

Findings from the Joondalup Evaluation Project

In Australia, step-up step-down mental health residential facilities are an option that sits between a hospital stay and community based care. They provide residential accommodation supported by 24 hour staffing that frequently includes both clinical staff and recovery-focused non-clinical supports.

People can access this type of service to prevent the escalation of illness or the need for hospital. Alternatively, they can use the service after spending time in hospital to strengthen their recovery before returning home.

The Joondalup Mental Health Step-Up Step-Down service (JMhSS) takes a 'holistic and 'person centred' approach. People are encouraged to address all aspects of their health and wellbeing according to their individual needs and goals.

An important focus of the service is to empower people with the skills and confidence to live well in their community.

A recent study exploring outcomes for people who access the JMhSS has demonstrated its value and impact on a number of fronts:

1. Personal improvements between entry and exit*



20.7% reduction in psychological distress



14.1% increase in self-efficacy



12.8% reduction in perceived impairment of everyday activities

*as measured by the K10, GSES and WSAS (n = 382).

** Look back and follow up health data obtained from the Western Australian Data Linkage Branch for people (n = 267) who accessed the JMhSS service between May 2013 and Dec 2014 and a matched cohort of people (n = 267) (who did not receive Neami service) to optimize the findings' rigour.

2. Hospital usage changes after spending time at JMhSS**



13-16% reduction in hospitalisation



50-59% less likely to be admitted



7-8 less days per year in hospital (on average)



37-39% less likely to present at emergency

More information

For more information, or to request a copy of the report, contact us at:

The Neami Research and Evaluation Team
P 03 8691 5300
E research@neaminational.org.au

Neami Joondalup Step-up Step-down
P 08 6200 9165
E jmhss@neaminational.org.au

We acknowledge Aboriginal people as the traditional owners of the land we work on and pay our respects to their elders past and present.

We welcome and appreciate diversity in all its forms, including staff and consumers, and believe diversity makes our teams, services and organisation stronger.



 **neami
National**
Improving Mental Health
and Wellbeing