

# Wellways to Recovery program

## Statement for referrers

2022

Dear Care Provider,

Wellways to Recovery is a free outreach mental health program that provides individual and group support to Tasmanians aged 16 and over who experience mental health challenges and want to work towards improving their health and wellbeing. The individual is supported by recovery program workers to identify their strengths and goals. We work together on actioning and achieving these with an emphasis on building skills and independence in their lives.

The program is offered in South, North and North-West Tasmania and funded by the Department of Health and Human Services. Individuals can access the program for up to two years if needed and support to transition out of the program will be provided.

### Model of Care

Our model of care brings together evidence from research and what works for people with a lived experience of mental health challenges and recovery. Our service provides community-based outreach support allowing flexibility to support individuals in their homes and in the community.

The program helps individuals identify personal recovery goals using the evidence-based **Recovery Star** framework which addresses the following domains:

Developing strategies for managing mental health	Improving social connections and networks
Achieving physical health and wellbeing	Education, training and return to employment
Managing daily living activities	Building trust and hope
Building and maintaining healthy relationships	Improving self esteem

### Referral process

All participants must be referred through a health professional to ensure the intake team receives a comprehensive overview of the participants mental health history, diagnosis, and risk evaluation. Health professionals may directly refer their client into the program if deemed appropriate or support an individual who is seeking a referral into the program.

After a referral is submitted, a Wellways Program Worker will follow up with the referrer and the participant to ensure the relevant documentation is complete before the service planning begins.

Once a referral is complete and signed by a registered clinician it can be submitted to our intake team at [tasmania@wellways.org](mailto:tasmania@wellways.org)

**For general queries please contact:**

1300 111 400 | [enquiries@wellways.org](mailto:enquiries@wellways.org)

**wellways**



Wellways to Recovery is delivered by Wellways Australia and funded by the Tasmanian Government.