

How to access Ruah Inreach

- Requests for service are generally made by a key mental health professional, psychiatrist or general practitioner, but are accepted from other service providers and family. Self referrals are also accepted. Prospective clients need to agree to receive the service.
- Request for service forms are available on the Ruah website www.ruah.com.au or by phoning Ruah administration.
- A Team Coordinator in each location is responsible for coordinating requests for service.
- When the request for service is within the parameters of the service criteria, Ruah workers meet the prospective client to discuss the service and assess whether it is appropriate in terms of the situation, needs and goals of the individual.
- Sometimes reasons for not proceeding with the Ruah Service are identified in the initial meeting. In this case, feedback is given to the individual and the person making the request for service.

Other Ruah Mental Health Programs

- **Intensive Program:** An assertive case management service for individuals with complex presentations of mental illness, substance use, HIV, HCV, social marginalisation, homelessness and/or transient circumstances.
- **Wellness Recovery Action Planning (WRAP):** Practical skills and strategies to manage mental health and improve wellbeing.
- **Urban Network:** Social and community linking program based in Northbridge.
- **Workright:** Specialist psychiatric disability job placement agency.



Ruah Community Services **vision** is a socially just, compassionate, participative and sustainable community. Its **mission** is to redress disadvantage and enhance the human spirit.

Ruah Inreach Local Service Teams operate during office hours. Contact the Ruah pager service on 9480 5500, stating the health district of the team or name of the worker you wish to contact.

Ruah Administration and Executive Management personnel

Phone (08) 9227 7012
Fax (08) 9227 7879
Email administration@ruah.com.au
Address 27 Cleaver Street West Perth 6005
Web www.ruah.com.au

Privacy Statement


Ruah Community Services is committed to protecting the privacy of clients and staff in accordance with the National Privacy Principles. We ensure that individuals are fully informed of the ways in which information is collected, stored and used.



Ruah Inreach Local Service Teams

Professional, Psychosocial,
and Recovery Support Mental Health Service





Ruah—an ancient Hebrew word meaning wind, breath, Spirit of life

What are Ruah Inreach Local Service Teams?

Ruah Inreach Local Service Teams are mobile, community-based, psychosocial recovery support services. They work with people living with a mental illness or experiencing early episode psychosis.

Ruah Inreach is a service of the Mental Health section of Ruah Community Services, a non-government organisation.

Ruah Inreach receives both State and Commonwealth mental health funding to operate locally in the following metropolitan health districts:

- Lower North districts of Inner City, Subiaco, Osborne Park and Mirrabooka
- Armadale
- Fremantle
- Rockingham and Kwinana
- Mandurah

Although Ruah is distinct from public mental health services it maintains a close working relationship with this system and other relevant service providers.

Ruah employs human service professionals known as Community Mental Health Workers, Mental Health Support Workers, Peer Workers and Recreation Workers.

With whom does Ruah Inreach work?

Ruah Inreach works with people who:

- Live in the health districts serviced by Ruah Inreach
- Are aged between 16-65 years
- Have a diagnosed mental health disorder or have significant indicators of mental illness
- Have significant psychosocial support needs
- Have an identified medical care service in place or are willing to link in with medical care
- Are able to live independently in the community

The Inreach Local Teams welcome indigenous and culturally diverse people, and are committed to family-inclusive work.

What does the service do?

The service works with a partnership approach to support people to meet their psychosocial and mental health goals, improve their quality of life and enhance their recovery journey.

The way of working incorporates the following approaches:

- Relationship-based, person-centered and recovery oriented
- Strengths, empowerment and developmental
- Recognition of the spiritual dimension in life

Ongoing liaison with medical/mental health services is maintained by Ruah workers in consultation with clients.

What can the service offer?

Ruah Inreach offers individuals a free and confidential service with ongoing one-to-one contact in their own

home or in other suitable places in the community. A Recovery Support Plan is developed in partnership with each person to meet their specific circumstances, needs and goals.

Ruah's comprehensive, holistic, psychosocial support commonly addresses the following domains:

- **Ongoing assessment and regular reviews**
- **Complex social issues:**
 - Quality of life aspirations
 - Social isolation and loneliness
 - Relationship challenges
 - Family and parenting concerns
 - Social disadvantage and stigma
- **Health issues:**
 - Mental illness
 - Substance use
 - Physical health
 - Recovery and wellbeing
- **Psychological issues:**
 - Low self-esteem
 - Motivation
 - Loss and grief
 - Impact of childhood and adult trauma
- **Assistance to access:**
 - Community resources
 - Housing
 - Recreation
 - Specific counselling
 - Education, training and employment
- **Development of personal, social and living skills**
- **Exploration of the individual's unique, spiritual experience**
- **Participation in a range of worker and peer-led recovery group activities**

