

Eligibility and referral

The Flourish program is available to adults (16 to 64 years) with a severe and persistent mental illness and/or psychiatric disability. Participation in all **within Australia** services in the program is entirely voluntary.

You may refer yourself or be referred to **within Australia** from other agencies or your GP. Intake and assessment is undertaken with a support worker who will provide more detailed information on our services including the Flourish Program.

within Australia

within Australia delivers accessible programs and services that help people achieve optimal health and wellbeing by being better able to respond to challenges they face in their daily lives. We work with people to overcome barriers, regain hope, reconnect with their communities and realise their goals.

We have been a leader in the delivery of community managed mental health and wellbeing services since 1992. In 2016 SNAP Gippsland became **within Australia**, reflecting our continued commitment to providing innovative people centred services that help our clients achieve better outcomes.

Services include: psychosocial rehabilitation, recovery services and educative programs to people living with mental illness, their families and carers. Our online training programs focus on developing resilience skills. All our programs and services are tailored to a person's individual needs, values and preferences.

Telephone (all locations):
1300 737 412

Correspondence:
**P.O. Box 635
Bairnsdale, VIC 3875**

East Gippsland

Bairnsdale (Head Office)
265 Main Street, Bairnsdale
Fax: (03) 5152 6345
Email: bairnsdale@withinaustralia.org.au

Orbost
Orbost Regional Hospital – Health
Counselling and Support Services Building
29 Browning Street, Orbost
Fax: (03) 5152 6345
Email: orbost@withinaustralia.org.au

Wellington

Sale
1st Floor, 89 Raymond Street, Sale
Fax: (03) 5144 5749
Email: sale@withinaustralia.org.au

South Gippsland / Bass Coast

Leongatha
3 Church Street, Leongatha
Fax: (03) 5662 5288
Email: leongatha@withinaustralia.org.au

Flourish program

Flourish is a recovery based self-development program that focuses on personal growth and responsibility.



What is the Flourish program?

Living with a mental illness is challenging but it should not prevent you from living a full and meaningful life. Flourish is a recovery based self-development program that focuses on personal growth and responsibility. The program will help you identify your goals and give you the tools you need to achieve them.

How is Flourish different from other programs?

Flourish is not an illness management program. The program is designed to help you take responsibility for making positive changes in your life by:

- recognising your own strengths
- identifying the things that really matter to you - your values and goals
- overcoming barriers
- planning for change - developing and using the tools you need to achieve your goals.

How is Flourish delivered?

The program is centred around six peer facilitated sessions which take place over a 12 week period.

The fortnightly sessions are an opportunity for you to meet other people participating in the program, talk about how you are progressing, share your experiences and feelings without judgement and help each other develop solutions to any issues or difficulties you may be experiencing.

In addition to the fortnightly sessions you will also receive:

- a program handbook (information, exercises and worksheets)
- telephone coaching on alternate weeks to the sessions to see how you are going and help you to resolve any issues you may be experiencing whilst participating in the program.

Session	Module	What it involves
One	1. About Recovery	Living a meaningful and fulfilling life: <ul style="list-style-type: none"> • Exercises: Pleased to meet me The good things in life
Two	2. Using my strengths and values	What are your special qualities? <ul style="list-style-type: none"> • Exercises: My personal strengths Bring your values and strengths into focus by using the 'camera'
	3. Mapping the journey of change	Time to start planning for the journey ahead <ul style="list-style-type: none"> • Exercise: Mapping the journey of change
Three	4. Understanding change	Change is not easy, let's explore why <ul style="list-style-type: none"> • Exercise: My internal 'bullies'
	5. Living in the present	Paying attention to the present moment <ul style="list-style-type: none"> • Exercises: Mindfulness meditation Accepting the present and not avoiding experiences
Four	6. Staying positive	Positive feelings can help us better manage problems <ul style="list-style-type: none"> • Exercise: Increasing your hopefulness
	7. Building a success team	Having the right support can help us achieve our goals <ul style="list-style-type: none"> • Exercise: Building your own success team
Five	8. Reviewing your Goals	Reflection on your progress <ul style="list-style-type: none"> • Exercises: Goal progress check Goal reflection Reviewing your 'camera'
Six	Reflect on module 8	