

SUPPORTED OPTIONS IN LIFESTYLE AND ACCESS SERVICES INC
(SOLAS)

SOLAS is a specialist mental health service providing support services to people in the Townsville and North Queensland communities.



Location: 2/10 Cummins Street,
Hyde Park QLD. 4810
Postal Address: PO Box 189 Aitkenvale,
QLD. 4814
Telephone: 07 4753 0530
Fax: 07 4721 2650
Email Address: administration@solas.org.au
Web Site: www.solas.org.au

Mission Statement:

Collaborative engagement with people
in **mental health recovery**
to promote **meaningful inclusion**
in **communities**

Vision Statement:

Our vision is for **communities**
where **belonging, inclusion and engagement**
create opportunities for life

Support Services provided by SOLAS

SOLAS offers a range of support services based on the needs of each person. The supports focus on hope, choice, motivation and inclusive processes using the strengths based perspective to support recovery in communities.

Services Include:

Functional Support Activities

Prompts for personal hygiene, money management, home maintenance, shopping, cooking and personal administration.

Community Access and Community Inclusion Activities

Assistance with: Recreation, employment, education, leisure, health, community resources etc , the development of independent living and social skills and the facilitation of natural support networks

Programs Available:

The following programs funded by Department of Communities – Disability Services are targeted at people who:

- Have a diagnosed psychiatric disability
- Are aged between 18 – 65 years

Applications are made through Disability Services Intake and Assessment process.

Ph: 47995250

General Service

Provides long term support services to an identified number of people.

SOLAS Day Services Program

Provides support to access meaningful activities that build community participation and inclusion together with skills development. The SOLAS Day Service Vocational Skills Program is part of the SOLAS Day Service and operates in collaboration with Advance Employment to support people to gain and maintain employment.

Post School Support Packages

The Program aims to enable young people to experience a range of options and opportunities as they work toward their transition to adulthood. Some young people may wish to explore short-term vocational goals such as work experience opportunities and pre-vocational courses.

Adult Lifestyle Support Packages

Services provided to those individuals who have access to an Adult Lifestyle Support Package.

Project 300

Assists people with a psychiatric disability to live independently in the community. P300 is an institutional reform program of the Queensland Government. SOLAS operates a block specified service through the P300 program.

SOLAS Mental Health Housing and Support Program (HASP)

The Mental Health Housing and Support Program (HASP) is a collaborative interagency project involving Department of Communities, Non-Government Service Providers, Queensland Health and the Department of Housing.

The program provides comprehensive supports including clinical support, non-clinical support and social housing to assist people with a psychiatric disability to move from Queensland Health Extended Treatment or Acute Mental Health facilities and to sustain community living. SOLAS operates a block specified service through the HASP program.

Short Term Community Support Service (STCSS)

STCSS provides support to meet the short term needs of people with a diagnosed psychiatric disability. The service is available for periods of 12 weeks. Short term, intensive support will be provided collaboratively by SOLAS, and other Key Stakeholders and will provide community based support services based on the individual needs of the person and which promote community inclusion and integration.

Services funded by the Department of Communities – Community Mental Health Branch:

SOLAS Recovery Program

Provide independent living skills and social support services for people with moderate to severe mental illness. The service level and duration of support is based on individual need.

SOLAS Community Inclusion Program (SCIP)

Corrections Transitional Program

Provides recovery focussed psychosocial supports for people with moderate to severe mental illness who are being released from the Townsville Correctional Centre. The program assists the re-connection with social supports such as: housing, legal, financial, medical and social networks for up to a 6 month period. Referrals are made by the Prison Mental Health Service.

SOLAS Regional Mental Health Program:

SOLAS Personal Helpers and Mentors Program (PHaMS)- Charters Towers Region and Palm Island

Provides a strengths-based, recovery approach to supporting people aged 16 years and over who have a severe mental illness by supporting them to access appropriate supports and resources and to increase social connections in the community. The PHaMS program is delivered in the Charters Towers regional area, through sub-contracting arrangements with service providers in Charters Towers, Hughenden and Palm Island. "An Australian Government Initiative"

SOLAS Mental Health Respite Program

This program provides access to innovative respite and carer and family support options for carers of people with severe mental illness. The program builds community capacity within the regional areas of Charters Towers, Ingham and the Burdekin district to respond to the varying needs of people in the target group. "An Australian Government Initiative"

Community Mental Health Recovery Initiative

The Community Mental Health Recovery Initiative has been made possible through funding provided under the Mental Health Disaster Recovery Package, which is a joint initiative of the Australian and Queensland Governments under the National Disaster Relief and Recovery Arrangements.

The SOLAS Community Recovery Worker will assist disaster-affected individuals, carers, families and communities with emotional wellbeing and mental health support services including:

- Practical mental health information, resources and advice about supporting family, friends and neighbours
- Recognising the early signs of psychological distress, and where to go to get help
- Personal support through individual counselling services.
- Group work focusing on community recovery and wellbeing

This service will be provided to communities in the Hinchinbrook and Palm Island Local Government areas until the 30th June 2013.



Australian Government



We get up again



Queensland Government

Contract Work

Support services may be provided to people who have access to a funding source, ie. Brokerage Services, Respite Services, Emergency Response support, Government Departments, Public Trustee Office, Fee for service etc.

Training:

Mental Health First Aid Training:

SOLAS has accredited trainers available to deliver this 12 hour training program in the venue of choice – for example: your own workplace. The course teaches first aid skills for mental health crisis situations and the early stages of mental health problems.

The delivery of the Mental Health First Aid training program by SOLAS Workers is an integral component of the community capacity building processes within the SOLAS Regional Programs. These programs target mental health sector development in rural and remote service delivery.

Other Relevant information:

SOLAS is a community sector specialist mental health service that is an incorporated body under the Associations Incorporations Act 1981. The organization is managed by a voluntary Board of Management that meets on a monthly basis, in accordance with the requirements of the Act.

The SOLAS programs deliver recovery oriented services from a strengths based perspective through the identification of needs, the development of Individual Service Support Plans (ISSP) and the regular review of supports. These inclusive processes involve all stakeholders engaged in supporting the person to live a quality life in the community.

The organisation is also involved in community education which is aimed at raising awareness about mental illness and psychiatric disability and to work towards reducing the stigma and discrimination often experienced by people who have mental health conditions.

SOLAS engages in community development processes such as the identification of service gaps and the development of innovative service delivery and community responses to meet this need. SOLAS is a member of the NORTH QUEENSLAND MENTAL HEALTH CONSORTIUM which consists of the three community sector specialist mental health service delivery organisations within the Townsville region:- SOLAS, Advance Employment and the Mental Illness Fellowship of North Queensland. The NQ Mental Health Consortium works collaboratively to seek collective opportunities to partner and share resources in the delivery of high quality services for people in the North Queensland region.

The organisation has been certified and accredited as meeting the standards of the Queensland Disability Service Standards. This system is aimed at strengthening safeguards for people with a disability by maintaining effective policies and practices that meet service standard indicators for each or the 10 disability service standards.