

Albany Step Up Step Down Service (ASUSDS) Information and Factsheet

ASUSDS is a maximum 30 day stay 6 bed facility that assists consumers from the Great Southern in WA who are aged over 16 years and up to 65 years experiencing significant mental health problems. Consumers enter the program when “stepping down” from hospital treatment back into the community or from the community when “stepping up” support to prevent hospital admission.

The service aims to promote access for specific groups outlined in *Mental Health 2020: Making it personal and everybody's business*: Aboriginal people; from culturally and linguistically diverse backgrounds (CaLD); living in rural and remote regions; youth; older adults; and those who experience a range of co-occurring problems (however mental illness needs to be the primary diagnosis).

The ASUSDS is not a substitute for an inpatient admission but is an option for people who are becoming unwell or are still recovering from an acute illness. In the continuum of care across WA Mental Health system, the ASUSDS sits between adult acute psychiatric inpatient units and the consumer's usual home. It aims to assist in averting acute inpatient admissions and facilitate earlier discharge from inpatient units.

A multi-disciplinary team work collaboratively with hospital, carers and community mental health teams, to ensure continuity of care. Alongside this, consumers participate in a structured program that promotes a self-determined recovery and compliments clinical mental health treatment plans.

ASUSDS offers consumers a period of additional support and consolidation to complement their hospital and community clinical treatment. It provides short-term mental health care (maximum 30 days) in a residential setting. The safe and supported space promotes rehabilitation and recovery whilst reducing the impact of and disability associated with mental illness. The service fosters a self-determined recovery and includes personalised planning and care and a structured health promoting “Optimum Health Program (OHP)”. Neami ASUSDS staff use the Collaborative Recovery Model (CRM) to assist consumers to build their confidence and skills to develop a sense of meaning and purpose in their life. The model emphasises hope by encouraging consumers to identify and enhance their strengths and values when working towards achieving goals.

Admission Eligibility

- People who are between 16 and 64 years and eleven months of age and:
 - Have a primary diagnosis of a mental health illness;
 - Referred from a mental health clinician, psychiatrist or GP;
 - No longer require acute inpatient level mental health intervention and treatment, or
 - Are living in the community and require additional specialist mental health treatment and intervention to prevent the risk of further deterioration or relapse.
- People with a demonstrated risk and clinical status that does not require care in an inpatient unit.
- People who voluntarily agree to participate in the recovery program, including consumers on Community Treatment Orders (CTO).

Unsuitability for the ASUSDS service may be determined by a number of factors including:

- Significant concerns regarding the consumer's or community safety;
- Significant concerns regarding the consumer's behaviour or capacity or willingness to engage with the service;
- The ASUSDS does not have the capacity to manage withdrawal or detoxification from illicit drugs, alcohol or other substances of dependence. Consumers must agree not to use illicit substances or alcohol during their stay at ASUSDS;
- No ongoing clinical support or case management ;
- Sleeping rough/homeless;
- Primary diagnosis of Intellectual Disability;
- Dementia or delirium;
- Physical illness requiring acute medical or surgical interventions;
- Frail or aged people;
- Has exited a SUSD service less than 21 days ago.

Referral using the Neami National ASUSDS referral form may be made by a:

- Psychiatrist;
- Mental health service;
- General Practitioner,
- Acute hospital (including ED);

Once a referral is received contact is made to the individual to arrange a suitable time for an assessment for entry into ASUSDS. Acceptance into the service is based on a number of factors including bed availability, priority weighting etc.

For further information contact:

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or

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