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## REFERRAL CRITERIA FOR ORYGEN RECOVERY

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### ORYGEN'S YOUTH PREVENTION AND RECOVERY CARE SERVICE (YPARC)

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## PURPOSE

Orygen Recovery (OR) provides a youth-friendly, safe, welcoming and recovery-focused environment for young people between the ages of 16 and 25 who are experiencing significant clinical and/or psychosocial difficulties in relation to mental ill-health.

## AIMS

OR aims to improve mental health outcomes and promote recovery for young people with mental ill-health who are likely to gain benefits from short-term bed-based sub-acute care. Benefits include enhancing integration with their community and building the capacity of their support networks.

Specifically, OR provides an option for young people who are either:

- currently unwell or becoming unwell, experiencing a plateauing recovery progress, working toward further recovery goals, and able to benefit from between seven and a maximum of 28 days of intensive recovery support intervention ('Step up'); or
- in an early stage of recovery from an acute phase of mental illness and in need a short period of additional residential support to strengthen their gains from an inpatient setting (transition to OR from an inpatient setting will consolidate the recovery goals and further transition into the community, enabling closer supervision of clinical treatment and psychosocial plans) ('Step down').

## ACCESS

OR welcomes referrals from existing case managers or clinicians from across the Orygen catchment, including all Orygen-led headspace centres and the Orygen Specialist Program.

Referrals outside of the immediate catchment area (i.e., outside of the Orygen Network) will also be considered on an individual basis. With such referrals, it is important that the referrer remains involved in the young person's care both during their stay at OR and after their exit from OR.

Over time, referral pathways will be expanded to cover the full north-west catchment and include referrals from the private sector and other parts of the health system (e.g., private psychiatrists, psychologists, community mental health or social emotional wellbeing clinicians).

We are a comprehensive 24-hour residential program with a stay of up to 28 days.

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## REVOLUTION IN MIND

## ELIGIBILITY

To be eligible for referral to OR, young people must:

- be aged between 16 and 25 (inclusive);
- have a mental health condition associated with functional impairment or emotional or behavioral problems;
- agree to abide by the Guidelines and Conditions of Orygen Recovery, and, if a minor, have the permission of their parent/guardian (please refer to House Guidelines Document);
- be identified as being able to receive treatment and support safely and effectively within OR and able to benefit from the youth-focused recovery support and care that is provided; and
- be able to benefit from short-term program support with clinical treatment and recovery-oriented interventions to prevent or reduce the risk of further deterioration or support a transition to the community if recently discharged from acute care.

Note that, under the Mental Health Act 2014, if a young person is on a community-based treatment order, they will be eligible for entry to OR on a voluntary basis only.

## EXCLUSION CRITERIA FOR IMMEDIATE ENTRY

- Severe alcohol or other drug addiction/withdrawal requiring specialist inpatient medical support (a planned entry to OR after inpatient withdrawal may be considered).
- Current acute severe medical or physical health problems requiring specialist medical intervention or support.
- The young person's housing is unsafe or too insecure that they cannot go on leave or be exited safely.
- The young person poses an unacceptable or unmanageable risk to themselves, other residents, staff, community or the facility.
- Any forensic history and current orders that might affect the young person's treatment and/or their ability to stay at OR and engage appropriately.
- The young person does not consent to participate in the OR program and/or indicates that they will not actively engage at OR or seek support from staff as needed.

## NEXT STEPS

To initiate a referral to OR:

1. Call OR on 0455 540 453 and speak with our intake clinician to discuss the referral (if the intake clinician is not available, our Administrator will take some details to forward on).
2. OR referral forms are readily [available on the Orygen intranet](#) via the Orygen Recovery tile on the intranet homepage. Please complete the referral form with as much relevant information as you can. You can type directly into the form, or print it and complete it by hand. Please email your completed referral forms, along with an updated CRAAM form and other supporting documentation, to [orygenrecovery@orygen.org.au](mailto:orygenrecovery@orygen.org.au).
3. Your referral will be discussed within our multidisciplinary team and we will endeavour to respond to your email within three to five business days to arrange an OR-specific assessment (if deemed appropriate).

4. The assessment process will:
  - a. provide the young person with more details about the program;
  - b. explore with them the potential benefits to their recovery journey by attending OR; and
  - c. ensure the young person is currently suitable for entry by assessing their mental state, risk, and motivation to engage.
5. The young person can choose who to have present at the assessment (e.g., their referrer, a support worker, a family member/carer, or a friend).
6. Dependent on COVID-19 government and health guidelines, or a young person's choice to have a telehealth assessment, assessments will occur in person at Orygen's Parkville Hub, (35 Poplar Road, Parkville).
7. At times OR staff may have capacity to assess on the IPU or off-site, but the young person will still require a tour of the environment prior to entry.
8. If a young person does not meet criteria for immediate entry, you can still ring to discuss their referral and they can be placed on our waitlist..

## WHAT DOES YOUR TIME AT ORYGEN RECOVERY LOOK LIKE?

Young people attending OR will engage in a range of activities, including:

- groups discussing a variety of interesting topics;
- recreational activities;
- psychosocial support;
- social interaction;
- building life-skills;
- learning new coping strategies;
- one-on-one support;
- midway review; and
- time to rest, reflect, and rejuvenate.

## TIMEFRAMES

- Assessments will occur at a mutually agreed time, with the possibility of prearranged walkthroughs for young people and their referrer and family.
- Assessments will take place when there is a bed available within a week after the assessment.
- If a young person is deemed suitable and there is a bed available on the day following the assessment, there may be the option of next-day entry.