

# KARAKAN

YOU CAN. WE CAN.

**Mental health and psychosocial support services that build resilience**

Our vision is an Australia where people with mental health needs are included and valued

Our mission is helping people with mental health needs to build resilience and live life better, together



## INDEPENDENCE PATH

JOURNEY TOWARD INDEPENDENT LIVING

# STEPS TRANSITIONAL LIVING & SUPPORT SERVICE

Karakan's STEPS Transitional Living and Support Service is a service operating in partnership with Karakan and Metro South Health, aiming to work with and empower individuals to improve their mental wellbeing, quality of life, and long-term housing stability.

We support people who are:

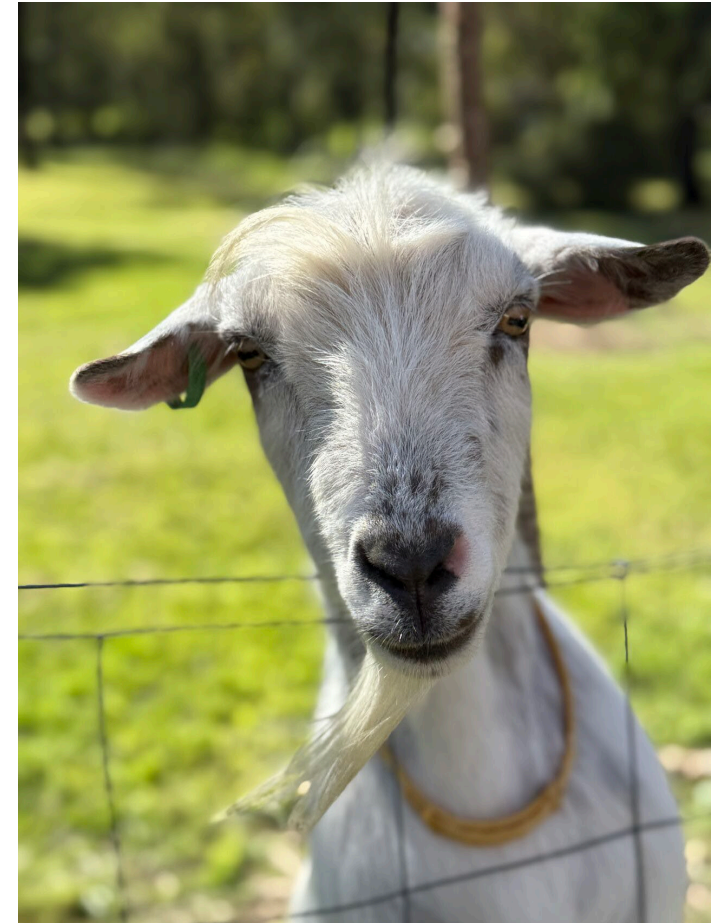
- 18-64 years old
- Residing in the Logan catchment
- Currently receiving support from Metro South Addiction and Mental Health Services
- At risk of losing their accommodation due to their mental health needs.





# DRIVERS OF SUCCESS FOR THE STEPS PROGRAM

- Partnership with MSAMHS enabling a holistic care model
- Community led, clinically supported
- Stepped continuum of care model
- Therapeutic housing environment
- System navigation support
- Duration of support enables a capacity building approach
- Recovery-oriented, individualised support



# PROGRAM SUPPORT STAGES

## Pathway 1 – Support and Sustain (for up to 6 months)



### **Support and Sustain**

Providing support to people in their home so they can remain healthy at home

- Karakan case managers work with people to identify and work towards recovery goals and achieve long-term, stable housing
- People can be supported to transition to STEP In if more intensive support is required

# PROGRAM SUPPORT STAGES

## Pathway 2

### STEP In (for up to 3 months)

- Providing high intensity, live-in support at Lyston House, Greenbank (a semi-rural home with extensive gardens, a pool, farm animals and a residential dog).
- Holistic and therapeutic support is provided by a clinical occupational therapist, Karakan case managers, Karakan recovery workers and Karakan community link workers to support people to work towards their recovery and housing goals.
- Social and group activities are provided to build skills, confidence, resilience and support social connections.



# PROGRAM SUPPORT STAGES

## **STEP Down** (for up to 6 months)

- After STEP In, people are supported to transition to the STEP Down stage and move to one of Karakan's low-intensity houses.
- Karakan recovery workers continue to work with people on their recovery and housing goals.
- Karakan case managers and the clinical occupational therapist provide support to assist people to continue to build skills, confidence and resilience, and strengthen social connections.

## **STEP Forward** (for up to 6 months)

- Karakan case managers work with people to support long-term housing and recovery goals as people near the end of their engagement with the program.
- We work with people to successfully transition out of the program with the skills and confidence to maintain long-term stable housing and support their long-term mental health and wellbeing.

# THE KARAKAN DIFFERENCE

## Client Testimonials

“I wasn’t sure how far I would get in the program. I doubted myself in the beginning, but day by day, I surprised myself. This experience has been a turning point in my life. I now have the tools, the mindset and the confidence to move forward.” *PK*

“Being here takes a lot of the daily stress out, so you can focus on your recovery...It gives you the time it takes to rediscover yourself, recover and learn.” *Lyston House client*

For more information, visit [www.karakan.com.au](http://www.karakan.com.au)

