

Who will use the service?

People who use the service could benefit from some additional support to assist them in managing their mental health.

The service is available for both women and men who will be predominantly aged 18 and over. People who wish to use the service do so voluntarily and agree to engage with the service, having been assessed as having the potential to benefit from support services in a community setting.

Please note that the service is not an alcohol or other drug rehabilitation facility or a crisis accommodation service.

What will happen next?

Step up/step down services have been designed for a specific purpose. Each step up/step down service will be designed taking into consideration its immediate surroundings and neighbourhood as far as practically possible.

Once design plans for the building have been approved, a building contractor will be engaged to undertake the building construction.

During the construction phase the Mental Health Commission will call for tenders through Tenders WA for the Non-Government Organisation who will operate the step up/step down service.

Further Information

Further information regarding step up/step down services can be found at:

www.mhc.wa.gov.au/stepupstepdown

If you would like additional information please email:
communitystepupstepdown@mhc.wa.gov.au



Mental Health Commission
WA Country Health Service

Community Mental Health Step Up/Step Down Services

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 @mentalhealthwa

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 Mental Health Commission of Western Australia

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Support

Community mental health step up/step down services

Background

Community mental health step up/step down (step up/step down) services are identified as a priority in the *Western Australian Mental Health, Alcohol and Other Drug Services Plan 2015-2025*. Following its election the State Government announced its support for the continued development of step up/step down services throughout regional Western Australia.



Step up/step down services offer a supportive, residential environment where people living with a mental illness can stay, for a short period of time (up to 30 days), and participate in programs and activities that will assist them to remain part of their community, close to family and friends.

Currently there are two step up/step down services operating in Western Australia, both in the metropolitan area. The service in Joondalup has been operating since 2013, with the Rockingham service opening in 2016. Both services have provided excellent results for the people using the service and have good ongoing relations with their neighbours.

Step up/step down services are planned for Albany, Broome, Bunbury, Karratha and Kalgoorlie.

What is a step up/step down service?

Step up/step down services provide a range of support programs and activities within a residential style setting that provide additional support for a person to manage a decline in their mental health, but

where an admission to hospital is not required. This is referred to as “step up”.

Alternatively, the service is for a person who has received hospital care but no longer requires that level of care, but could benefit from some additional supports that will assist them to re-establish themselves in their home. This is referred to as “step down”.

The services and supports offered aim to maintain the individual’s independence, allowing them as much choice as possible in managing their daily activities.

Who will run the service?

The Mental Health Commission will appoint an experienced Non-Government Organisation to operate the service who will work in close collaboration with the WA Country Health Service (WACHS) to provide comprehensive support and treatment for people using the service.

The Non-Government Organisation operating the service will have staff on site at all times of the day and night.