



# YOUR supports, YOUR way

Mental Health, Intellectual,  
Disability and Specialised  
Supports



## Why Open Minds?

We have been supporting the community for over 100 years and we are committed to improving the lives of people who have mental illness, disability, acquired brain injury and complex support needs. Our services follow a recovery model and tailored daily living services.

We are committed to helping you understand and achieve your goals. We do this through individual and flexible support options.

## Daily Living Services

- + Connecting you with your community
- + Access to leisure activities
- + Daily living support
- + Assistance to live independently
- + Healthy living and lifestyle
- + Social skills development and interaction: friends and groups
- + Families and carer support
- + Support Coordination and Specialist Support Coordination
- + Positive behaviour support and planning

# Behaviour and Complex Support Services

Our Behaviour Support Specialists are qualified and experienced in the use of positive support strategies to assist people to live a meaningful life in the community. Our staff are skilled in:

- + Understanding challenging behaviours and identifying strategies to manage triggers
- + Reducing and eliminating use of Restrictive Practices through positive behaviour support
- + Working alongside front-line staff to train in positive support strategies

## Service Highlights

- + Working closely with families, support teams, clinical teams and guardians
- + Specialist behaviour intervention
- + Developing and implementing positive behaviour support plans
- + We work with an individuals strengths to overcome challenges, reduce distress and support risk management
- + Behaviour Support is provided as an NDIS Capacity Building Support under the category of Improved Relationships




## Supported Independent Living

Our Team will work with individuals and their families to identify what they look for in a home and their goals to living as independent a life as possible.

### We can support:

- + Finding and keeping a home
- + Co-tenancy arrangements between like-minded tenants
- + Maintaining your home
- + Connecting you to your community
- + Daily living tasks
- + Positive behaviour support
- + Healthy living and lifestyle
- + Personal care
- + Social skills development and interaction: friends and groups
- + Access to Specialist Disability Accommodation
- + Support to transition from Mental Health Units, secure facility
- + Support to transition from hospital and mental health units



**“ Don’s happy where he is. I hope he can keep staying here and getting the care he’s getting now, because it’s excellent.**

Brother of Supported Independent Living client. ”

## **Psychology and Counselling**

Confidential psychology and counselling services for people of all ages, including children. Bulk Billing and Private Fee Schedule available.

- + Registered NDIS provider
- + Face-to-face, phone or video appointments

### **Support for:**

- + Childrens Assessments
- + Depression and anxiety
- + Perinatal and Post Natal Health (preparation/adjustment to parenting, feeding issues, fertility and birth trauma)
- + Complex Trauma, PTSD and adjustment difficulties
- + Gender or sexual identity support
- + Self harm or suicidal thoughts
- + Child protection issues, parenting, attachment and healthy relationships
- + Sexual assault

# Additional Open Minds Services

Services	Location
<p><b>Coastal Supports</b> A psychosocial recovery based, case management program for those with mental illness who are ineligible for the NDIS.</p>	Sunshine Coast and Gympie
<p><b>Community Living Support (CLS)</b> Supports people with complex mental health needs to increase their independence and integrate with their community.</p>	Northern NSW
<p><b>Housing and Support Initiative (HASI)</b> Supports people who have unstable housing and severe and chronic mental health needs to secure and maintain tenancy and improve wellbeing.</p>	Northern NSW
<p><b>Youth Bloom Transition Services</b> Supporting young people transitioning to independence. For those who have been under guardianship of child safety or have a disability or mental health support needs that make living on your own hard.</p>	Logan and Gold Coast
<p><b>Community Re Entry Services Team (CREST)</b> Support for transition out of prison to community life and have a successful parole.</p>	Townsville
<p><b>headspace</b> Supporting young people aged 12 to 25 going through a tough time. Free or low-cost supports, in the areas of mental health, physical and sexual health, educational and vocational counselling and alcohol and other drug supports.</p>	Redcliffe, Indooroopilly and Strathpine
<p><b>Mental Health Hub Morayfield</b> Confidential counselling and psychological services for people of all ages, including children. Medicare and healthcare card rebates available.</p>	Morayfield
<p><b>Concierge Housing Supports</b> Accommodation for individuals and families who are transitioning into sustainable housing.</p>	Redcliffe and Bowen Hills
<p><b>Support Coordination &amp; Specialist Support Coordination</b> Supporting individuals with high or complex needs with plan meetings, plan reviews, explaining Service Agreements, NDIS portal setup, research and recommending providers.</p>	QLD and NSW

# Recovery

Open Minds practice a recovery framework which is an evidence based approach to working with people to reach their goals.

“Recovery is being able to create and live a meaningful life within the community with or without the presence of mental illness”

## Open Minds Recovery Principles:

- + We work with people, not diagnoses
- + We uphold clients’ human and legal rights
- + Recovery is self-defined, self-paced and self-directed
- + Recovery is always possible. We have an expectation of Recovery and hope for all people
- + We are flexible in our delivery and work to tailor our approach to our clients’ needs
- + There are no complex clients, only complex situations
- + Natural supports and natural environments are encouraged
- + We include carers, significant others and the community, as guided by the client
- + Clients and staff work side by side to establish a learning partnership

## Diversity Commitment

As a community minded organisation, we are committed to actively welcoming all people who work in, and access, our programs and services, from all backgrounds including, but not limited to:

- + Aboriginal & Torres Strait Islander
- + Lesbian, Gay, Bisexual, Transgender, Intersex (LGBTI+)
- + Culturally and Linguistically Diverse (CALD)

## OUR PURPOSE

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enabling an **independent** and **positive** future for people living with mental illness and disabilities

## OUR VALUES

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**INTEGRITY**  
**CURIOSITY**  
**TOGETHER**  
**RESPECT**  
**PEOPLE CENTRED**

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Open Minds is located across Queensland and New South Wales, with outreach services supporting all regions. Visit our website for a list of our locations [openminds.org.au](https://openminds.org.au)

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