

# Community Rehabilitation Facility Patient Information



## **WHAT IS COMMUNITY REHABILITATION FACILITY (CRF)?**

Community Rehabilitation Facility (CRF) is a 12 bed mental health residential rehabilitation program co-located with PARC (Prevention and Recovery Care) in Belmont Geelong, as part of Barwon Health Mental Health, Drug and Alcohol services. CRF is a longer term program than PARC and length of stay can vary depending on a person's individual recovery needs.

CRF offers a psychosocial program from Monday to Friday run by ERMHA and clinical staff including activities such as cooking group, sensory modulation, art groups, mindfulness, group outings and more. It is expected that people attend most programs to maximise the benefits of their CRF stay. One to one sessions and support are also available. Nursing staff is available 24/7 and people are regularly reviewed by medical staff. Our team also includes an occupational therapist, peer support worker and social workers.

## **HOW DOES CRF SUPPORT PEOPLE IN THEIR RECOVERY?**

CRF is designed to support individuals with their recovery and goals that are important to and identified by the person. We take a strengths-based approach and aim to promote independence, whilst providing a supportive environment.

CRF is aimed at providing support to people aged 18-65 years who have a mental illness with complex comorbidities such as dual diagnosis/disabilities. They may be requiring a lot of support from community resources or there may be insufficient community resources to meet their needs.

CRF supports people across all areas of their health, including physical, mental, emotional and social wellbeing. We support people in a variety of ways, including but not limited to building independent living skills, anxiety/distress management techniques, hearing voices support and facilitating engagement with community services/programs.

## **THE CRF ENVIRONMENT AND FACILITIES**

The CRF environment is more community-like than hospital based and provides single occupancy bedrooms in single sex, 4 bedroom houses with shared bathroom, laundry, lounge and kitchen facilities. There is a large main kitchen, multiple group therapy spaces and open outdoor spaces. It is expected that everyone maintains the cleanliness of both their personal and shared spaces.

CRF provides breakfast of cereal and toast but otherwise requires those in the program to purchase their own food. Staff are available to support people to plan, shop for and cook their own meals if required. Towels are provided but consumers need to supply their own toiletries. Laundry detergent is also provided.

## LEAVE

Consumers are free to come and go at CRF, it is not a locked facility. However we do ask that you let staff know when you are going offsite and when you return as a courtesy.

Overnight leave is also an option, and encouraged towards the end of a person's admission, to facilitate an easier transition back to the community. Overnight leave arrangements can be discussed with nursing and medical staff and often work best over the weekend.

## EXPECTATIONS OF REPECTFUL BEHAVIOUR

At CRF we highly value mutual respect, and expect everyone to be considerate of each other and the environment. This includes being mindful of noise levels, over-sharing of sensitive information, other people's property and that everyone has had their own experiences and journey.

Everyone has the right to feel safe at CRF and we have zero tolerance for violence, aggression, intimidation or sexually inappropriate behaviour. The consumption of alcohol or illicit substances is not permitted onsite. If you are intoxicated you will not be allowed onto site and your drug and alcohol plan will be enacted.

Incidents of behaviour that do not align with CRF policy may result in you being discharged from the program. CRF staff are highly skilled in responding to individual needs, including escalation of care, and we will respond appropriately to ensure you are supported to access a more appropriate environment if required.

## REFERRALS TO THE CRF PROGRAM

Referrals to CRF are made by either Swanston centre staff if consumers are current inpatients or by community team case managers. Consumers are required to be case managed by a community mental health team for referral. Consumers can discuss with their case manager or Swanston centre staff if CRF may be an appropriate, supportive environment for their current circumstances. We take referrals of people aged 18 – 65 years and are inclusive of all individual physical, gender diverse and cultural needs.

## CONTACT PHONE NUMBERS

(03) 4215 8100 After hours 1300 094 187

