

ARAFEMI offers a range of services to support people with a mental illness to live in the community. We operate in the Eastern and North Eastern regions of Melbourne and the aim of our programs is to promote recovery. We assist people to manage the disabling impacts of mental illness, work towards independence, and live with greater success and satisfaction. ARAFEMI also supports people with a dual diagnosis, such as drug and alcohol dependence combined with a mental illness.

The Intensive Outreach Service

The Intensive Outreach Service offers a greater level of support for people with a mental illness who are homeless or at risk of homelessness and experience other complex needs. This service is only available in the North Eastern region of Melbourne.

This program provides short-term transitional support (6 – 12 months). During this time a psychosocial support worker can visit between 9 – 5, Monday to Friday for up to 3 - 6 hours a week. The level of support can be varied according to need, and some limited after hours and weekend support can also be made available. Support is structured around an Individual Recovery Plan (IRP), which is done in collaboration with the worker and focuses on what one wishes to change or achieve.



What does the Intensive Outreach Service offer?

Supports can include:

- Accommodation focused living skills; such as securing accommodation if homeless, finding more suitable long term housing if in temporary accommodation, setting up & maintaining a home, budgeting, managing utilities, bills or debts
- Learning or re-learning general living skills such as shopping and meals preparation
- Support with maintaining & promoting mental & physical health
- Support with addressing drug and alcohol issues and linking to alcohol and other drug services
- Establishing and maintaining family, community & social connections
- Promoting cultural and recreational opportunities
- Building confidence and developing strengths
- Promoting employment, education or training opportunities
- Developing links with other services e.g. clinical mental health services, general health, Centrelink, legal, Office of Housing & other housing providers

Who is eligible for the Intensive Outreach Service?

Intensive Outreach support is suitable for those who:

- Experience severe & persistent mental illness that significantly impacts on their ability to live independently and participate in the community. People who experience co-occurring disorders such as drug and alcohol issues and other complex needs such as legal / forensic, physical health issues, brain injuries or other, are also eligible
- Are aged between 16 and 64 years
- Are homeless or live in insecure accommodation in the North Eastern Cities of Darebin, Banyule, Nillumbik, or Whittlesea
- Have a need to increase their living skills
- Agree to actively participating in the program to make positive changes



How do I apply for the Intensive Outreach Service?

Either download the application form from the website, print and post to:

Northern Manager
Northern ARAFEMI Outreach Services
Level 2, 76-80 Turnham Avenue
Rosanna VIC 3084

Or print and fax to 9455 2218

Or, complete online form at
www.arafemi.org.au

Who is ARAFEMI?

ARAFEMI is a non-profit community based organisation, which works from a recovery perspective.

Our mission is to promote and improve the well being of people affected by mental illness.

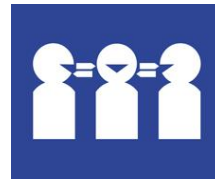
ARAFEMI supports a holistic approach to improving mental health, where the active symptoms of illness are only one part of the difficulties encountered. Understanding and support from family and friends, community awareness, lessening of stigma, access to secure affordable housing and supportive assistance all contribute to the well-being of people who experience mental illness and those who care for them.

Our range of innovative programs reflects our commitment to empowerment and collaboration for consumers and carers on the recovery journey.

For more information, or an informal confidential chat about the Homelessness Outreach Program, contact the Manager at ARAFEMI's Northern Office on 9457 7130 or email fiona.jensen@arafemi.org.au

Check out our website for other related ARAFEMI services, such as Home Based Outreach Support and Flexible Respite Options.

"They help people get back on their feet"



Interpreters available



ARAFEMI

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ARAFEMI

Mental Health
Homelessness
Intensive
Outreach
Support



*Promoting and improving the well being
of people affected by mental illness*