

Mental Health Step Up Step Down - Bunbury

Richmond Wellbeing's Mental Health Step Up Step Down (SUSD) Bunbury is a short-term residential recovery support service. Offering 10 individual units, the service provides 24/7 support for South West residents for up to 28 days in a community setting.

SUSD offers recovery support services to those aged 18 and over with a confirmed diagnosis of mental distress that does not require acute inpatient hospital admission and treatment.

Service entry requests for individuals 16-17 years of age will be considered on an individual basis with the approval of the Mental Health Commission of WA.

When 'stepping down' from a hospital admission, SUSD can assist individuals with a more gradual transition back home. When 'stepping up' from home, SUSD can support individuals experiencing increased distress to remain in a community residential setting.

About our staff

Recovery Workers- support residents to identify and work towards their personal recovery goals, and to develop the skills to achieve these.

Recovery Support Workers- assist residents to build confidence, independence and achieve their personal goals, with a close focus on the development of daily living skills.

Clinical Staff- work in partnership with the WA Country Health Service. Clinical staff are available to assist residents with their clinical support needs.

Alcohol & Other Drug Counsellor- our part-time AOD counsellor provides education and skills sessions, supportive counselling, and information on other community services to residents who are experiencing drug and alcohol challenges.

Please note that SUSD is not a medical detox or rehabilitation service. If the primary presenting issue is alcohol and substance use, we recommend engaging with an AOD support service prior to entry, to ensure recovery readiness and commitment to our program.

Eligibility and Service Entry Criteria

- Aged 18 years and above
- Have a primary diagnosis of mental distress
- South West residents, with a confirmed exit plan and accommodation
- Referral by a psychiatrist, mental health professional or GP
- Require a current mental health care plan, risk assessment and medication profile
- Is not in need of acute inpatient admission and treatment

Service entry requests for individuals 16-17 years of age, will be considered on an individual basis and may require Mental Health Commission approval. Guardian consent as well as additional assessment may be required to ensure adequate safeguarding and suitability in a residential setting.

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Referral form available at www.rw.org.au