Recovery Pathways in Older Persons Mental Health: A Wellness Group Model

Facilitated by: Dr Suman Tyagi

Overview:

There is always going to be pressure on acute hospital beds due to various complexities relating to the treatment, management and maintenance of mental illness. One of the key National Mental Health strategies to address this issue is to effectively support consumer recovery outside the hospital setting through the provision of recovery-oriented programs.

The Mental Health Wellness Program is a holistic therapeutic program to promote consumers’ recovery outside the hospital and manage their mental health in a community setting. The program not only assists with relapse prevention, by way of early intervention and mental health education, but also enables hospitals to discharge patients earlier by linking them with a recovery-focused program in the community.

Target Audience:

Mental health clinicians working with older populations.

Learning outcomes:

Upon completion of this workshop, participants will be able to understand the following key components of mental health care:

1. The holistic recovery framework of mental health interventions;
2. The spectrum of interventions for mental health and the shifts in funding over the year;
3. The importance of recovery-oriented language in mental health;
4. Setting up and implementing the Wellness Group Model.
Registrations
To register for this workshop, please complete the 2014 Workshop Application Form (can be downloaded from our website at www.nswiop.nsw.edu.au or ask us to send you one) and return the completed form with your payment details to the Registrations person.

About the facilitator:

Dr Suman Tyagi, Senior Social Work clinician, has been working with Specialist Mental Health Services for Older People for 14 years, both in an acute in-patient setting at Westmead Hospital and in the community setting.

She also provides clinical consultation to culturally and linguistically diverse populations through the Transcultural Mental Health Service.

She holds a Doctorate in Social Work (with gold medal) and a Masters in Medical Psychiatry (Social Work).

She has published a book on peoples’ perceptions of mental health, presented papers at various national and international forums, and engaged in mental health promotion and education in the community, including through the national media.

Resources:

Participants will be provided with a handout of the Powerpoint presentation used in the workshop and the outline of the Wellness Group setup.

Participants will also be provided with the following resource materials:

- Recovery Framework in Mental Health;
- A Recovery Vision for Rehabilitation, Psychiatric Rehabilitation Policy and Strategic Framework;
- The Framework for Recovery-Oriented Rehabilitation in Mental Health Care;
- The Recovery Oriented Language.