

# Transition to Recovery Program (TRec)

## You are eligible for TRec if you:

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

## You can be referred to TRec by:

- your clinical manager and treating team at hospital.

We need your consent and agreement before you enter the TRec program.

Each person in TRec will have a key worker and a clinical manager.

At the end of the program you will have achieved some of your goals, be linked with activities and people in your community and have strategies in place to manage your mental health.

You will have a long-term recovery plan and links with other community services and peer support.

## Peer support

The value of peer support in personal recovery is well established. It provides encouragement and hope by people who have been through a similar experience and are living in recovery.

TRec workers will link you to peer programs, networks, courses and support groups if this is of interest to you.

26 CORINNA STREET, WODEN

PO BOX 35, WODEN ACT 2606

tel: 02 6221 9511

fax: 02 6285 1322

email: [wcsadmin@wcs.org.au](mailto:wcsadmin@wcs.org.au)

[www.wcs.org.au](http://www.wcs.org.au)

*TRec is an ACT and  
Australian Government  
funded program*



**WODEN  
community  
service inc.**

## TRANSITION TO RECOVERY PROGRAM (TRec)

## CONSUMER INFORMATION

TRec aims to maximise your potential for recovery and independence following an admission to hospital.

The program also provides support in your community to reduce the likelihood of admission to hospital.



**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 offering intensive outreach support, including evenings and weekends during the first month.

## Step Down

Means you are coming out of hospital and need additional support while you transition to home.

## Step Up

Means you will benefit from additional support in the community to avoid the need for hospitalisation.



*We will work with your strengths and your own personal goals for your lasting recovery.*

## The program offers:

- support with your 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 your 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.

## Focus on strength and recovery

We are interested to know:

- how you manage your illness
- how we can support you at this time to continue your recovery during this transition
- how we can support your hopes, interests, talents, energies and efforts.

## 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)

## Recovery services like TRec aim to:

- provide reassurance of safety
- restore hope and meaning
- build connections and community strength
- promote human dignity
- demonstrate understanding and caring
- maintain a respectful and accepting attitude
- reduce the sense of isolation
- provide opportunities to share experiences
- reinforce capacity to problem solve and take control
- look for and identify strengths that can raise self-esteem
- set realistic goals
- provide links with groups or agencies that are understanding and supportive and
- facilitate coping and problem solving skills.

( PHaMS Guidelines, 2011 )