

## **MEDIA RELEASE**

Orange, 1 July 2008

### **New life support services for people living with mental illness**

A new free mental health service for people living in Orange was unveiled today by Catholic Healthcare's Community Services Central West. Officially launched by the Shadow Minister for Regional Development and Water Security, the Hon. John Cobb MP, the Support for Day to Day Living (D2DL) in the Community Program is designed to offer people with severe and persistent mental illness support to live positive, healthy and socially connected lives.

Catholic Healthcare's General Manager Community Services, Janis Redford said "As the only mental health service of its type in Orange, the D2DL Program is a free service that delivers a range of structured and socially based activities that assist clients to develop and achieve a level of independence within the community."

Adopting a recovery philosophy that focuses on the client's strengths, the program is tailored to the health, social and wellbeing needs of each client. The program's activities can be adapted to recognise diversity in client backgrounds including gender, age, sexuality and support needs. Benefits of the program include:

- Gains in personal development, such as development of new skills and the relearning of old skills.
- Strengthening social networks
- Increased ability to participate in community, social, recreational and educational activities
- Achievement of personal goals.

Available to people living in Orange and surrounding areas, the Program offers flexibility as it operates on weekdays and out of working hours. Offering a range of activities, the D2DL Program includes: discussion groups; coffee mornings; movie days; physical exercise; opportunities to develop vocational and training skills; and social services with integration and participation in the Orange community.

Catholic Healthcare's Coordinator of Mental Health Services, Darren Hunter said, "This is a new mental health service that offers a different approach to mainstream medical and mental health services. For those people experiencing mental illness, D2DL offers flexible, tailored and interesting activities designed to improve health outcomes."

For more information about the Day to Day Living Program, call 02 6362 7497.

An Australian Government Initiative, the Support for Day to Day Living in the Community Program is supported by financial assistance from the Australian Government.

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### **About Catholic Healthcare**

Established in 1994, Catholic Healthcare is an experienced, not-for-profit provider of aged, healthcare and community services across NSW and south-east Queensland. Catholic Healthcare employs more than 3,000 staff and operates 40 residential aged care communities, 10 seniors living communities, three hospitals and provides community services to more than 5,000 people in their homes and communities.

### **About Community Services**

The Day to Day Living in the Community Program is a service provided by Community Services Central West, which is part of Catholic Healthcare's Community Services.

Catholic Healthcare's Community Services provides support for older people, financially disadvantaged, people experiencing homelessness, people with a disability, people with a mental illness, carers, and children and young people with special needs or who are at risk of harm.

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