

# Transition to Recovery Program (TRec)

## Services and supports for mental health carers

### Carers ACT

**Information and advice:** our 1800 242 363 information line is the first point of contact for access to information, services and support for families supporting a person with mental illness.

**Counselling and support groups:** talk things over with one of our professional counsellors or connect with other carers through Mental Health Carers Support Groups (south-side and north-side).

**'Keeping Families Connected'** is a five-week practical program to help families and friends better understand and cope with the challenges of caring for someone with a mental health issue and/or a drug dependency.

**Carer advocacy:** one-on-one advocacy support is available to help carers negotiate the often complex health service system.

**Respite – taking a break:** the Mental Health Respite Program provides respite options that are tailored for mental health carers and their families; and information about services in the community which can help provide support in a crisis situation. Call 1800 052 222 for more information.

**Educational and social activities:** education workshops and courses provide practical information to help support carers in their caring roles. Social events offer carers an important break from the caring role. They include regular

groups for craft, art appreciation and Tai Chi as well as four seasonal lunches per year, day trips and overnight carer gatherings.

Culturally appropriate services and supports are also available for Aboriginal and Torres Strait Islander carers, and carers from culturally and linguistically diverse backgrounds.

**Young carers:** individual support for young carers aged up to 25. Information, referral, respite and brokerage (based on needs assessment). Call 1800 052 222 for more information.

*For more information about services and supports provided by Carers ACT please call the information line on 1800 242 636.*

### Other supports

**Al-Anon Family Groups:** telephone 1300 252 666.

### Mental Health Carers ARAFMI NSW, ACT

**Branch:** group and individual support for relatives and friends of the mentally ill, based at Calvary Hospital. Call 0466 384 895 or email [mhcarafminswact@gmail.com](mailto:mhcarafminswact@gmail.com).

**Family Drug Support:** non-directive support and information to families and friends of drug users. Telephone 1300 368 186, 24 hours/7 days a week.



**WODEN  
community  
service inc.**

## TRANSITION TO RECOVERY PROGRAM (TRec)

### CARER INFORMATION

TRec assists people to make a successful transition from hospital to home, or provides support in the community to avoid readmission to hospital.

TRec's focus is on the person experiencing a mental health issue. But we are also interested in the experience of their families and how we can effectively support family members and carers.

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*TRec is an ACT and Australian  
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**Step Up Step Down  
Intensive Outreach  
Support**

# Transition to Recovery Program (TRec)

TRec is an adult **Step Up Step Down** program for people aged 18 – 64. The program runs for up to 12 weeks.

## The program offers:

- support with day to day living needs e.g. shopping, attending appointments, etc.
- after hours support up to 9pm and on weekends in the first month
- education and support to manage ongoing mental health issues
- liaison and joint recovery planning with a clinical manager
- links to peer support networks, including groups, courses and peer mentoring
- information and support for family and carers about mental health
- referrals to other services.

## The role of carers and family members

TRec acknowledges the evidence that demonstrates the importance of families and carers to the wellbeing and recovery of people with a mental illness.

(PHaMs Guidelines 2010)

TRec recognises the important role that family members can provide to support participants in the program.

The TRec program involves family members at the time of assessment and during the participant's time in the program and encourages connections with family members where this is possible and appropriate.

TRec actively seeks feedback about the service from family members so we can continually improve it.

Trec can talk with you about your experience and perspective, and can link you with carer information and supports.

**Note:** The *Privacy Act 1988* requires participants to give consent for family members or carers to be involved in their care.

## A focus on strength and recovery

TRec believes that people with mental health problems can lead fulfilling and rich lives. We actively support people in the program by focusing on their strengths and seeking solutions to their problems.

## A definition of recovery (ACT Health)

*"Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential."*

## Some thoughts about recovery

*"Recovery has to be pursued; it does not simply occur in response to medication or other treatments. Recovery in this sense refers primarily to what a person does to manage his or her illness to reclaim his or her life in the presence of enduring disability. The major sources of power driving this process are a person's own efforts, energies, interest and most importantly hope."*

Larry Davidson (Recovery Oriented Practice, 2009)

## Who is eligible for TRec?

People are eligible for TRec if they:

- live in the ACT (the area covered by ACT Mental Health services) and have a permanent address or alternative accommodation
- are aged between 18 and 64
- would benefit from case management and additional support during a time of transition
- have current mental health symptoms and can manage in their own home.

## How does TRec work?

People are referred to TRec by a clinical manager or a member of a treating team in hospital.

Participants are required to give consent and sign an agreement before they enter the program.

Each person in TRec has a key worker and a clinical manager.

Referral forms are available by calling Woden Community Services on 6234 6839.

