



Dear referrer,

Re: Orygen Recovery (YPARC)

Background

What is a YPARC?

YPARCs are described as step up/step down services. They are community-based residential facilities that provide a short-term 'step up' from the community for a young person to work on recovery goals or to prevent an admission to hospital or a 'step down' from hospital to further assist with recovery and safe transition home.

What is Orygen Recovery?

On 11 May 2022, Orygen Recovery began providing tailored, recovery-focused mental health treatment and clinical support to young people in Melbourne's north-western suburbs and the inner city. Orygen Recovery now offers care to young people throughout Victoria through public mental health facilities and private providers, so they are still eligible even if discharged from Orygen.

Orygen Recovery is Orygen's Youth Prevention and Recovery Care (YPARC) service designed by and for young people aged 16 – 25. It is based at the Orygen Parkville site, off Poplar road near Melbourne Zoo. It offers care for up to 20 young people with a length of stay tailored to the individual needs of each young person. The maximum stay is 28 days.

Orygen Recovery is for young people who have experienced significant clinical and/or psychosocial symptoms and are now on the road to recovery. They are expressing motivation to improve on their overall wellbeing and are open to intervention to support this. They may benefit from short-term residential support as a result of experiencing functional impairment associated with mental health problems, mental illness and/or complex disorders (including co-morbid substance use disorders), emotional and behaviour problems or significant psychological distress. They are also expressing motivation to improve on their overall wellbeing and are open to intervention to support them achieve this.

The program is run predominantly by a team of psychosocial workers with the support of clinicians and part-time medical staff. There is individual recovery work as well as an extensive multifaceted psychosocial group program, including physical, emotional, creative, educational and practical content.

What is expected from me as the referrer?

As the referrer, you will require to complete a referral and provide any relevant information that will support his acceptance to the program. You can complete the form with the young person present.

As the main provider of the young person's community care, there is also an expectation that you are the person's contact point throughout their stay. This would include reviewing once in that period (the young person may travel to you), possibly being involved with our midway review (around 7-10 days into their stay – this can be marked as a Medicare item and can be on TEAMS), and ongoing communication with key Orygen Recovery staff, being aware of the young person's transition out and ongoing follow up. If you are on leave during their stay or do not have capacity, you are required to nominate another GP/private practitioner to be the contact while they are attending Orygen Recovery.

How do I refer a young person?

1. Ring the Orygen Recovery intake worker on either **0455 540 453 or 9966 9119 and ask for the Intake worker.**
2. We will send you our referral forms and information. They may already be attached along with this letter.
3. Complete and send with an updated CRAAM (risk assessment) and, ideally, a suicide and safety plan or equivalent to orygenrecovery@orygen.org.au.
4. Please also send supporting documents that will add to the information we have about your young person (e.g last medical review, medication history, blood results or support plans).
5. Our intake worker will get back to you within 48 hours to discuss your referral with you or may request more information.
6. When we know there is a bed available, a tour and intake assessment will be arranged with the young person - usually within a week. The young person can invite any support person they would like to accompany them for the assessment.
7. Download and share with the young person and their family/carer/supporter our [introduction to the assessment process](#).
8. Entry after the assessment can occur rapidly or depending on when they want to come in.

No Orygen young person is too 'well' to attend Orygen Recovery!

Contact Orygen Recovery

Orygen Recovery
35 Poplar Road
Parkville, VIC, 3052
T: +61 3 9966 9119
E: orygenrecovery@orygen.org.au

Coordinator: Katharine Davies.

All of Orygen Recovery's staff are listed on its [organisational chart](#).

More information

Visit the [Orygen Recovery \(YPARC\)](#) pages on our website.