

Who is Residential Support for?

Ermha Residential Support seeks to prevent hospitalisation, and provide a half way point between hospital and home, for people who are experiencing a mental illness.



Ermha is a community based organisation that supports recovery and instils hope for people who are experiencing the effects of a severe mental illness. Ermha clients may also have complex needs associated with a disability, substance abuse or housing instability. We recognise that each client has their own strengths, needs, desires and aspirations, and our range of programs are designed accordingly.

For more information about Residential Support or any other Ermha program call 1300ermha1, email reception@ermha.org or visit www.ermha.org



Your partner in mental health recovery

Ermha Residential Support consists of two Prevention and Recovery Care (PARC) facilities, one in Springvale and one in Clayton.

Both are short stay facilities that provide 24 hour support to people who are experiencing a mental illness and whose symptoms are becoming more severe but who do not require hospitalisation. Conversely, we support people who have been discharged from hospital but who are not quite ready to live independently. In other words we bridge the gap between home and hospital.

As well as round-the-clock support by Ermha staff, clinical support is provided by Southern Health, our PARC partner.

Each PARC service can support up to ten residents at a time. Residents' rooms, each with en suite, surround a shared living space that includes kitchen, dining and lounge areas.

One result of a mental illness is that daily routines can be upset. PARC residents contribute to the daily running of the facilities by becoming involved in shopping, cooking, cleaning and laundry duties.

As well as putting structure and routine into daily life, these tasks provide residents with opportunities to get re-acquainted with the basics of independent living. They also offer residents the chance to interact with each other and PARC staff. People with a mental illness often experience social isolation so re-establishing social skills can make for a better return to home and community.

Each resident, together with his or her Ermha support worker, creates an Individual Support Plan (ISP) that identifies recovery goals and ways to reach them. Goal planning is important because it puts people with a mental illness back in control of their lives. In preparation for taking action to meet their goals residents take part in activities that address life skills, relaxation, exercise, creativity and wellbeing.

Ermha's PARC residents are not defined by their mental illness. Instead we emphasise each person's abilities and we instill hope for the future by helping residents to create, and stay on, their path to recovery.

Catchment

PARC residents come from the Cities of Greater Dandenong, Casey, Monash and Kingston, and the Shire of Cardinia.

Eligibility

PARC residents must be aged 16 to 64 years.

Referrals

PARC residents are referred to us by their clinical support provider. For example this might be a case manager, psychiatrist, key worker or other health professional.

Contact

For more information please call Ermha reception on 1300 ermha1 (1300 376 421) or email reception@ermha.org



Ermha programs are funded by the Victorian Government Department of Human Services and/or the Victorian Government Department of Health.