

Pathways to Recovery

Information for Community Mental Health Teams



Pathways to Recovery is a program designed to support individuals with complex and challenging mental health concerns as they transition from tertiary community mental health services into community-based care.

About the program

Delivered by Sonder in Adelaide's northern and central-western metropolitan regions, the program provides coordinated, person-centred support to improve recovery outcomes.

Individuals can access a range of supports including:

- **Psychological therapeutic interventions** delivered by mental health clinicians using evidence-based approaches.
- **Care coordination** to support linkages to general practice, psychosocial support, housing, disability services, financial assistance, child support, and other relevant social services.
- **Physical health and medication management** provided in partnership with the individual's GP.
- **Peer support** including advocacy, education, and cultural support for the individual and their family and carers.
- **Facilitated access to non-clinical supports** such as psychosocial programs, group education, skill-building opportunities, and community-based services to support daily living, independence, and recovery.

Support is provided for a period of up to **six months**, with an option to extend to 12 months if needed.

Program staff

Pathways to Recovery is delivered by a multidisciplinary team including clinical care planners, peer practitioners, and mental health clinicians who work collaboratively to support the individual to achieve the goals outlined in their Wellness & Recovery Plan.

Locations

Services are delivered from two main hubs:

- **Sonder Edinburgh North**
2 Peachey Rd, Edinburgh North
- **Sonder Port Adelaide**
2/72 Lipson St, Port Adelaide

Where available, services may also be delivered from general practices in Adelaide's north and west.

Eligibility

To be eligible for the program, individuals must:

- Be aged between 16 and 64 years (inclusive).
- Have complex and challenging mental health concerns.
- Have accessed tertiary care (and may be transitioning off a Community Treatment Order).
- Be ready to transition to a community and recovery-oriented program and require services to support a positive transition.

People aged 65+ may be eligible if no other appropriate supports (e.g. NDIS or aged care) are accessible.

The program is not suitable for individuals who:

- Require current crisis support.
- Are acutely unwell and require tertiary services.
- Have a primary diagnosis of alcohol and other drug use disorder requiring detox or residential rehab.

How to refer

Referrals are accepted from Community Mental Health Teams within NALHN and CALHN.

Before submitting a referral, please contact the team to discuss client suitability:

☎ **(08) 8209 0700**

@ **ptrreferrals@sonder.net.au**

Alternatively, referrals can be raised for discussion at our fortnightly clinical review meeting.

When making a referral, ensure the referral has been discussed with the client and consent has been obtained beforehand.

To make a referral, send a completed Referral Form, discharge letter/summary, and IAR-DST (optional), and client consent form, to Sonder via:

- **Fax:** 08 8252 943; or
- **Email:** ptrreferrals@sonder.net.au

Sonder will accept or decline the referral within two business days (Monday to Friday).

Referral forms can be downloaded at:

sonder.net.au/pathways-to-recovery