

MIFWA EARLY INTERVENTION RECOVERY PROGRAM

SUPPORTING YOUNG PEOPLE TO RECONNECT AND RECOVER

'EIRP have helped me break barriers and recover'

WHAT IS THE EARLY INTERVENTION RECOVERY PROGRAM?

MIFWA's Early Intervention Recovery Program (EIRP) supports young people aged 16 to 30 years who have been diagnosed with a mental illness including first episode of psychosis to re-establish or maintain social, education and professional networks.

HOW CAN WE HELP?

We understand everyone's mental health journey is different, and so we tailor our supports around the individual's needs, aspirations, goals, and recovery. Our dedicated EIRP Team provides one-on-one support in a person's home and local community, working with them to set goals and to reconnect with their priorities.

AREAS OF SUPPORT WE PROVIDE

Operating across the Perth Metropolitan area, the areas of support we provide are:

- Establishing linkages with clinical teams to support overall mental and general wellbeing
- Assistance to get back into / to start work or study
- Support to find accommodation and access community facilities
- Opportunities to develop friendships and community connections
- Help with stress management, relaxation techniques and coping strategies
- Supporting confidence building and goal setting
- Social groups and activities
- Guidance in budgeting and managing finances
- Support around drug or alcohol usage.

HOW IT WORKS

Following receipt of a referral from a mental health professional (i.e. GP, Psychologist, Social Worker, Occupational Therapist), a Community Mental Health Worker from MIFWA contacts the individual to talk about their situation and needs. Together, they develop a plan for the goals and supports needed to assist them to reconnect and recover.

EIRP runs for an initial period of six months however it can extend to up to a year.

FOR MORE INFORMATION ABOUT THE PROGRAM:

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www.mifwa.org.au