

HARMONY PLACE SUPPORT AND WELLBEING

Access Community Services Ltd are funded to provide National Psychosocial Support (NPS) and Continuation of Support (CoS) from BSPHN which is delivered through Harmony Place. Please see below an outline of what this looks like.

NPS

- **Purpose:** Improve social and emotional wellbeing. To address the gap for individuals who NDIS is not designed for and whom are not supported by a transitional program.
- **Structure:** Eight structured 2.5 hour sessions conducted over eight weeks.
- **Eligibility Criteria:** Participants cannot be or previously been involved in CoS, ETS, NDIS, PIR, D2DL or PHaMs. Must have level of reduced psychosocial functioning.
- **Theory:** Sessions aim to incorporate elements of the six constructs of wellbeing: positive evaluations of oneself and one's past life (Self-Acceptance), a sense of continued growth and development as a person (Personal Growth), the belief that one's life is purposeful and meaningful (Purpose in Life), the possession of quality relations with others (Positive Relations With Others), the capacity to manage effectively one's life and surrounding world (Environmental Mastery), and a sense of self-determination (Autonomy).

Social Groups (CoS)

- **Purpose:** Social connectedness, social wellbeing and education.
- **Structure:** Weekly groups running for approximately 1-1.5 hours. Groups will be held at the Access Gateway.
- **Eligibility Criteria:** Current CoS or ETS clients- have accessed supports under PIR, D2DL or PhaMs as at 30 June 2019. Individuals who are not currently funded or have been found ineligible for NDIS funding.
- Participants are welcome to drop in as many or as little sessions as they would like.
- **Case coordination:** Participants may also receive basic case coordination where needed to ensure they receive the appropriate support beyond the groups.

Harmony Place provides clinical support to NDIS participants and a small number of pro bono clients where required. Additional clinical services will commence in the new year offering clinical support to the CALD community. More information will follow in the new year.

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