



**INFORMATION
BOOKLET FOR
INDIVIDUALS,
THEIR CARERS &
FAMILIES**

What is Partners In Recovery?

Grampians Partners in Recovery (GPIR) is a new initiative providing assistance to those with severe and persistent mental illness with complex needs who require support from multiple agencies. GPIR aims to better support these individuals, and their carers and families, by getting services and supports from multiple sectors they may come into contact with (and could benefit from) to work in a more collaborative, coordinated, and integrated way. GPIR will facilitate better coordination of and more streamlined access to the clinical and other service and support needs of these individuals.

GPIR focuses on those who have a severe and persistent mental illness with complex support needs that require a response from multiple agencies. These individuals have persistent symptoms, significant functional impairment and psychosocial disability, and may have become disconnected from social or family support networks. This can lead to extensive reliance on multiple health and community services for assistance to maintain their lives within community-based settings and outside of institutional care. They may have co-morbid substance use or physical health issues or both, are likely to experience difficulties maintaining stable accommodation, and experience difficulty in

completing basic activities of daily living. These individuals are reported to often fall through the system gaps and require more intensive support to effectively address the complexity of their needs.

What Services are involved with Partners in Recovery?

GPIR will build on the existing services and supports that are available in each Medicare Local region.

Private, government (Commonwealth and state/territory), and non-government services and supports expected to be involved in GPIR may include, but not be limited to:

- Public community and specialist mental health services; such as local Area Mental Health Service (AMHS) and community mental health support services
- Private psychiatrists and psychologists;
- Primary (e.g. GPs), secondary (e.g. OTs, optometrists, diabetes educators, dental) and tertiary (e.g. hospitals, specialists) health care services;
- Alcohol and other drug treatment services;
- Disability services;
- Income support services (e.g. Centrelink as administered by the Department of Human Services);
- Supported accommodation services and other accommodation providers;
- State/Territory public housing;

- Personal Helpers and Mentors Program providers (PHaMS);
- Support for Day to Day Living Program providers and providers of other relevant community based living skills programs;
- Parenting support services;
- Vocational rehabilitation services;
- Education and employment services; and
- Child protection, domestic violence and justice services;
- Carers Support Services

How Does Partners In Recovery Work?

PIR Organisations have been established across Australia, and are working at a systems-level as the mechanism to 'glue' together all the supports and services an individual may require.

Appropriately skilled and experienced Facilitators are working with GPIR Organisations to undertake day to day tasks such as reviewing referrals, assessing the needs of clients, developing GPIR Action Plans, and connecting up services and supports across the region as determined by the client.

An important component of GPIR is to work both with the individual with severe and persistent mental illness with complex needs, as well as their carers and families. Carers and families of the

person accessing GPIR will be included in all processes of GPIR as appropriate.

There are a number of options for people to access GPIR, including:

- Going directly to GPIR, or,
- Obtaining a referral from a GP, housing officer, or other service provider.

All individuals referred to a GPIR Organisation will be assessed for eligibility. If eligibility is confirmed the individual will be assigned a GPIR Facilitator who will assist with coordinating access to services and supports identified through a needs assessment and GPIR Action Plan.

The needs assessment will identify the person's individual concerns and areas of need as well as their strengths that will help in their recovery. The needs assessment assists in the identification of what services and supports are required.

From the needs assessment, a GPIR Action Plan will be developed with the person (and the carer, as appropriate) and the other relevant services/supports identified. This GPIR Action Plan will outline what the person wishes to achieve, and the services and supports the GPIR Organisation will help in getting the person access to.

Each GPIR Organisation has flexible funding support for the purchase of immediate and short-term services and supports when needed, however GPIR is not designed as a financial aid for the person or

carers. The flexible funding is limited and only used when necessary to meet urgent and immediate needs that cannot be met by normal channels through existing services, such as temporary accommodation until permanent options become available.

As GPIR involves the coordination of multiple services and supports, it is essential that the person and carers (where appropriate) understand the need for sharing information between services that will be providing support. Without consent, GPIR cannot work effectively with other services. The person has the right not to give consent (or may withdraw consent at any time) when accessing GPIR, however if consent is not given, the GPIR Organisation may need to assist them to make other arrangements through an alternate program.

Once a person's access to required services is well established and there is no need for additional coordination or flexible funding support, the person together with their Facilitator, may decide that the support provided by GPIR is no longer required. However, at any time after that, should the person or carer experience a change in circumstances, it will be easy to re-enter GPIR.

Who Can Access Partners in Recovery?

PIR will focus on 24,000 people across Australia who have severe and persistent mental illness with complex support needs that require a response from multiple agencies. These individuals have persistent symptoms, significant functional impairment and psychosocial disability, and may have become disconnected from social or family support networks. This can lead to extensive reliance on multiple health and community services for assistance to maintain their lives within community-based settings and outside of institutional care. They may have co-morbid substance use or physical health issues or both, are likely to experience difficulties maintaining stable accommodation, and experience difficulty in completing basic activities of daily living. They are reported to often fall through the system gaps and require more intensive support to effectively address the complexity of their needs.

The inclusion criteria in determining who is eligible to access GPIR includes people who:

- are aged 25 to 64 years;
- have complex needs that require substantial services and supports from multiple agencies;
- have a diagnosed mental illness that is

- severe in degree and persistent in duration;
- require substantial support to engage with the various services to meet their needs;
- have no existing coordination arrangements in place to assist them to access the necessary services, or has little or no engagement with the service sector;
- are willing to engage with GPIR and give either written or verbal consent to sharing and storage of information.

It is anticipated that people accessing GPIR will generally be in their mid-twenties and up to sixty-four years of age, reflective of the typical development of severe and persistent mental illness. If outside this age bracket and require assistance, please refer to:

Younger age bracket:

- Child & Adolescent Mental Health Service (CAMHS)
<http://www.health.vic.gov.au/mentalhealth/services/child/grampians-c.htm>
- Early Psychosis Prevention and Intervention Centre (EPPIC) program:
<http://eppic.org.au/>
- Headspace: <http://www.headspace.org.au/>
- Kids Helpline: www.kidshelpline.com.au

Older age bracket:

- Grampians Psychiatric Services:
<http://www.health.vic.gov.au/mentalhealth/services/child/grampians-c.htm>

If you are in immediate need of assistance, regardless of age, please contact:

- LIFELINE Phone: 13 11 14
Website: www.lifeline.org.au

What Information is Assessed When Accessing Partners In Recovery?

When accessing GPIR, a range of needs are assessed to best determine what services and supports will assist the person. These needs may include, but are not limited to:

- Managing Mental Health
- Physical Health & Self-Care
- Living Skills
- Social Networks
- Work
- Relationships
- Addictive Behaviour

In summary, Access to Partners In Recovery

To access GPIR, the person or carers/family members can either contact a GPIR Organisation directly or be referred to GPIR from services/supports they are already accessing.

As part of referral to a GPIR Organisation, a mental health assessment may be required to assist in determining eligibility. While such an assessment is

not essential, it is helpful if the person has an up-to-date mental health assessment and diagnosis from a GP or clinical health professional. In the event that the person does not have a diagnosis of severe and persistent mental illness, the GPIR Facilitator will organise an assessment for them if other inclusion criteria are met.

Contact Information

Grampians Partners in Recovery website:

<http://www.grampianspir.org.au>

Commonwealth PIR Initiative website:

<http://www.pirinitiative.com.au/>

Toll Free Number:

1800 056 400

Postal Address:

Grampians Partners in Recovery
C/- Grampians Community Health
8 - 22 Patrick St
Stawell
VIC 3380