mental health organisations with the consent of the individual.

All referrals will be considered with reference to the eligibility criteria and feedback on the outcome will be provided to the referrer in a reasonable time.

Part of the referral process also requires you to be available for an assessment prior to placement.