

June 2018



## FOOTBRIDGE COMMUNITY CARE UNIT

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You can find out more about St. Vincent's Mental Health services by visiting the following link:

<https://svhm.org.au/home/our-services/departments-and-services/m/mental-health>






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## Footbridge Community Care Unit

(Footbridge CCU)



## WHAT IS THE FOOTBRIDGE COMMUNITY CARE UNIT (FOOTBRIDGE CCU)

The Footbridge Community Care Unit (Footbridge CCU) is a residential recovery program for individuals with a Mental Illness. Footbridge CCU has 10 units with shared living arrangements. The programs provide 24hr clinical support and a range of therapeutic supports and interventions.

## WHO COMES TO FOOTBRIDGE CCU?

Individuals with a Mental Illness who wish to work on their recovery in a supported environment.

## WHAT HAPPENS AT FOOTBRIDGE CCU?

During your stay at Footbridge CCU, you will be in one of these two programs:

1. The Recovery Review Program (RRP) helps you to explore what recovery means to you, helps you to identify your strengths and work out what you need to support your recovery.
2. The Intensive Recovery Program (IRP) is a long-term program where you can work alongside a range of health professionals and services to support you in achieving your recovery goals

During your time in the IRP you will develop skills and connections so that you are able to maintain your wellness in the community when you move on from the Footbridge Community Care Unit.

## WHO WORKS AT FOOTBRIDGE CCU?

There are a range of health professionals including:

- Psychiatrists
- Psychologists
- Nurses
- Social Workers
- Occupational Therapists
- Peer Support Workers

## INFORMATION FOR RESIDENTS

All consumers, visitors and staff have a right to a safe environment at the Footbridge CCU. It is important that you keep your unit and shared spaces clean. You need to let staff know when you come and go and make sure that your visitors sign in and out using the board in the foyer.

## HOW LONG WILL I STAY AT FOOTBRIDGE CCU?

The recovery review program runs for at least 4 weeks. If you enter into the IRP your stay will be longer. The length of your time at Footbridge will be decided with you, your support network and treatment team.

## WHAT DO I BRING TO FOOTBRIDGE CCU?

We will let you know what you need to bring. You may need to bring personal items and food or clothes and toiletries. There are shops and public transport nearby.

## HOW MUCH DOES IT COST TO STAY AT FOOTBRIDGE CCU?

The cost of staying at the Footbridge CCU is a percentage of a person's income (this is based on your circumstances). It covers rent and utilities (for example gas, electricity and water). This does not cover food or personal items and does not apply to consumers who are part of the RRP.

## INFORMATION FOR FAMILIES AND CARERS

At Footbridge, we believe that families and carers have an important role in your time with us. There is a range of support services available to help your family. Please speak to Footbridge staff to find out more about them.