

# pillar

Support Coordination

# Acknowledgement of Country

# Youth Psychosocial Support Packages (YPSP) program

A **WA Mental Health Commission** project delivered by:

- **Pillar Support Coordination**
- **Mind Australia**
- **Anglicare WA**

# Background

Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025 (**The Plan**)

- Highlighted a lack of community-based services had resulted in a heavy reliance on hospital-based services

The Mental Health Commission released **A Safe Place**

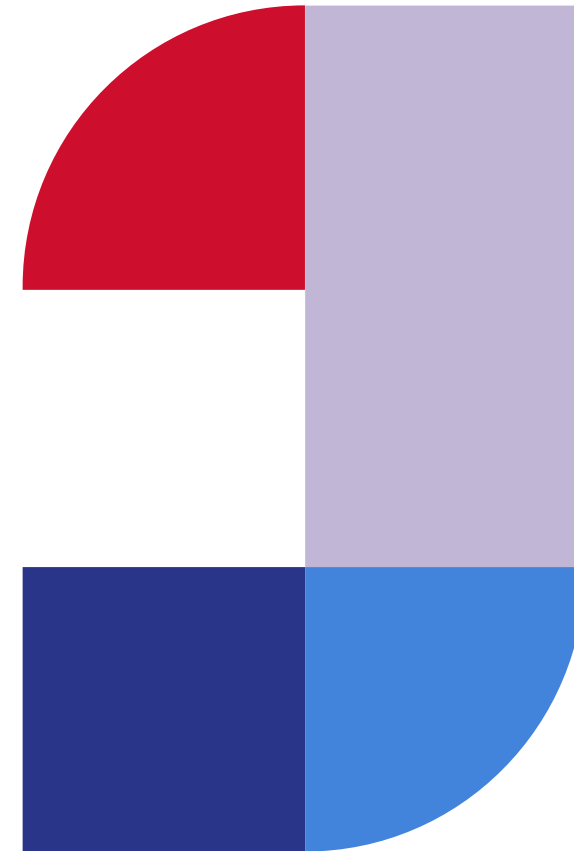
- A Western Australian strategy to provide safe and stable accommodation, and support to people experiencing mental health, alcohol, and other drug issues 2020-2025
- Resulted in YPSP



# Background

## YPSP is:

- Innovative, collaborative partnership approach between the MHC and NGOs
- Provides psychosocial supports (and clinical supports when relevant) and services for young people
- Designed to maximise young people's success in recovery and community
- Targets young people with moderate to severe mental health issues, with or without co-occurring AOD issues
- Pilot is a 2-year grant until 30 June 2025 (possibility of extension)



# Who can benefit

Focussed on supporting young people, who are living independently or in the family home, to increase participation in and contribution to community, social and economic life.

Priority groups of young people:

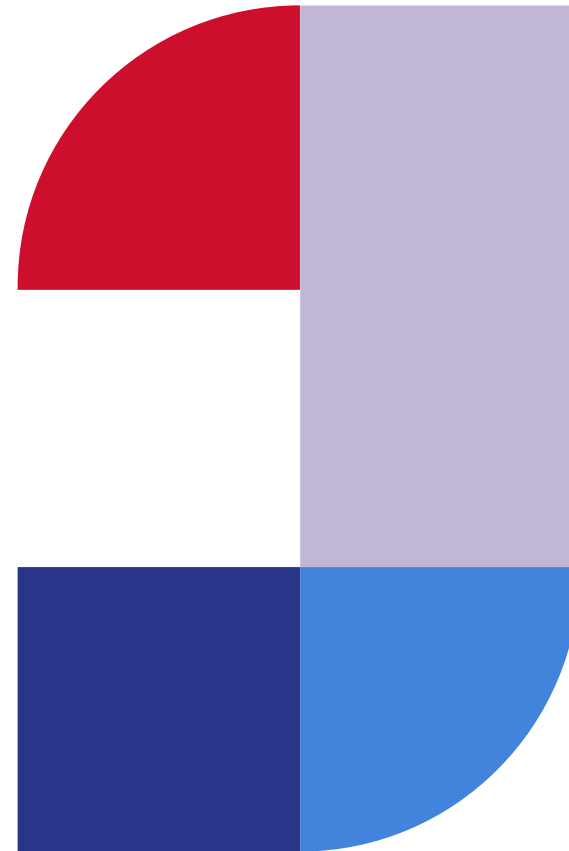
- First Nations
- CaLD
- Identify as LGBTQIA+
- In care / leaving care
- Co-occurring mental health and AOD issues
- and...



# Who can benefit

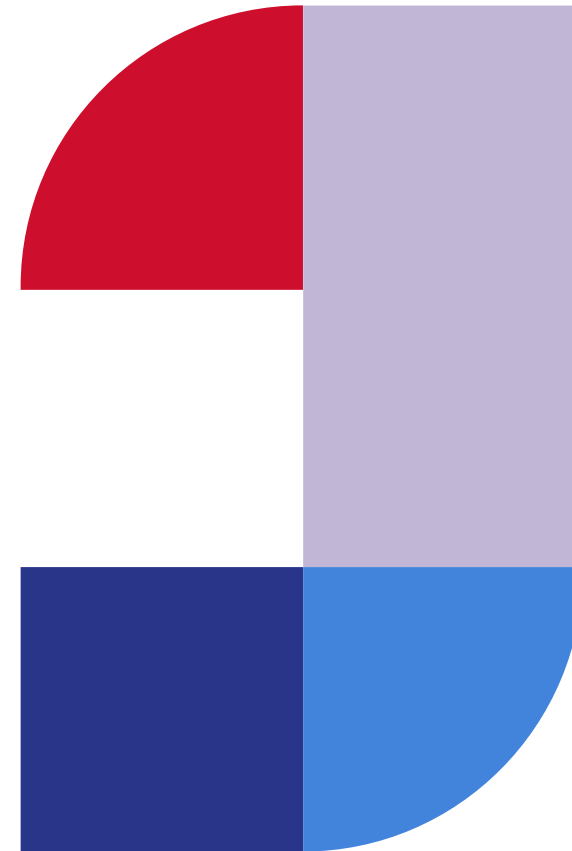
- Co-occurring disability (incl. cognitive and neurodevelopmental)

Priority will be given to young people who are **not currently accessing the NDIS** for their psychosocial support needs.



# Eligibility

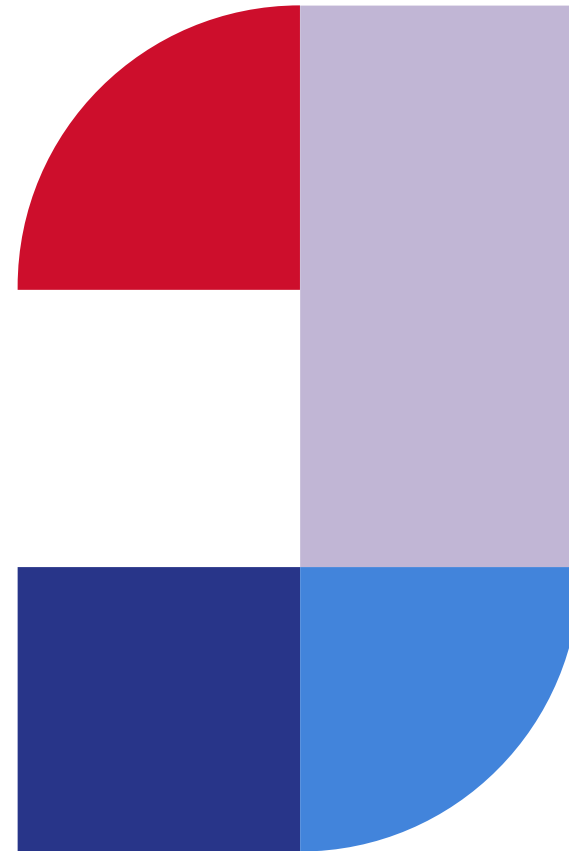
- Moderate/severe mental health issues, with/without co-occurring AOD
- 16 to 24 years
- Australian citizen or permanent resident
- Living in Perth metro area
- Agree to fully participate in recovery-oriented support to work towards achieving personally identified aims
- and...





# Eligibility

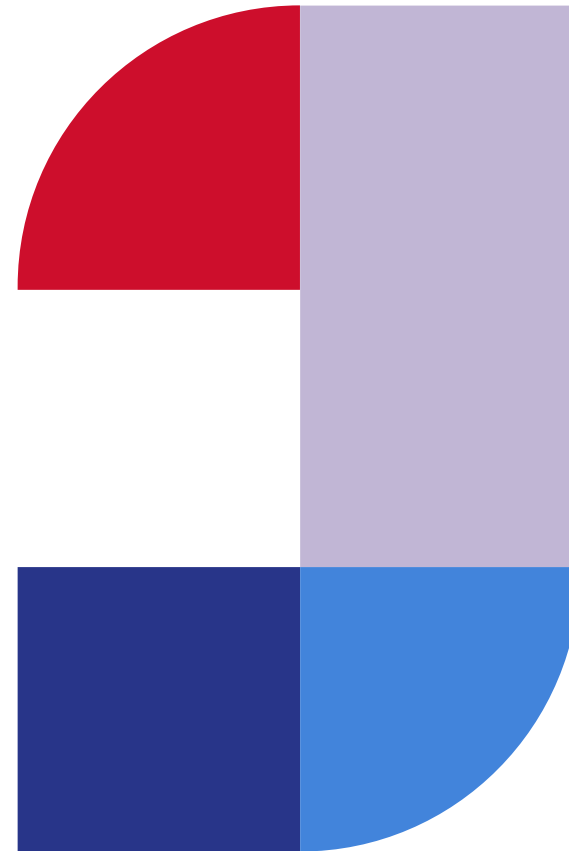
- Be able to provide informed consent or have a formally appointed Guardian to agree to share information and participate in all aspects of the program
- Be ready and voluntarily want to commit to engage in support from mental health services and NGOs
- Agree to participate in mental health assessments to confirm eligibility and identify the level of support needed.



# What to expect

A young person accessing YPSP can expect to:

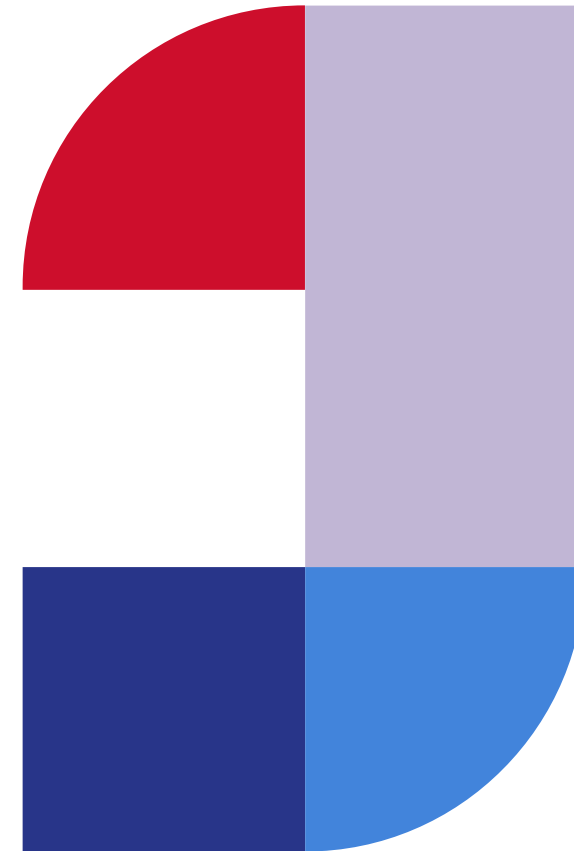
1. Have an increasing ability to fully participate in their ongoing psychosocial (and clinical, where relevant) support needs
2. Develop and sustain meaningful social connections and relationships
3. Participate in and contribute to their community and relationships in personally meaningful ways



# What to expect

A young person accessing YPSP can expect to:

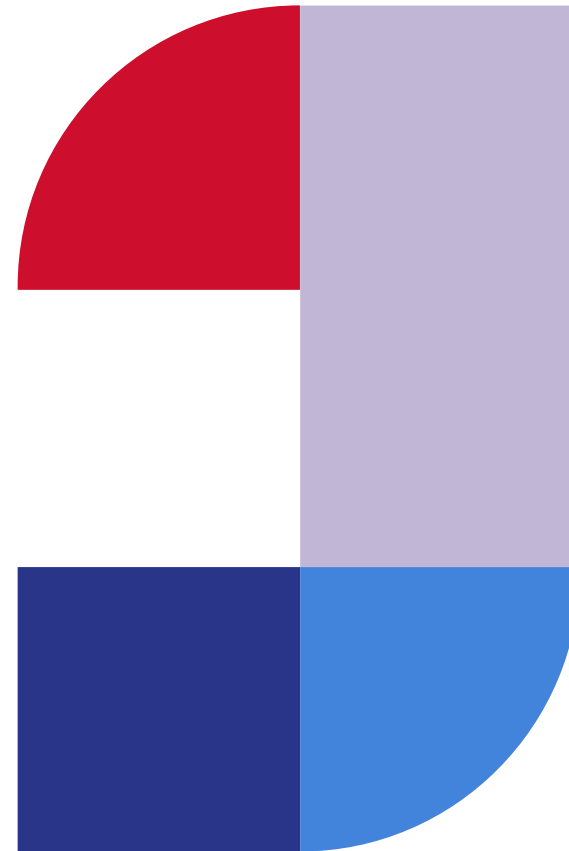
4. Have an increasing ability to participate in educational, vocational and/or employment activities
5. Develop their skills to self-manage their lifestyle and well-being
6. Gain confidence and independence in life skills, including tenancy support where relevant
7. Improve their quality of life.



# How

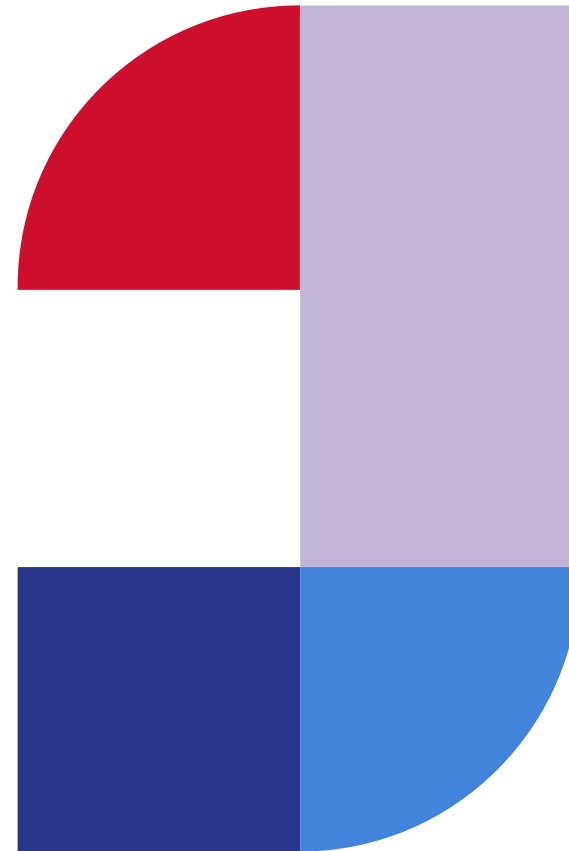
A range of recovery-oriented supports will be provided, including:

- Support to keep on top of day-to-day living
- Tenancy support
- Support to navigate access to other services
- Support to socialise
- Support to engage or return to education or meaningful employment.



# Supports not funded if

1. Unrelated to the person's mental illness & individualised recovery plan
2. Duplicates other supports already funded by another government department or agency
3. Relates to day-to-day living costs that are not related to an individual's support
4. Relates to the provision of services for daily personal self-care



# Supports not funded if

5. Relates to the provision of services for ensuring medication compliance, particularly if on a community treatment order
6. Likely to cause harm to the person or pose a risk to others
7. For illegal activities or gambling
8. Considered an income supplement for the young person, family members or carers.





Nominations open

Assessment

Choice of provider

Individualised planning

Monitoring & outcomes

# Nominations

**Nominations open when there are vacancies in the program.**

**Step 1:** Complete and submit forms (via website, email or post)

- Information & consent form (PDF)
- Nomination form (webform, PDF, Word)
- Participant Agreement (PDF)
- Risk assessment (PDF)



# Assessment

**Step 2:** Nomination will be assessed by Pillar Support Coordination

A Support Coordinator or Peer Worker may be in contact to gather more information or support young person to complete the risk assessment.

If eligible and shortlisted by the **Assessment Panel**, the nominee will be invited to attend a meet and greet session with the panel.

The meeting determines suitability and the level of package offered.

# Choice of provider

**Step 3:** Accepted into the program

Pillar Peer Worker will assist the successful applicant to choose the provider that best suits their needs.

**Mind Australia or Anglicare WA.**



# Levels of support

## There are 3 bandwidths of funded support

**Low** – a young person who can live independently within the community with low-level or periodic assistance, up to 8 hours a week.

**Medium** – a young person who can live in the community but requires moderate supports on a frequent basis, between 8-15 hours per week.

**High** – a young person who requires a high level of regular supports on a frequent basis to be able to live independently within the community, up to 24 hours per week.

# Individualised planning

## Step 3: Individualised planning

The provider of choice will engage with the young person to develop an **individualised recovery plan** to achieve their goals.

The young person may be assisted with this planning by a family member, friend, formal support person or Pillar Peer Worker.

The individualised recovery plan then needs to be approved.

# Monitoring & outcomes

## Step 4: Ongoing monitoring & advocacy to achieve outcomes

- Service provider reviews plan every 3 months
- Plan reviewed again formally at the end of plan period
- Pillar Peer Workers periodically check in with the young person to see how things are going with services.
- Peer workers are available as advocates to assist the young person to troubleshoot any issues.

# Leaving the program

Young people will exit the YPSP for a variety of reasons:

- Goals are met, ready to move on to the next phase of personal recovery
- Successful in gaining access to the NDIS, where supports are duplicated
- Reach the age of 24
- Admitted to inpatient care or supported residence (ie. rehab) for an extended period
- Has support needs outside the scope of the YPSP
- Is incarcerated for an extended period (usually three (3) months but each case must be discussed with the MHC).

# Unsuccessful nominees

Pillar Peer Workers and/or Support Coordinators will work with the young person to explore and support referral to other appropriate services and supports.

For example:

If a participant has an NDIS plan that includes funding for daily living or community participation support, the Peer Worker can assist with setting up these services.

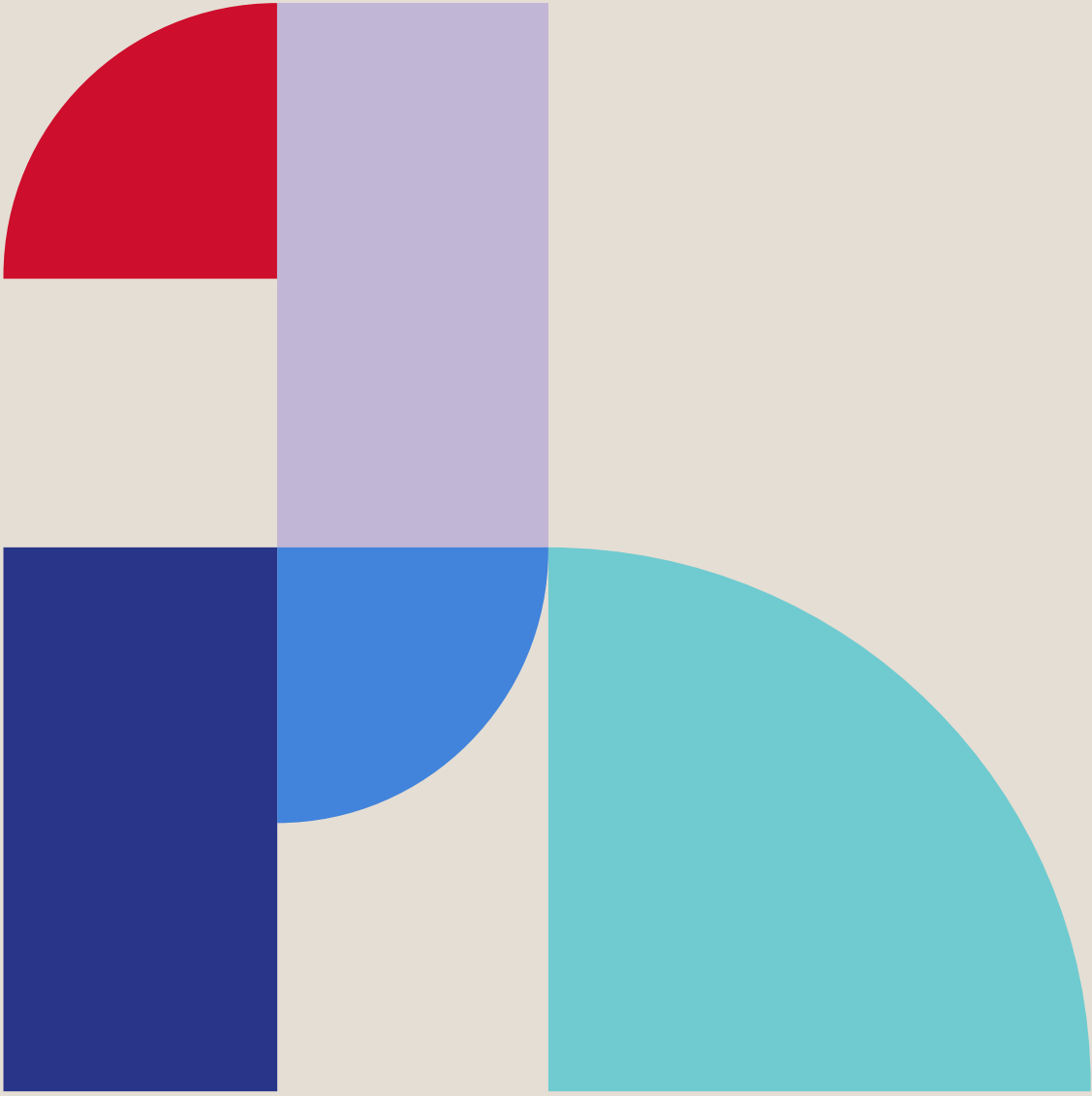
# Questions



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