

Prevention and Recovery Care Patient Information

WHAT IS PREVENTION AND RECOVERY CARE (PARC)?

Prevention and Recovery Care (PARC) is an 8 bed sub-acute mental health inpatient program co-located with CRF (Community rehabilitation facility) in Belmont Geelong, as part of Barwon Health Mental Health, Drug and Alcohol services. It is an up to 28 day program, usually offering 7- 14 day admissions depending on consumer's needs, with regular reviews of length of stay.

PARC 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 PARC stay.

One to one sessions and support are also available. Nursing staff is available 24/7 and people are reviewed by medical staff weekly. Our team also includes an occupational therapist, peer support worker and social workers.

HOW DOES PARC SUPPORT PEOPLE IN THEIR RECOVERY?

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

PARC can be accessed by consumers as a means for extra support to prevent a hospital admission or for additional support after a hospital admission before returning to community living.

PARC supports people across all domains 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 PARC ENVIRONMENT AND FACILITIES

The PARC 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.

PARC provides breakfast of cereal and toast but consumers are otherwise required 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 PARC, 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 work best over the weekend to avoid missing group program.

EXPECTATIONS OF RESPECTFUL BEHAVIOUR

At PARC 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 PARC 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 PARC policy may result in you being discharged from the program. PARC 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 PARC PROGRAM

Referrals to PARC 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 PARC 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 8101 After hours 1300 094 187

