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## INTRODUCTION TO ORYGEN RECOVERY

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### PRE-ASSESSMENT INFORMATION FOR YOUNG PEOPLE, THEIR FAMILIES AND CARERS

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Thank you for your interest in attending the Orygen Recovery (OR) program.

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 Orygen's Parkville site.

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 to prevent a young person's admission to hospital or a 'step down' from hospital to further assist with recovery. Orygen Recovery is for young people who have experienced significant clinical and/or psychosocial symptoms.

#### **Purpose**

This information sheet is being sent you, your family and/or carers as you have agreed to an assessment at Orygen Recovery.

The purpose of this assessment is for us to get to know each other better and discuss if our program is a good fit for your needs and goals. Or what might help you be ready for this program in the future.

#### **Who should come?**

We encourage you to attend with your family and/or carers as well as with your mental health worker (case manager, private psychologist, drug and alcohol worker etc.). We recognise that your support system plays a vital role in your recovery journey and have found that the more your family understand your goals and what you are hoping to get from your stay at OR the better resourced they are to support you. Your supports also provide opportunities for you to have visitors at YPARC and can encourage you on home leave where you can try out new skills, strategies, and the ways of being in the world that you have been practicing.

Inviting your family, carers and mental health workers to come to the assessment meeting also gives everyone the opportunity to see the OR building/space, and have the opportunity to ask questions, express concerns, clarify how they can help you and help us at OR to get to know how to support you to make the most out of your stay at OR.

#### **What will happen?**

The assessment will be conducted by two people. This is usually a Youth Wellbeing Worker and a Clinician (specialist mental health worker) but this could also be a doctor (Psychiatrist or Psychiatric Registrar).

Please put aside approximately 1hr plus additional time for a tour. The assessment will involve a series of open questions asking what you about your view on things and closed questions where you just have to answer a yes or no. An example of topics include mental health, supports, drug and alcohol, medical needs, risks, strengths and what you would like to take away from your participation in the OR program. There is no correct answer, all answers are just to help us understand your needs and goals and help us understand each other better.

At the end of the assessment, you will be given two booklets, one for young people and one for families explaining opportunities that are offered within the program and what everyone can expect when a young person is in OR.

There are also information and pictures on our website [https://www.orygen.org.au/Clinical-Care/Orygen-Recovery-\(YPARC\)](https://www.orygen.org.au/Clinical-Care/Orygen-Recovery-(YPARC))



### Afterwards

Assessments are only offered when it is known by the service that a bed is becoming available, this means you will hear back from OR within a few business days and entry will be shortly afterward.

The outcome of the assessment is determined by information provided, collateral information gathered and with consideration given to external factors such as current OR clients.

Possible outcomes include offering you a place at OR within a few days or specific guidance around what needs to occur before the OR program can be suitable to meet your needs and goals.

If after thinking about it you, your family or carers want to discuss the decision in greater detail you are welcome to contact us on 99669119 and ask to speak to the intake worker.

We look forward to meeting you!

The Orygen Recovery Team