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| Number and Name of Original Issue | Issue (9): Rehabilitation |
| Description of Issue | Lack of worthwhile and appropriate rehabilitation |
| Description of Issue Adjustment Recommendation: | Change name of issue to: Recovery Focused Services Change Description to: Increasing opportunities for consumers to a range of wellbeing and recovery focused services |
| Prepared by | Michael Appleton & Paula Hanlon and finalized by the working group on 11/05/2012 |

Group 2 made the following recommendations

Rec No 1: More education and information on different therapies and activities, such as biofeedback, CBT, Thai Chi, herbal remedies (and their interactions with meds)

Rec No 2: There should be more facilitators into various activities, group discussions. More of a collaborative approach between different organizations. More books in hospitals. More activities in hospitals and outside brochures and pamphlets should be available for different activities.

Rec No 3: Peer hospital to home transition.

Michael Appleton was the Recovery Bus Coordinator for the group.

Feedback since the Consumer Day:

Since the 2010 Sydney TheMHS Consumer Day 60 people have responded through survey monkey 11 people responded to this issue with 11 agreeing and 0 people disagreeing with the recommendations put forward by the working group.

3 people made comments on the recommendations

Comments

We have reviewed the 3 comments supplied through Survey Monkey and suggest that this issue is still relevant because consumers are still having issues accessing relevant wellbeing and recovery activities and groups.

Rewording suggestions for Recommendations:

Rec 1: Education and information on physical and psychological therapies (traditional and alternative) and programs be available and offered to consumers.

Rec 2: Consumer led services, activities and programs to be adequately resourced and supported.

Rec 3: Partnerships between services be strengthened to ensure consumers have an empowered choice of wellbeing and recovery activities and programs that support their recovery journey, e.g. Personal Helpers and Mentors Services (PHAMS)

Rec 4: Access to information, including available community services and recovery focused activities be made available in all inpatient settings, as part of the leaving pack. These to include peer run programs.

Rec 5: Peer led programs to support the transition of people from hospital to home be reviewed and promoted for implementation within all health services. Examples include: FUDGES (telephone support program); CAN Hospital to Home.

Other issues for working party consideration/discussion: The working group need to be aware of:

Glossary: “leaving pack” (Star Wards), “CAN”, “PHAMS”, “recovery focused services” (see Mike Slade’s book), “empowerment”, “resilience” “Fudges”

Websites:

PHAMS: www.fahcsia.gov.au/sa/mentalhealth/personalhelpersmentorsprogram/pages/default.aspx#3b

CAN: www.canmentalhealth.org.au

Star Wards: www.starwards.org.uk

Mike Slade: www.mentalhealthcare.org.uk/recovery

Craze Lateral Solutions Mental Health Recovery Framework: www.crazelateralsolutions.com

NZ Mental Health Commission Recovery Meanings and Measures: (examples from each tool on peer support) www.mhc.govt.nz/files/recovery%20and%20measures.pdf