



**Mental Health
Commission**



SOAR Program

(Support, Opportunities and Resilience for Youth)

What is the SOAR program?

The SOAR program assists young people aged 16–24 years who experience mental health issues, including those with co-occurring alcohol and other drugs issues, who need short-term support to manage day-to-day living.

Individuals can receive support in areas such as:

- Daily living skills such as how to manage finances, prepare meals or use public transport.
- Participating in social, leisure or sporting activities.
- Establishing, building and maintaining relationships with family, friends and the local community.
- Learning new skills, accessing education or gaining meaningful work.
- Securing accommodation.
- Accessing other supports such as the National Disability Insurance Scheme.

Who is eligible for the SOAR program?

To be eligible for the SOAR program, individuals need to:

- Have moderate to severe mental health issues, with or without co-occurring alcohol and other drug issues.
- Be aged 16–24 years.
- Be an Australian citizen or permanent resident.
- Reside in the Perth Metropolitan area.
- Have agreed to fully participate in a recovery oriented support initiative to work towards achieving personally identified goals.
- Be able to provide informed consent or have a formally appointed Guardian agree to share relevant information and participate in all aspects of the program.
- Be ready and voluntarily want to commit to engage in support from the chosen Provider.
- Agree to participate in a range of assessments to confirm eligibility, suitability and identify the level of support needed.

How does the SOAR program work?

Individuals can choose from a panel of psychosocial support providers they would like to support them; either Anglicare WA or Mind Australia.

The individual will work with their psychosocial support provider to develop a recovery plan for them to work on while in the SOAR program. The aim of the plan is to help the individual to live well at home and in the community.

The chosen psychosocial support provider will receive funding to help support the individual to achieve the goals from their plan. The funding is capped to a specific amount depending on the level of support the individual requires.

The SOAR program is transitional, and recovery focused for up to the age of 25. As the program provides temporary supports, funding and supports will be reduced as the individual reaches their goals and feel confident of their independence.

Further information:

More information about the SOAR, including roles and responsibilities, is available online in the [SOAR Program Guidelines](#).



The SOAR Program was previously known as the Youth Psychosocial Support Packages Program.

