

WHAT'S NEXT

A guide to all the INS and OUTS
you need to know
about discharge from Orygen

Orygen[○]
YOUTH Health

* We call it Orygen Youth Health
Clinical Program or OYH-CP...
but we know that you call it Orygen

INTRODUCTION

This booklet was developed with the valuable input and help from the Platform Team, clients and staff at Orygen Youth Health.

In these pages you will find information that will hopefully answer some of your questions and assist you to understand what happens when the time comes for you to be discharged from Orygen.

In this book, you will find information about the process of planning for discharge with your case manager, linking in with other services, as well as stories from other young people about their experience of leaving the service and taking the next step.

This booklet does not replace real conversations about your discharge from Orygen. Your case manager and doctor are the best people to talk about this with you. They can answer questions, discuss what the planning will involve and talk about what options there are to support you after finishing at Orygen.

***This booklet would not have been possible without the assistance of;
Funding from The Edward Wilson Estate***

The Platform Team

The Peer Support Team

Past and present clients of Orygen Youth Health who shared their stories and experience.

Staff at Orygen Youth Health

Table of contents

Introduction	
The D Word	2
What's Next?: an overview of what comes next after discharge from Orygen	3
Discharge Pathways	3
• GP (Doctor)	4
• Adult Area Mental Health Services	5
• Private Psychologist, Social Worker or Occupational Therapist	5
• Private Psychiatrist, Youth Worker	6
• Counsellor, Psychiatric Disability Support Services (PDRSS)	7
Talking with your case manager about discharge	8
Planning your discharge	9
Support structures and self care	10
What if I need support in the future?	12
Wellness Plan	14
If you are referred to a new service	16
Will I have to pay for my mental health care?	17
Mental Health Care Plan / Medicare / Bulk Billing	18
Get out there!	19
Finding a group or program that's right for you	20
Work it! Heading back to work or starting a job	22
Study! Starting a course or heading back to study	24
Peer Support Workers; someone who has "been there"	26
When I was discharged... real stories from other Orygen clients	28
Want to be a Peer Support Worker? Support other young people	30
The Platform Team : use your experience to improve Orygen and help other young people	31
What did you think of the "What's Next" discharge booklet?	32

The D word. DISCHARGE



What does that mean anyway?

At Orygen, “discharged” is the word we use to indicate that a young person has finished their treatment with the service.

We like to think of it as *Graduating from Orygen!*

Everyone’s feelings about discharge are different.

Some people feel really excited about leaving and can’t wait to move on, others worry about the change and what comes next.

Not only does each person feel differently about leaving Orygen, but there’s also lots of different “discharge pathways” that are the next step after Orygen.

What happens for you after you leave Orygen will depend on your needs, preferences and requirements.

You and your case manager will work together to figure out the best discharge pathway for you.



WHAT’S NEXT

So, you’re wondering what the next step is after being discharged from Orygen?

Where you go and what kind of support or services you’ll link in with after leaving Orygen is something that you and your case manager will work out together.

You’ll look at what options are available and what best suits you, and start to make some plans together.

Discharge is a unique process for each young person. It depends on a range of factors, like how your recovery is going, whether or not you want or require ongoing support from another service, whether you’re on a Community Treatment Order (CTO), or other specific needs you may have.

At the very least, you’ll be encouraged to link in with a GP (doctor) as the key person to check in with whenever you need some support in the future.

You may also be referred to a combination of services such as a GP and Adult Mental Health Service, community based program, or perhaps a private Psychologist, Social Worker, Occupational Therapist or Psychiatrist.

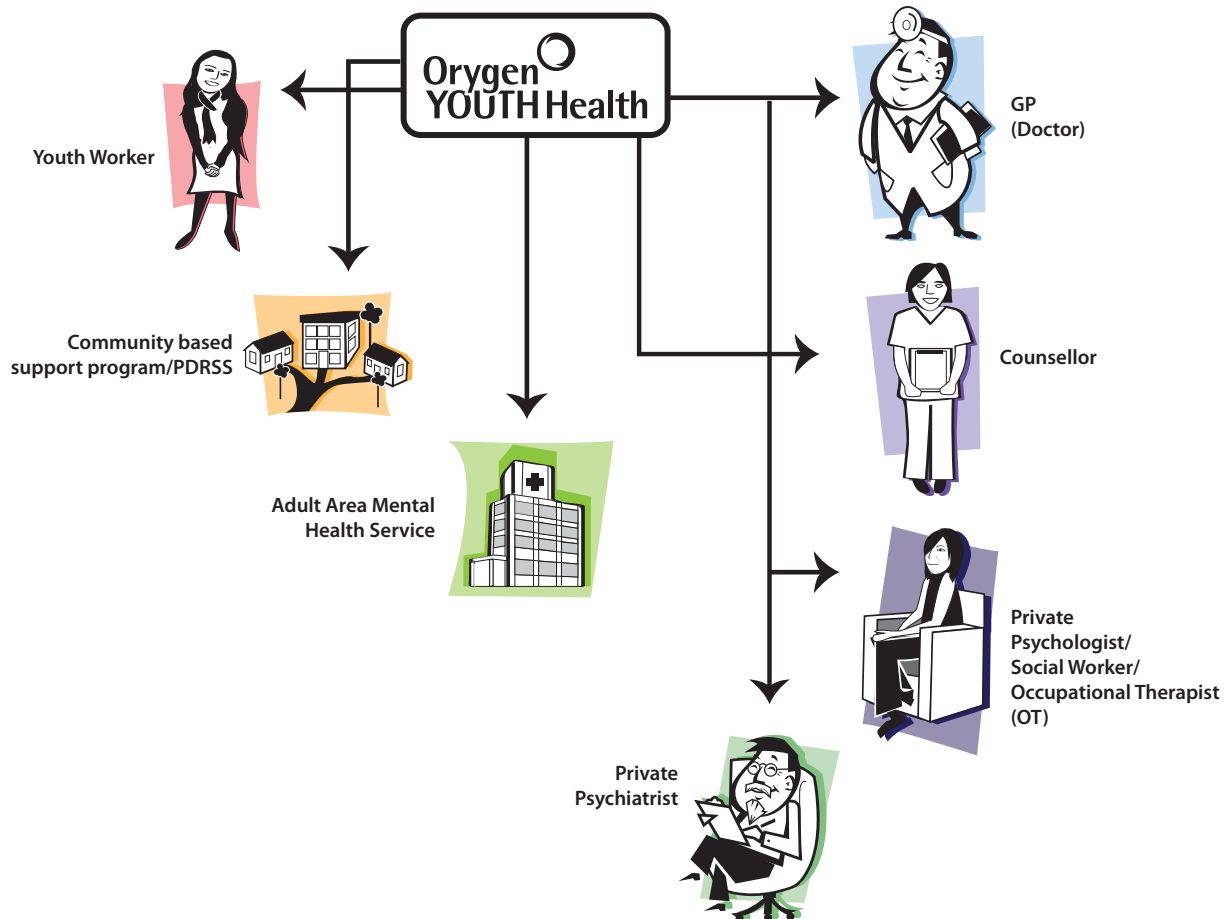
You’ll also be given some information about other services you can get in touch with if you do feel like you need some extra support in the future.

Discharge Pathways.

As we've just talked about, there are lots of different discharge pathways from Orygen Youth Health once you have finished with the service.

YOU AND YOUR CASE MANAGER WILL WORK OUT WHICH OPTIONS ARE BEST FOR YOU.

If you want to know more about the possible discharge pathways you may be offered, check out the info below!





GP (DOCTOR)

When you're discharged from Orygen Youth Health it is likely that you'll be referred to your GP for follow up and ongoing support.

GPs are medical doctors who coordinate your general health care with you. As well as looking after your general physical health, they can also assist you in finding the right support and treatment for your mental health.

It's a good idea to have a GP, even while you're coming to Orygen. This way you can get to know a GP and continue to see them for support after you are discharged.

Your GP can also help you out with things like cold/flu, sexual health, and lots of other health issues.

How your GP can help with your mental health needs

It is recommended that you let your GP know about your referral and case management at Orygen if he/she does not already know.

This information is useful for your GP, as they can think about your mental health needs when considering your overall health, as both impact on each other.

The information you provide is confidential, so they can't tell other people what you talk about with them. Your GP may ask for your permission to talk with your case manager and vice versa.

Your GP will remain involved in your care and will more than likely be the person who follows up your care when you are discharged from Orygen.

You can also talk to your GP about what options are available to you for mental health support through Medicare after you leave Orygen. This might include private Psychology, Occupational Therapy or Social Work in your local area.

GPs are experienced in providing mental health treatment and also are aware of local mental health supports and can offer you referrals.

Your GP is there to continue to provide regular reviews of your overall health, especially as looking after your physical health will have a positive effect on your mental health.



How to find a GP:

If you already have a GP that you like, that's great, you can keep seeing them. If you're looking for a GP, try the following tips;

- Ask your friends or family if they can recommend a local GP
- Ask your Orygen case manager if they know of a good GP in your local area
- Ask your school nurse or wellbeing teacher/school welfare coordinator/university health service if they know of local youth friendly GPs. Many universities have their own health service with GPs.
- Ask the local youth service, community health service or your local pharmacist.
- Contact your local headspace Centre. There are likely to be GPs there, and if not, they will be able to point you in the direction of "youth friendly" GPs in the area.

ADULT AREA MENTAL HEALTH SERVICES



There are roughly 20 Area Mental Health Services located throughout Victoria. They provide clinical care and support to people aged between 16 – 64 years, who have a mental illness. These services include assessment, treatment, case management and continuing care within the community, as well as crisis support teams and inpatient care.

When you are discharged from Orygen, you may be referred to one of these services for some continued support.

If this is the case, you will be referred to the service within your area and linked in with a new case manager. Your Orygen case manager will provide your new service with something called a discharge summary which will explain a bit about what's been going on for you, and what you've been working on. Your new case manager will use this information to start shaping a plan on how to work with you and continue to support you with your recovery goals.

For more information about Adult Area Mental Health Services go to the Victorian Government Health Information Website; www.health.vic.gov.au/mentalhealth

PRIVATE PSYCHOLOGIST SOCIAL WORKER OR OCCUPATIONAL THERAPIST



Private Psychologist, Social Worker or Occupational Therapist

A private Psychologist, Social Worker or Occupational Therapist is someone with specialised skills, training and experience in working with people around a range of topics or things that may be troubling them, like school, relationships, family, mental health and drugs and alcohol.

If you go to a private Psychologist, Social Worker or Occupational Therapist after coming to Orygen, it will probably be helpful to tell them what you've been working on and what you would like to keep working towards.

If you and your Orygen case manager decide that this is something you may benefit from, you can work together to find one of these mental health workers in your local area. These professionals work in their own offices, in GP or other medical practices, and in headspace centres. Your case manager can provide them with a discharge summary of how you have been working together and what you have been working on.

If you're keen to find one for yourself, you can jump on the internet and try these sites. They have a search function so you can locate someone in your area.

OT Australia: www.otaus.com.au

The Australian Psychological Society: www.psychology.org.au

The Australian Association of Social Workers: www.aasw.asn.au

You may be eligible to access one of these practitioners under a Medicare scheme – which means that there will be little or no direct cost to you. To do this, you'll need a special referral from your GP called a "Mental Health Care Plan". Have a chat to your GP about organising this. You can find more info in this booklet under "Will I have to pay for my mental health care?"



PRIVATE PSYCHIATRIST

A Psychiatrist is a bit different from other mental health professionals.

Psychiatrists are medical doctors that have undertaken extra training to specialise in mental health. They can help you in some of the same ways that Psychologists, Occupational Therapists and Social Workers can, but they also have the ability to prescribe medication for you if they think it may help.

Private Psychiatrists work in lots of different settings in the community – in their own offices, in suites with other private psychiatrists, in GP clinics and in headspace centres.

Your doctor at Orygen, or your GP, can assist you with finding a psychiatrist and providing a referral to a psychiatrist. They can also provide the Psychiatrist with a discharge summary to help the Psychiatrist understand why you've been coming to Orygen, what treatments you have tried, and what has been most helpful. To find out more about paying for a private psychiatrist, check out the section *"Will I have to pay for my mental health care?"*



YOUTH WORKER

Youth Workers are people who you can talk to and who can provide support and information around things like housing, finance/money, employment, social groups and linkages to health professionals. They may also run activities and programs out of community centres, drop in services or youth centres.


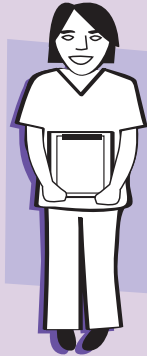
You can usually find them through your local council or community health service.



COUNSELLOR

"Counsellor" is a broad term used to describe people including Occupational Therapists, Psychologists, Social Workers and other people with counselling training. Free or low cost counselling services exist for students at universities and TAFEs, through youth services and through community health services. There are also counselling services set up for people dealing with very specific difficulties – eg: cancer counselling services and Gambler's Help.

Counsellors usually provide short-term support to people around specific difficulties that they are having. Young people can usually refer themselves to a counselling service, and don't need a referral from anyone else. It is always useful to ask about whether there is a waiting list, whether there are any costs associated, and how long the counsellor can work with you for.



PSYCHIATRIC DISABILITY REHABILITATION SUPPORT SERVICES (PDRSS)

Psychiatric Disability Rehabilitation Support Services (PDRSS) have a range of programs that aim to support the recovery of people who have experienced mental illness.

The types of programs offered range from one on one support, through to outdoor adventure groups, social outings or creative projects like film-making.

One-to-one support involves setting recovery goals and getting tailored support to work on them. For example, someone might want to get out of the house more so that they feel less isolated. Someone else might want to build skills in preparation for work.

These services can also work with you to assist with accommodation and housing, medical/health care and a number of other important issues.

Your case manager can assist with finding a service/program that may be suitable. You can work together on the referral, and your case manager can provide a discharge summary of the things that you've worked on together and the things that you're hoping to work on down the track.

TALKING TO YOUR Case Manager about Discharge

Your case manager is the best person to talk to about your treatment and your discharge from Orygen.

We'll start talking to you about discharge pretty early on in your time here so that you become familiar with the planning process, and also so that you can be involved in the planning.

During these discussions, you can ask your case manager about any questions or concerns you have, review your progress and all the hard work you've put in whilst you've been at Orygen, put forward your preferences for how your discharge will look and explore where and how you can get some support after you finish at Orygen.

SOME OF THE THINGS YOU MIGHT LIKE TO TALK TO YOUR CASE MANAGER ABOUT INCLUDE:

- **How you feel about being discharged, including any questions or concerns you may have**
- **If you'll be referred to another service/what service might you be referred to**
- **What type of supports and which kinds of professionals might be useful as you continue to work toward your recovery goals**
- **Any help that you might want getting linked in with a GP**
- **If you're on a Community Treatment Order (CTO), what conditions will apply once you're discharged from Orygen.**

PLANNING your Discharge

The discharge process is different for everybody, and something that you and your case manager will plan and work on together.

Your discharge planning will take in to account lots of factors, such as how your recovery is going, whether or not you require or want some follow up care with another service, any requirements such as a Community Treatment Order (CTO), your personal goals and preferences, and what support you have.

The process will involve lots of talking with your case manager where you'll both put forward ideas and discuss options about what will happen when the time comes for you to be discharged.

The discharge process might involve some of the following (but remember, it's different for everyone!)

- Discussing your progress and reflecting on your time at Orygen
- Reviewing your goals
- Writing a Wellness Plan (this will include where to go for help after you leave Orygen, if you need it)
- Finding out about services and programs within your local community
- Referral to another service, community program, Occupational Therapist, Psychologist, Social Worker or Psychiatrist
- Talking about what your GP can assist you with in the future (like medication/prescriptions, follow up, general mental health care/check ups)
- Talking together with your GP about your upcoming discharge
- Initial meetings with new service provider/case manager

The planning process happens over a number of weeks, so you'll have plenty of time to go over all the details of your discharge plan with your case manager.

SUPPORT STRUCTURES and SELF CARE

Some people leaving Orygen will move on to other services like an Adult Area Mental Health Service or a private Psychiatrist. Others will just see their GP (doctor) for assistance and support in maintaining their mental health and wellbeing.

Whichever discharge pathway you end up taking, it's important to remember that you can do a number of things for yourself that will benefit your health and wellbeing.

Part of maintaining good mental health is establishing good support structures, and also taking time out to do things that you enjoy or that make you feel good.

In times of change (like when you're being discharged from Orygen!) it's a good idea to make an extra special effort to use your support structures and self care strategies.

You might like to keep a list of contact details for your supports in your wallet, on your fridge, in your phone or on your bedside table



MY SUPPORT CREW AND CONTACTS

Name/Service	Contact Number

SUPPORT STRUCTURES

People have all sorts of different support structures in their lives and you may already have a few that are working well for you. Support structures can include;

- Your GP (doctor) who can help you manage your general health, including your mental health needs
- Friends and family to spend time with and talk to if you need some support
- Specific support services that help you stay on track with work or study
- Programs that you are linked in with that support you to feel good, including community programs, special interest groups like sewing/craft, footy or other sports clubs.

Tip:

If you'd like some info and tips about healthy eating, sleeping and exercise you can ask your case manager or a Peer Support Worker for factsheets about these topics.

SELF CARE

Self care, or, looking after yourself is all about doing enjoyable activities and positive things that help you to de-stress, relax and feel good!

There are LOTS of things that you can do, including;

- Playing sport or doing some exercise
- Listen to music (or play music if you have an instrument!)
- Read a book/magazine
- Watch a movie
- Write, draw, paint, take photos or other creative stuff that you enjoy
- Cook
- Go for a walk in the park or at the beach or just around your neighbourhood
- Do some gardening or plant a pot-plant
- Hang out with friends/do something social
- Meditation/Yoga or breathing exercises
- Take your dog for a walk/play with your pet

You can also look after yourself by;

- Getting a good night's sleep
- Doing regular exercise
- Eating well
- Drinking plenty of water
- Limiting the amount of alcohol and caffeine you consume

WHAT IF I NEED SUPPORT IN THE FUTURE?

Before you are discharged from Orygen, you and your case manager will put together some information about what to do and where to go if you need some support in the future.

You may have already worked with your case manager to develop something called a Wellness Plan which includes information about what signs to look out for that might indicate that you're becoming unwell and what to do and where you can go for help if you or your friends/family notice any of these warning signs.

The kinds of things that you might want to think about when you're developing a Wellness Plan are:

- The things that you've been doing to get well or keep well – self care strategies or other activities you've been doing, medication you've been taking etc
- The kinds of things that might "trigger" you to become less well
- The things you might notice if you're becoming less well
- The things other people might notice if you're becoming less well
- The steps that you and others can take to try to get you back on track if you're less well
- The important contacts if you're becoming less well

Ask your case manager for a copy of your Wellness Plan or ask about developing one together as it can be a really useful tool!

To see what kind of info is in a Wellness Plan, check out the template on the next page.

So, when you leave Orygen you'll have some plans for what to do if you feel like you need some support and contact details of who/what services to get in touch with.





WELLNESS PLAN

Things I can do to help myself stay well and on track

[illegible]

WELLNESS PLAN

WHAT'S THE PLAN MAN!

Do you have a plan for how you'd like to be supported if things aren't going too well for you?

It may be useful to have these things written down so that you and your support network are clear about when you need some help, and what that help should be.



IF YOU ARE REFERRED TO A NEW SERVICE

When you come to the end of your time at Orygen, you and/or your case manager may feel that you could benefit from some ongoing support from another service.

Together, you can talk about what sort of support you may require and what services you can be referred to.

Starting somewhere new is an opportunity for you to think about what's important to you, what your goals are and what you'd like to keep working on.



GETTING TO KNOW SOMEONE NEW

Getting to know your new support person or people may take a little bit of time or a few sessions together. They will probably want to ask you about some of the things in your discharge summary from Orygen and some questions about what's been going on for you so that they can get to know you.

Some of the information you may like to share with your new service could include;

- What you've been working on at Orygen
- What has and hasn't worked for you in the past
- What you'd like some support with now
- What your goals are
- Some things about yourself, such as what you enjoy, what your strengths are and the things you're looking forward to

You might like to write some of this information down before you go to your first couple of appointments so that you can remember what you want to tell your new worker.

You could even give the list to them to read and then they can ask you questions about the information you've written down.

Remember that you can ask questions too! These first few appointments are about getting to know each other and finding out how you can work together towards your recovery goals.

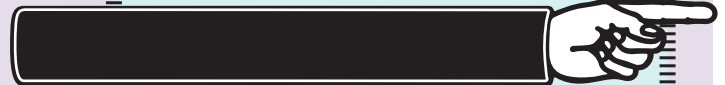


Will I have to pay for my mental health care after I leave Orygen?

Whether or not you will have to pay for visits to your new support/service will depend on where you're referred to after you leave Orygen.

Some services, such as PDRSS or Adult Mental Health Services are provided free of charge. Others - like counselling provided through a community health centre - might incur a small charge. If you are accessing private supports, there are some options to reduce the cost.

Your case manager will talk through the options with you before you are discharged from Orygen. If you are being referred to another service they will try to link you in with an option that is affordable for you.



MENTAL HEALTH CARE PLAN

Better Access to Mental Health Services BAHMS and Access to Allied Psychological Services (ATAPS):

These are programs that you may be able to access through your GP (ask them if you're eligible) which are provided under Medicare. Under these programs, people can be referred to see a private mental health practitioner such as an Occupational Therapist, Psychologist or Social Worker at a subsidised rate, for a number of sessions per year.

If you want to talk to your GP about this, ideally you should let the receptionist at your GP clinic know that you may be seeking a mental health assessment and care plan from your doctor, as this will require a longer appointment. Alternatively attend for a regular appointment, and let your GP know you're interested – if you need to, you can always book a follow-up appointment.



MEDICARE REBATE, BULK BILLING & THE MEDICARE SAFETY NET

Medicare Australia is part of the Department of Human Services and offers Australian citizens a range of payments to access health care.

All Australian citizens have a Medicare number. Your number may be on your family's Medicare card. You can apply for your own Medicare card from the age of 15 – **for more information go to www.medicare.gov.au or call the Medicare hotline on 132 011.**

If you don't have a Medicare number, don't worry – you can ask the GP or receptionist to call the Medicare hotline or you can call them yourself before your visit on 132 011.

The Medicare Rebate is the term used to refer to the amount that Medicare allocates to pay for different kinds of health expenses.

"Bulk billing" is the term that is used when the health provider agrees to accept the Medicare Rebate as the full-fee for the visit – so when there is no extra charge on top of that.

Sometimes there is a "gap payment" that you will have to pay that will not be covered by Medicare. You can always ask your GP, or the health professional you are going to see, what the fee is and how much of it will be covered by Medicare.

The Medicare Safety Net refers to Medicare being able to help out with "gap" costs for specialist medical care. Once you have reached a certain amount of costs for the year, the Safety Net means that Medicare will help out with a certain percentage of costs.

It's good to know about Rebates, gap payments and the Safety Net. It can be especially helpful when seeing medical specialists such as psychiatrists – individual sessions might seem expensive, but might end up costing you much less than you initially thought.

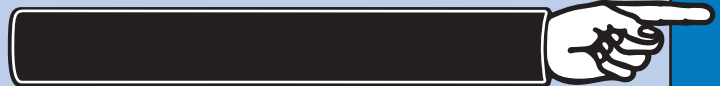
GET OUT THERE!

The next part of this guide talks about ways that you can do more things that might feel meaningful to you. It might include finding a job, getting back to study, starting or reconnecting with a hobby, or socialising more with others.

Doing things that you enjoy, that are important to you, and that bring meaning and purpose to your life, can help you to maintain and improve your mental and physical wellbeing. It can also help you to establish routine in your life, meet other people and increase the positive feelings you have about yourself.

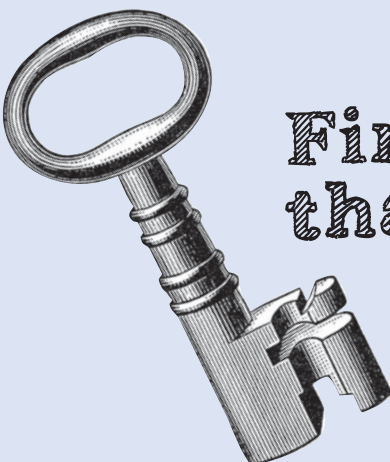
There are many roles and activities within the community that you are able to be a part of - so why not give them a go!

BE A GROUPIE



Getting involved in groups can help you to meet people, learn new skills or reconnect with old ones, and just have some fun.

There are lots of options for groups and clubs in your local community, but it's good to know where to look to find one. Local councils, headspace centres and PDRSS are good places to find out about programs and activities that you may be interested in. You might like to use the worksheet questions on the next page to help figure out what's important to you in terms of accessing groups and what kind of groups you'd like to get involved in.



Finding a group or program that's right for you?

Your local council and PDRSS are good places to find out about programs and activities that you may be interested in.

Not sure what you're looking for?
Ask yourself these questions to give you a good starting point for finding a group that's right for you.

CAN I GET THERE?

Think about how you're going to get to the group. Is there a train station or tram/bus stop close by?
How long will it take you to get there?

WILL IT COST MONEY?

Find out if the group has a fee. It's totally OK to ask programs if there is a cost - it's important for you to know this.
Then decide if you can afford it. If not, try to find a similar group that is free.

WHAT TIME AND WHAT DAY?

Which days and times best suit you to attend a group?
If you have school, work or appointments, it's important to find out what day and time the group runs so you can work out how you're going to fit it in.

HOW LONG DOES IT RUN FOR?

How many hours does the group run for? Is that too long for you or not long enough?
Also consider if the group is casual, meaning, you can go whenever you feel like it or will you have to commit to going for a number of weeks at a time. What will happen if you miss a few groups? Find out from the program.

WHO RUNS THE GROUP?

Does it matter to you who runs the group? Would you like to know if the people running the group are social workers, occupational therapists or youth workers? You can ask the program to tell you about this.

HOW BIG IS THE GROUP AND WHAT AGE? ..

Is it important to you that the group be for young people? Do you mind if there are adults participating too? What about the size of the group? You can ask the program how many people are in the group and what's the age range.

WHAT ELSE MATTERS TO ME?

Are there any other things about the group that are important to you? Do you have any other questions? The program will be able to provide you with answers and further information.

Tip:

Go through this questionnaire over the phone with the receptionist or a staff member from the group program you're interested in. That way, you can cover all your questions and get the answers you need!

Where to look for these programs and activities

- Ask your case manager or a Peer Support Worker to help you find out what's available to you
- Look up the website of your local council and youth service or give them a call and ask if they run any programs or activities
- Neighbourhood Houses, Neighbourhood Centres and Community Learning Centres often run low cost or free courses in things like painting, computers, yoga or Zumba. Give them a call and see what's available!



WORK IT!

HEADING BACK TO WORK OR STARTING A JOB

Heading back to work, or starting work for the first time can be a really important step in your recovery journey (and really exciting!)

Having a job not only means some financial independence, but can also help you to feel valued, empowered and more confident. It's also a great way to develop skills and career opportunities for the future, as well as meet new people and feel included in the community.

If you're thinking about starting a job, it's a good idea to do some preparation and planning before you start applying for positions.

First up, have a think about what it is that you'd like to do.

Consider your experience, training, skills and abilities and also any difficulties you may have. You may also like to think about how many hours you're able to work per week and on what days, and consider any ongoing appointments you may need to fit in to your schedule.

Have you considered an apprenticeship or traineeship? This could be an option you might like to explore if you like the idea of combining learning and training with on-the-job experience.

To find out more about preparing for work, exploring careers, putting together a resume and much more, check out these websites;

www.youthcentral.vic.gov.au

www.youngworkertoolkit.youth.gov.au

www.myfuture.edu.au

If you don't have access to a computer at home, most public libraries have computers you can use for free.

You can use your own computer or library computers to type up your resume and write job applications or look for jobs that you might be interested in.

Some good sites to check for jobs include;

www.seek.com.au

www.jobsearch.gov.au

www.careerone.com.au

www.mycareer.com.au

Check your local community paper or noticeboards in your area - sometimes local businesses advertise for staff this way. Another great tip is to keep an eye out in the window of your favourite cafes, restaurants or shops as they may put notices up when they're looking for staff.

If you're registered with Centrelink for income support of any type, you can become eligible for assistance from employment services such as Job Services Australia and Disability Employment Services.

Depending on the payment type and what kind of help you need, Centrelink will refer you to the appropriate agency.

For more information on these services check out:

Centrelink:

www.centrelink.gov.au

Australian Job Search

www.jobsearch.gov.au

Job Access

www.jobaccess.gov.au

WORKING AND STAYING WELL



The commitment and responsibility of a job can be stressful at times. We all have days when work bugs us, so it's important to have some good coping strategies and ways to de-stress and unwind. Be sure to make time to do things you enjoy like spending time with friends and family, listening to music, cooking or going for a walk.

DO YOU HAVE TO TELL YOUR BOSS ABOUT YOUR MENTAL ILLNESS HISTORY?

You don't have to tell your employer that you have experienced a mental illness. It's completely up to you if you feel comfortable and supported to disclose this.

The only circumstance under which you have to tell your employer is if your illness affects the following;

- Your performance, or your ability to meet the requirements of the job (tasks that need to be carried out in order to get the job done)
- Your ability to work safely and ensure the safety of co-workers

Some people choose to tell their employer because they need regular time off to attend appointments or because they need to reduce their work load or work hours when returning to work. This decision is all yours. You might like to discuss it with your support people like your family, friends, or even your GP, counsellor or other mental health care provider.

TO FIND OUT MORE ABOUT YOUR RIGHTS AND RESPONSIBILITIES GO TO

www.jobaccess.gov.au

and type "disclosure" in the search field in the top right-hand corner.

ASSISTANCE TO KEEP YOUR JOB

The Job in Jeopardy program provides expert assistance from a Disability Employment Service (DES) to help workers keep their jobs if disability, injury or a health condition is jeopardising their employment.

All DES providers can offer this to people who are at risk of losing their job as a result of a health issue.

To find a DES in your area, go to: www.jobsearch.gov.au

Then go to 'find a provider' for the DES programs.

You can search for providers in your area then give your local service a call and let them know you're enquiring about Jobs in Jeopardy assistance.

While you're still involved at Orygen, ask your case manager about what supports are available to help you to get back to work.



STUDY!



STARTING A COURSE OR HEADING BACK TO STUDY

Are you thinking about starting a course or heading back to study?

Having some sort of education can be a huge help when looking at what you want to do in the future.

As well as earning a recognised qualification, being able to learn the skills and tools necessary to help you get a job in your chosen industry can increase your readiness for work or further training.

Many people take time off from study or training when they experience mental health problems. Whilst you don't have to tell your school, university or training setting about what you've experienced, or why you've had time off, it's important to remember that if you want support to return to study, it's available.

For students at secondary school, the Student Wellbeing Coordinator or the Year Level Coordinator can be a great contact point. This is someone that you might want to let know that you've been having a hard time, and to talk to about whether there are flexible options for how many subjects you do, and what support you get to do them.

For students at TAFE or University, the Disability Liaison Unit or Disability Liaison Officers are responsible for supporting students to get adequate support. You may need a referral from your case manager

or doctor to access this service. They will talk with you about how your illness has impacted on your study, and what support you want to get back into study, or to maintain your study.

Some people who have experienced illness find that they want to get some new skills or qualifications, or change career direction.

The great thing is that there are a whole range of courses out there to choose from whatever your age or ability. If you're thinking about doing some study, it's a good idea to do some planning.

First off, have a think about your areas of interest and recap on what study you may have already done. Do you already have some skills or qualifications? Perhaps you partially finished a course? Think about whether or not you want to continue with what you were doing or start something new.

If you're keen to explore what courses are available you can check out the websites of the various universities and TAFE institutes in Victoria. You can also check out the TAFE online course directory at www.tafe.vic.gov.au or head to your local University and TAFE campus to ask about Information or Open Days.

Haven't finished secondary school? Don't worry, there's Education Pathways and options for you to complete your Certificate of Education which can open up further education pathways for you. Check out info here:

www.vcaa.vic.edu.au for over 18's and here: www.llen.vic.gov.au for under 18's.

You may also like to explore the option of an apprenticeship or traineeship in the area that you're interested in.

When you do find something you're interested in, it might be useful to ask yourself the following questions:

Are there any costs involved?

Where is this course located and can I get there?

What are the attendance options (full time, part time)?

Where can this course take me after I finish it?

What are the pre-requisites for the course?

Knowing the answers to these questions will help you to set some goals and make plans to start studying, or follow up on the things you need to do before you start a course.

While you're still involved at Orygen, ask your case manager about what supports are available to help you to get back to study.

STUDY AND SELF CARE

The other thing you should have a think about is how you're going to look after yourself while you're working towards your study goals.

Whether you're preparing to go back to study or you're in the middle of completing a course it's really important to be mindful of the potential stressors associated with working on your study goals and how you can manage this stress.

Whilst your priority might be scheduling time to get your study done or work on your study goals you should also set time aside to take breaks and do something you enjoy, like hanging out with friends, seeing a movie, reading, doing some exercise, going to see a band or listening to music. Whatever helps you to unwind and switch off.

Universities and TAFEs have workers to help students with some coping skills and problem solving options if things get a bit overwhelming. It's often called "Student Services" and they can provide students with counselling, chaplaincy services, health, academic and career/employment info.

If you want some good planning tools and some really great things to think about in terms of looking after yourself, you can check out this super useful resource from beyondblue called "The Desk"

The Desk aims to support Australian young people to achieve mental, physical health and wellbeing. You'll find resources for managing stress and worries, getting organised, setting goals and improving relationships when thinking about heading back into study.

Check it out at www.thedesk.org.au

CENTRELINK MAY HELP

Depending on your circumstances, you may be eligible for assistance from Centrelink.

You may be able to apply for payments and they may also be able to help you with employment and study assistance or job search programs.

To find out if you're eligible for assistance from Centrelink you can head in to your local Centrelink office or give them a call on the following numbers;

Enquiries about Disability Support Pension, Mobility Allowance, Carer Payment, Carer Allowance, and Sickness Allowance: 13 27 17

Enquiries about Newstart Allowance, Exceptional Circumstances Relief Payment, Partner Allowance, Special Benefit, and Employment Services Providers, including Job Services Australia: 13 28 50

Or get online at www.centrelink.gov.au for information and office locations

If you need some support to get in touch with Centrelink, let your case manager know.

PEER SUPPORT WORKERS

someone who has “been there”

OYH has an awesome Peer Support Team made up of young people who have been clients at Orygen in the past and are now discharged.

The Peer Support Workers have received special training to be able to support current clients at Orygen with a range of things like listening to you if you want to chat, telling you about their own experience when they were a client, providing information about a range of topics like medication and treatments, helpful services etc, and they can support you to provide feedback to Orygen if there's something you'd like to tell us.

They run the Drop in Room and a 1 on 1 Peer Support Service at Parkville and they also visit the inpatient unit in Footscray to hang out with clients and provide some support and information.

The Drop In Room

The Drop in Room is located in the main entrance hallway at Orygen in Parkville, just before you head into the Café. It's a groovy room staffed by Peer Support Workers where you can find loads of resources and information, a phone and computer if you want to check your emails, make appointments or look things up. Or you can just chill out and listen to music or read a magazine.

The room is open on select days and times during the week (check with your case manager for opening times)

The Drop in Room and Peer Support Service is for current clients.



WOW

WE NOW OFFER

**1
ON
1**

**APPOINTMENTS
WITH A
PEER SUPPORT WORKER!**

1 on 1 Peer Support

The Peer Support Workers also provide a 1 on 1 service for clients who would like to have a private chat with a Peer Support Worker at a time that is convenient for you both.

Peer Support Workers can provide you with some info and a helping hand if you're keen to learn more about what you can expect and how to plan for discharge.

They can tell you about their own experience and listen to you if you want to have a chat about what's next for you after you leave Orygen.

Here's what's on offer;

- Up to 3 meetings with a Peer Support Worker before you're discharged from Orygen at a time that's convenient for you both (at Parkville)
- Together you can plan what you'd like some help with, such as; making appointments at a new service or figuring out public transport to somewhere new, talking through any concerns you may have about discharge or even finding a group program or other activities in your area for you to get involved in
- Find info about support services and programs you may benefit from
- Just have a chat about how you're feeling!

You can also check the OYH Client Hub

www.oyh.org.au/oyh-clients for upcoming Discharge Information Sessions which are run by Peer Support Workers.

Ask your case manager if you're interested in booking a time with a Peer Support Worker for a 1 on 1 session.

WHEN I WAS DISCHARGED FROM ORYGEN...

**You're not the first young person to be discharged from Orygen.
And you won't be the last!**

There's been hundreds of other young people who have been clients at the service who have gone on to see GPs, Adult Mental Health Services, counsellors and youth workers, private Occupational Therapists, Psychologists, Social Workers or Psychiatrists or joined teams or clubs, headed back to study, started a job and kept working towards their own goals and passions and interests. Some young people found it easy to leave Orygen and were excited to finish up their time here, others had some concerns and questions about what it would be like.

Here's some real life stories from past Orygen clients talking about their discharge from the service, and their next step.

NATHAN

I left Orygen about 4 years ago after being treated for emerging Borderline Personality Disorder.

The thing that really worried me about leaving Orygen was that I might need help in the future and I didn't know where to get it from.

I thought, oh man, I'm going to be calling my case manager heaps and asking for help!

But as it turned out, discharge wasn't as hard as I thought it would be (and I didn't call my case manager at all!)

It actually made me feel really independent to know that I was ok without my case manager, and I was surprised how well I could cope with things.

Before I left, we just talked heaps about what I could do if I felt like I needed some help. I was referred to a psychologist and I started going to my local headspace which I think really, really helped – having somewhere to go after leaving Orygen.

It made a huge difference for me to continue getting some support, and I'm glad I kept working on my recovery because I've gotten heaps better. I was originally diagnosed with 5 borderline personality traits and now I only have 2!

So I always feel hopeful that things can get better.

Now, I'm an arts student, living independently and I'm happier than ever!

BEN

I was coming to Orygen for about 2 years, being treated for depression and anxiety. During my time here I was discharged early because I got heaps better, then some things happened and I didn't feel so great. I still had some time left at Orygen so I came back to the service and then I was discharged again at the end of my treatment, so I've pretty much got double the experience of leaving the service!

In the early stages of treatment, thinking and talking about discharge was pretty hard. It felt scary and ominous to think about leaving because I felt so safe, like it was the one place I could talk about what was going on for me, without being judged. I also worried about relapsing in the future and that I wouldn't be able to find treatment somewhere else.

I talked to my case manager about these things, told her what was worrying me about discharge and we worked through it together. As time went on and we talked more about me leaving, I felt more and more confident and I started to feel really proud of how much I'd achieved during treatment.

By the time I was discharged, I felt like I had got a lot of my independence back and felt like I could do things on my own. I felt like I was able to set my mind to anything I wanted, whether it was making more friends, continuing employment or seeking a better job or even just exercising.

One of the biggest things I realised when it was time for discharge was that I actually understood my mental illness a lot better and I also learned a lot about what works for me to prevent relapse.

So, that was all about 2 years ago now.

These days I'm part of the Platform Team at Orygen, which is really great. It gives me a chance to help other people and help the service too. I'd also really like to become a Peer Support Worker at Orygen, so I plan on applying for that too!

In the meantime I've been managing the dairy department at my local supermarket and have been thinking a lot about my career path.

If there's one thing I can say about moving on from Orygen, it's that you are never alone, no matter what your circumstances are. There's always help available if you need it. And also, to embrace the things that you enjoy in life, because life really is wonderful and full of exciting things.

WANT TO BE A PEER SUPPORT WORKER?

One of the great things about being discharged from Orygen is that you're now eligible to apply to join our Peer Support Team!

If you like the idea of using your experience as a client here at Orygen to pass knowledge on to other young people and support them to get the most out of the service, then the Peer Support Program could be for you.

HERE'S WHAT YOU SHOULD KNOW ABOUT THE PROGRAM

- Peer Support Workers are reimbursed (paid) volunteers who give their time to support current clients at Orygen
- They run the Drop in Room at Parkville and visit the Inpatient Unit in Footscray
- The key aims of the program are to provide clients with someone to chat to/listen, provide information and education, support clients to understand their rights and how to provide feedback/make a complaint and help clients to get the most out of their time with the service

HOW TO APPLY

- Ask your case manager or a Peer Support Worker for a Peer Support Information and Application Pack or download it online at oyh.org.au/become-peer-support-worker
- Read the pack and think about whether or not you'd like to be part of the program and can commit to the program requirements
- Check the recruitment dates (twice a year) on the Orygen website oyh.org.au/become-peer-support-worker or ask your case manager when the next recruitment session is
- Fill out the application form and post/bring it in to your case manager or reception

If you've got questions about the Peer Support Program you can get in touch with the Youth Participation Coordinator or Peer Support Project Officer by calling Orygen reception on 9342 2800

THE PLATFORM TEAM: use your experience to help

At Orygen, we realise that young people who have used the service know a lot about what has worked for them, what is difficult and what can be improved.

We're always keen to hear your feedback and ideas about what we could do to make the service better, and we also think that you should get a chance to be involved in making decisions about how we do things around here.

So, why not consider joining the team and helping us to make Orygen a better place for all young people!

WHAT DOES PLATFORM DO?

The Platform team get together for regular, short meetings and participate in loads of different activities such as;

- Giving feedback about the Orygen service based on your own experience
- Taking part in Orygen project committees
- Writing the client newsletter
- Helping to select who works at Orygen
- Designing posters, fliers and booklets
- Assisting with research projects
- Helping the community to understand mental illness, promoting help-seeking and raising awareness about youth mental health via television, newspaper and magazine interviews/stories
- Talking to high school students about mental health and help-seeking

WHY JOIN?

Being a Platform Team member has lots of perks.

You'll get to do heaps of fun, creative, interesting and important things all of which make a difference to how the service operates and participation can also have a really positive effect on your own wellbeing.

We also provide a reimbursement (payment) to Platform Team Members for their time and contributions. It's our way of acknowledging your valuable ideas and feedback.

You can join Platform at any time after you leave Orygen and it's really flexible so you can come and go as you please and choose how much stuff to get involved in.

HOW TO JOIN?

Let your case manager know you're interested in joining Platform, or after you're discharged, call Orygen reception and ask for the Youth Participation Coordinator who can tell you how to get involved.

There's no application process and all past and present Orygen clients are welcome!

HEY THERE

What did you think of the “What’s Next” discharge booklet?

Hopefully you found some useful information within the pages of this booklet.

We’re interested in what parts of this booklet you think are good, and what parts that you think could be improved. We’d also like to know if there’s things we’ve missed out that you think we should include.

Jump online at www.oyh.org.au/clienthub and head to the section called **Leaving Orygen Youth Health (Discharge)** and click on **“What’s Next” – a guide to what’s next after discharge from Orygen Youth Health**, to take the short online survey.

By providing us feedback you could win yourself a \$50 gift voucher for JB Hi Fi, Coles Myer, iTunes and loads of other retailers.

If you want to get involved in giving other types of feedback about Orygen Youth Health you can share your ideas and thoughts by joining The Platform Team.

Call us on 03 9342 2800 to find out more!

