

Community Mental Health Rehabilitation Service (CMHRS) is a residential program which offers support to residents while they work to improve mental wellbeing and independence in a community setting.

This involves living in our residential accommodation, with 1-3 people sharing each house.

Mental Health staff will work with residents to develop an individualised rehabilitation plan which will focus on developing the skills they need to live well independently.

Family, personal supports and doctor will also be encouraged to be involved in the plan.

CMHRS staff will support residents via daily pre-arranged visits. The accommodation will be considered the residents home and staff will respect this, however staff also are available to proactively support residents work towards their goals.

Where is the CMHRS located?

The CMHRS is located in Whyalla and is available to people from anywhere in country South Australia.

The accommodation has been chosen to ensure local services are nearby, often within walking distance. These include shopping centres, leisure and recreation centres, and community facilities such as libraries and parks.

The accommodation itself is rented, so not all properties are alike.

What is expected of the CMHRS resident?

Engaging with the CMHRS is voluntary; however, there is an expectation that residents will engage with the mental health workers to work towards achieving identified goals.

Residents will be expected to pay an agreed fee which is calculated on an individual basis and takes into account existing rental commitments.

If a resident decides that the service is not suitable, they can talk to anyone in the support

team about leaving and returning to the CMHRS another time, or look at exploring other ways to better support their mental health journey.

Can residents have friends and family visit?

Family and friends are an important part of peoples' support network, and these relationships will be encouraged and supported during a resident's stay.

While overnight guests are not usually permitted, day time visitors are welcome with the expectation that they will be respectful of the other residents and the rehabilitation program.

Drugs and alcohol are not permitted in the accommodation.



Positive stories from past residents

The CMHRS actively encourages residents to socialise, have fun and meet new friends! Regular movie and games nights are scheduled, as are BBQs, sports and other activities.

Past residents have found new hobbies and discovered new talents such as cooking and art, and have enjoyed sharing and teaching these skills to other residents.

A past resident has had artwork selected for a local gallery, while another has discovered their gift for public speaking. They now visit other health services to talk about their experiences



For more information

- > Call the CMHRS office:
Whyalla
Phone (08) 8644 5130
- > Discuss with your GP
- > Discuss with your key worker
- > Visit www.sahealth.sa.gov.au
- > Email enquiries or comments to CHSAMentalHealthExecutiveUnit@health.sa.gov.au

If you, or someone you know is experiencing mental distress, contact your local Community Mental Health Team during business hours, or the 24/7 Emergency Triage and Liaison Service (ETLS) on 13 14 65

Non-English speaking: For information in languages other than English, call the interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you, contact (08) 8226 1990.

Printed by CHSALHN Mental Health October 2016
CHSAMentalHealthExecutiveUnit@health.sa.gov.au

Community Mental Health Rehabilitation Service (CMHRS)



Whyalla
Country Health SA LHN