

# JAMES & BANJO

*My Own  
Domain*



## *My Passion* - Bushwalking

---



Bushwalking  
with my  
family

18 years old

*"something was  
wrong ..... not  
sure what"*

---

## Impact of THE DIAGNOSIS

---



### POSITIVE

*'it was a relief and made things easier to handle'*

### NEGATIVE

*'I didn't want to be put in a box'*

## RECOVERY & REHABILITATION

one year at Tolosa St Residential Rehabilitation  
(Mental Health Services)

James gained great inner confidence to socialise with others.

---

James regained control and independence.



## RECOVERY & REHABILITATION

Tolosa St ..... continued

*"I learned new skills"*

*"staff prompted me to do things"*

*"I started doing horticulture at TAFE"*

*"I joined in with Richmond Fellowship Out and About"*



## MORE REHAB & RECOVERY .....

Two Years at Richmond Fellowship  
Garfield Road Residential Rehabilitation Program

A good relationship between staff and residents is very important

Gemma and James developed a very good relationship

Trust was established

Inner confidence was developed

Education around mental wellbeing



## Garfield Rehabilitation .... *continued*

Community meetings,  
walking, cooking, relaxation  
groups.

TAFE

Work experience at the  
Botanical Gardens

Recovery Champion and  
Hearing Voices workshops  
with Ron Coleman

*gardening ..... making friends*



Planning trips and holidays

Inspiring others

**Working .....**

Delivering catalogues

Volunteer dog walking



Working towards  
and achieving a  
personal goal

Purchasing,  
owning and  
caring for my own  
dog .....



## THINGS WENT PEAR-SHAPED!

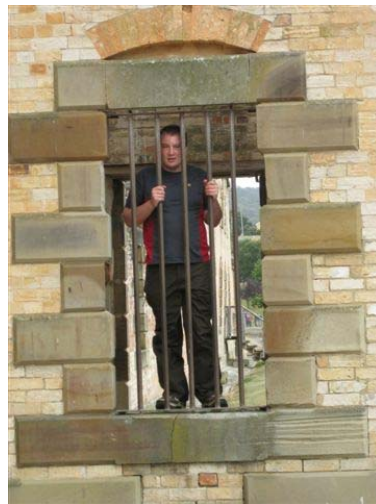
*"too much on my plate"*

*"stressed out"*

*"voices ..... voices"*

*" off to hospital"*

*"lessons learned"*



## MY OWN DOMAIN

“offered a Housing  
Department unit”

“moving house is a  
stressful life event”

“planning, support &  
practice .....



## The Exit Plan

moving on from residential rehabilitation is a big step

### EXIT PLANNING

Furniture

Power

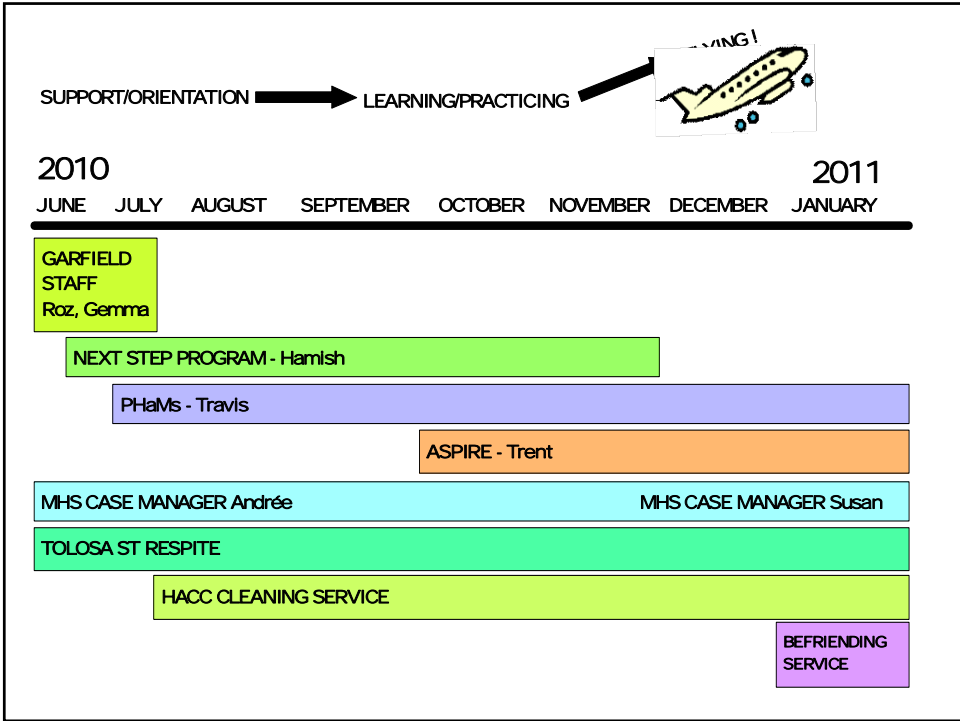
Rent

Medication

Important phone numbers



It was also important to reassure James' family that he would be supported once he moved into his own place.

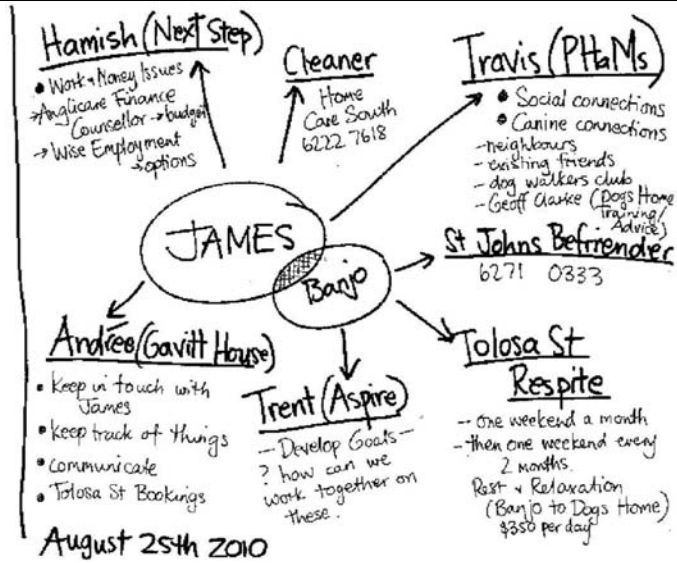


many supporters assisted me in my new home.....



*"We mapped out a plan"*

## GETTING SUPPORTS AND RESOURCES IN PLACE



## MANAGING SYMPTOMS

Psychiatrists  
Clozapine Clinic  
Local Pharmacist



# NEXT STEP PROGRAM

offers short term support for Richmond Fellowship residents who are moving into their own accommodation.

James and Hamish are working on areas identified by James

**Orientation to a new area**  
catching a bus, familiarising himself with shops and services. i.e. supermarket, pharmacy, laundry and dog grooming shop

**Attending appointments & interviews**

**Employment**

**Finances**



# Personal Helper and Mentor

Travis works with James with a focus on developing social connections and managing Banjo

Maintaining existing friendships despite strain of distance

Developing new friendships with neighbours.

Exploring options around joining local community groups in an effort to meet new people

Working in conjunction with a dog behaviour expert to reinforce training strategies



## PLANNED (and unplanned) RESPITE

### **Tolosa St Respite**

planned and urgent if required  
very important to maintaining  
recovery

### **Dogs Home 'respite'**

boarding and help with training



## Aspire - a pathway to mental health

assisting James to develop and work towards his goals

*Preparing for 2011...*

Keeping on track of  
goals developed with  
all other services

Exploring future  
options for work

Looking at possible  
volunteering options  
for next year



## what we learned .....

From James' point of view



Less is more ... don't do too much or stress levels rise

Be honest about what I feel and what I need

KEEP TAKING MY MEDICATION !

## what we learned

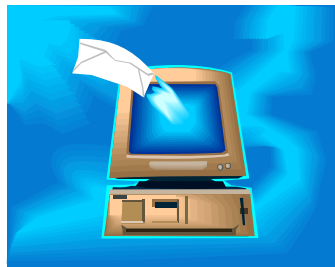
from workers point of view.....

*"The links we made with other services will be there for working together in the future"*

An agreed common purpose – assist James to achieve his goals

Agreement and clarity around who is doing what is important

Email is great for workers communicating and organising things – unfortunately James didn't have email or we could have included him in the loop.





2006 James conquers  
Mount Oakleigh  
on the overland track



**Eyes on the Prize**

## **Frenchman's Cap**

*“The trek is gruelling but  
utterly satisfying”*

**JAMES AND BANJO – MY OWN DOMAIN** - NOVEMBER 18<sup>th</sup>, 2010 - Notes on Services

### **Tolosa St Residential Rehabilitation Program and Respite Service**

Mental Health Services – Tasmanian Government  
A program for people with a serious mental illness where residents are assisted / facilitated to develop skills around independent living and achievement of life goals.  
Tolosa St also provides residential respite to clients of mental health services.  
Supported by 24 hour clinical staff  
For more info contact: 03 6233 8994 / paul.chevalier@dhhs.tas.gov.au

### **Richmond Fellowship – Garfield Rd Residential Rehabilitation Program**

Richmond Fellowship – Community Service Organisation (CSO) funded by Tasmanian Government  
A recovery-based program for people with a serious mental illness where residents are assisted / facilitated to develop skills around independent living and achievement of life goals.  
Supported by 24 hour non-clinical staff  
Contact: 03 6273 8650 / rozl@rftas.org.au

### **Richmond Fellowship – Next Step Program**

Richmond Fellowship – Community Service Organisation (CSO) funded by Tasmanian Government  
Outreach program to support people for the first few months after moving from residential rehabilitation to independent living. Flexible program based on clients needs and preferences.  
Contact: 0400 853 307 / nextstep@rftas.org.au

### **Personal Helpers and Mentors (PHaMs)**

Anglicare is funded by the Australian Government to run this program  
A flexible outreach program. Workers assist and facilitate people who have serious barriers to participation in society, to live their life to the fullest.  
Contact: 03 6213 3631 / T.Radunz@anglicare-tas.org.au

### **Aspire – a pathway to mental health**

A CSO funded by the Tasmanian Government.  
A recovery based program for people experiencing a mental illness. The Aspire program uses the Boston Model of Psychiatric Rehabilitation to assist participants to develop and work towards achieving life goals.  
Contact: 03 6224 5247 / tmchugh@aspire.org.au

### **Adult Mental Health Services**

Tasmanian government community mental health services providing comprehensive psychiatric care and case management based on a geographical catchment.  
Contact: 03 6211 5000 / andree.poppleton@dhhs.tas.gov.au