

Why do we need mental health transitional units?

Mental health issues are widespread in Australia and have lasting and significant impacts for individuals, families and communities. Western Australia has a long-standing shortage of appropriate facilities for people experiencing mental health issues requiring transitional care. We want to ensure that people are able to get the care they need in a timely manner, in the most appropriate setting.

Currently, many people experiencing mental health issues spend more time in hospital than required, and others living in the community are missing out on the support they need.

Specialist community recovery and transitional services have been operating nationally and internationally for many years, with positive outcomes for both residents and local communities. Social support systems provide additional assistance to access the skills, training and recovery opportunities that people need to return to work and a fulfilling family and community life.

“St James Transitional Care Unit is designed for people who wish to have the opportunity to be supported while they are on their recovery journey from mental illness.”

- Dr Nigel Armstrong
Clinical Lead for Mental Health, EMHS

Will St James Transitional Care Unit impact our community?

- The community should not expect any significant changes compared to the site's previous use when it was a residential aged care facility.
- St James Transitional Care Unit will be staffed 24/7 by skilled mental health clinicians and peer support workers to ensure the consumer residents have appropriate levels of support at all times.
- Security staff will undertake regular surveillance of the building.



Government of Western Australia
East Metropolitan Health Service



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What we do makes a difference to the lives of the people in our community, and our values reflect how we are expected to conduct ourselves every day.

- Kindness
- Excellence
- Respect
- Integrity
- Collaboration
- Accountability

The St James Transitional Care Unit model of care has been developed in consultation with clinicians, consumer advocates, the Office of the Chief Psychiatrist and the Mental Health Commission. It's based on best practice facilities nationally and globally.

Need more information?

Please get in touch to share your questions, feedback and suggestions.

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🖱 [http://emhs.health.wa.gov.au/
StJamesTransitionalCareUnit](http://emhs.health.wa.gov.au/StJamesTransitionalCareUnit)

St James Transitional Care Unit is an innovative approach to mental health care delivered by the East Metropolitan Health Service on behalf of the Western Australian Government.



Koorda moort, moorditj kwabadak.
Healthy people, amazing care.

St James

Transitional Care Unit

A caring and innovative approach to help mental health consumers step back into the community.

Right care
Right place



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About St James Transitional Care Unit

St James Transitional Care Unit is an evidence-based, innovative approach to mental health care delivered by the East Metropolitan Health Service (EMHS) in St James, within the Town of Victoria Park. The 40-person residential service will provide contemporary staged recovery support for people experiencing mental health issues - offering transitional care between the hospital setting and community living.

Key facts

- Up to 40 consumer residents will call St James Transitional Care Unit home for between two weeks to around six months.
- The service will support adults experiencing mental health issues aged between 18 to 64 years to return to participating and contributing within their communities.
- Residents will be focussing on individual recovery goals to support independent living, work and/or study.
- St James Transitional Care Unit is anticipated to open to mental health consumers mid-2022.



Mental health key statistics

Anyone can develop a mental health issue

The most common mental health issues are depressive disorder (depression), anxiety, and substance use disorder.

Significantly, not everyone seeks treatment. In fact, the number of people accessing help for mental health issues is half that for people with physical disorders.

Did you know?

Anxiety

- Anxiety is the most common mental health condition in Australia. According to Beyond Blue, every year 14% of Australians are affected by an anxiety disorder.

Bipolar Disorder

- 1-4% of Australians are affected by Bipolar Disorder at some point in their lifetime. It is a common mental illness that affects someone's ability to manage their emotions and impulses.

Depression

- Every year 4% of Australians are affected by depression, some of whom are treated by psychological therapy, medication, and community support.

Obsessive Compulsive Disorder (OCD)

- OCD affects 1-2% of Australians and while severity varies between each person, OCD can be a very debilitating disorder.

Post-Traumatic Stress Disorder (PTSD)

- More than 10% of people living in Australia will experience PTSD in their lifetime.
- In Australia, serious car accidents are the leading cause of PTSD, however people who have experience of repeated and deliberate harm such as sexual or physical abuse are more likely to develop the disorder.

How lived experiences are shaping the St James Transitional Care Unit

As part of the innovative program, on-site assistance will be provided to consumer residents to coach them to return to participating in, and contributing to, their own communities and live according to their own recovery goals.

Did you know 45% of people in Australia will develop a mental health issue in their lifetime and one in five Australians aged 16-85 experience a mental health issues in any year?

Lived experience of mental illness

Lived experience consumer and carer representatives have assisted in the co-design of this service. They are extremely supportive of this much needed mental health recovery accommodation.



Robert

"I wish that a service like St James was around when I started my recovery journey."



Tim

"St James Transitional Care Unit offers real options to ignite the fire of self-empowered recovery within each consumer resident."