



# New community mental health step up/step down services for WA communities

## Key Updates

### Karratha step up/step down service

The Karratha step up/step down service will be a six bed service and is expected to be operational in early 2020. The service is currently in the planning phase. The current proposed site being considered is Lot 500 Gawthorne Drive, Millars Well. The Mental Health Commission (MHC) is currently working with the City of Karratha and the Department of Communities, Housing (Housing) regarding potential alternative sites which may be suitable and available.

Some of the targeted consultation facilitated by the MHC to date has included meetings with key stakeholders including: Millars Well Primary School and neighbours of the proposed site on 16 February 2017 and 12- 13 June 2017; a briefing provided to the City of Karratha on 12 June 2017 for their consideration; and an information forum for parents and teachers of Millars Well Primary School on 11 April 2017, with a further teleconference with the school on 3 May 2017.

Forums for other community members were held on 12 April 2017 and 12 June 2017. All forums provided attendees with information regarding the service and the opportunity to ask questions that have been taken into consideration by the MHC. Community consultation is ongoing.

### Bunbury step up/step down service

The Bunbury step up/step down service will be a ten bed service and is expected to be operational in early 2020. The service remains in the planning phase.

The current proposed site being considered for the step up/step down service is Lot 54 Vittoria Road, Bunbury.

Whilst the identified land is appropriate, the MHC is currently exploring land options for the service with Housing to ensure the site is the most suitable option. Community consultation on this service will be conducted in early 2018.

### Broome step up/step down service

The Broome step up/step down service will be a six bed service and is expected to be operational by the end of 2018.

The service is currently in the planning phase, with the proposed site location of 57 Robinson Street, Broome. While the location remains appropriate, the MHC is considering alternative sites which may be suitable.

Some of the targeted consultation facilitated by the MHC to date has included: meetings with local residents and a briefing to the Shire of Broome on 8 December 2016; meetings with residential properties, local businesses and native title holders on 9 December 2016; a community forum on 20 February 2017; a further briefing to the Shire of Broome on 21 February 2017; and a range of local Aboriginal health services across February and March 2017. Community consultation is ongoing and feedback can be submitted to the email listed below.

### Kalgoorlie step up/step down service

As part of the 2017-18 State Budget announced on 9 September 2017, the Government committed to the establishment of a 10 bed step up/step down service in Kalgoorlie. A total of \$7.3 million was provided over four years through Royalties for Regions for the establishment of the service. The current proposed site being considered for the step up/step down service is 13 Davidson Street. Community consultation will occur throughout the planning process.

## Future proposed services

As part of the 2017 election, the State Government committed to the establishment of an eight bed step up/step down service in Geraldton. The Geraldton service is subject to additional funding being allocated through the normal budgetary processes.

## More information

More information or to provide feedback:

**Frequently Asked Questions** provide detailed answers to a number of community raised queries.

**The Model of Service** provides an overview of how the step up/step down services will operate.

If you have any queries or feedback please email the MHC at: [communitystepupstepdown@mhc.wa.gov.au](mailto:communitystepupstepdown@mhc.wa.gov.au)

## What are step up/step down facilities?

Step up/step down services are staffed 24/7 and provide short term recovery-oriented care and residential support, following discharge from hospital (step down) or to those in the community who are experiencing a deterioration in their mental health but do not require hospitalisation (step up).

Although individuals can stay for up to 28 days, the average length of stay in a step up/step down service is 17 to 24 days. During their stay, support workers facilitate residents to engage in individual and group activities (including counselling) towards their mental health recovery. This is achieved by identifying the person's own strengths, values and goals, to increase personal autonomy, confidence and self-belief to live independently in their own community. Individuals also participate in a number of daily activities, which include preparing their own meals, yoga, arts and crafts, tennis and other recreational activities to support their recovery.

## What do they look like?

They are residential style facilities, located within the community.

The new 10 bed community mental health step up/step down service in Rockingham (pictured) had 69 admissions from October 2016 (when it opened) to June 2017.



## What benefit do they bring communities?

Community mental health step up/step down services are delivered in the community, close to an individual's personal supports including family and friends, which enables people to recover better.

The services provide another option to better support people already living in communities and helps people avoid hospitalisation where it is not needed.

Collectively the two step up/step down services located in Joondalup and Rockingham, delivered 7,725 beddays to Western Australians in 2016-17.

The Joondalup step up/step down service helped more than 310 people in 2016-17 – see the graphic below:

