

Supporting patients in their transition from Thomas Embling Hospital into the community

## About Forensicare

Forensicare is Victoria's leading provider of forensic mental health care. We work to meet the needs of consumers with serious mental illnesses across the justice system, mental health sectors and the community.

Our services deliver a range of mental health programs targeted at patients with different needs at different stages of recovery; from early intervention and prevention, inpatient care, rehabilitation and community transition support. These services are delivered through:

- Thomas Embling Hospital, a secure mental health hospital
- Prison Mental Health Services
- Community Forensic Mental Health Service

We also work in partnership with Swinburne University of Technology through the Centre for Forensic Behavioural Science to deliver a forensic mental health research program, specialist training and ongoing professional education.



Forensicare

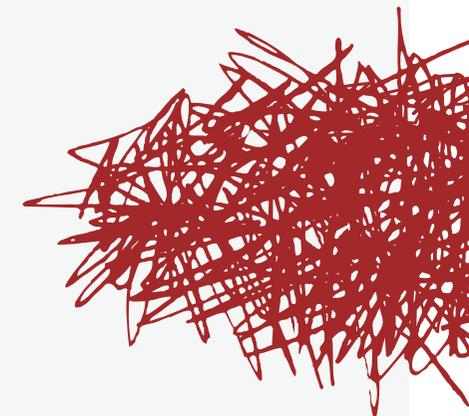
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## COMMUNITY TREATMENT AND TRANSITION

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Community Forensic Mental Health Service

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Forensicare

The Community Treatment and Transition Program helps patients at the Thomas Embling Hospital transition back into the community.

## About the Community Treatment and Transition program

The Community Treatment and Transition (CTT) Program is part of Forensicare's Community Forensic Mental Health Service.

The CTT program oversees the treatment, care and supervision for forensic and civil patients transitioning from Thomas Embling Hospital to ensure they are well supported through their reintegration back into the community.

The program assists forensic patients (patients as defined under the *Crimes (Mental Impairment and Unfitness to be Tried) Act 1997*) to meet the conditions of their Extended Leave until they progress onto a non-custodial supervision order. From this point the supervision of Forensic Patients is coordinated by Forensicare's Non-Custodial Supervision Order Program.

For civil patients (patients treated under the *Mental Health Act 2014*), the program can provide post-discharge assistance to enable smooth linkage to area mental health service and community based support.

## Our team

Our multi-disciplinary team is made up of psychiatrists, psychologists, nurses, social workers and occupational therapists who provide special mental health treatment and care for patients in the program. Our team will:

- work with patients to create mental health recovery plans
- assist in maintaining mental health and promoting progress
- provide support in accessing housing, programs and services
- provide additional help if needed

## How CTT works

The CTT starts working directly with patients when they:

- begin to apply for extended leave (forensic patients)
- have a firm discharge plan (forensic patients)
- are in the process of discharge (civil patients).

Upon request, CTT can also provide input to Thomas Embling Hospital prior to patient discharge through our consultation service.

## Forensic patients

The aim of the early stage of the program is to determine the patient's recovery, treatment and supervisory needs. Patients are allocated a case manager, consultant psychiatrist and/or a psychiatric registrar leading up to Extend Leave (as determined by the courts).

Once the patient is granted Extend Leave, the program oversees the conditions of the patient's leave and engages other service providers when needed. It ensures the patient is well supported and has access to services they need.

Patients on Extended Leave engage with the program until they progress onto a Non-Custodial Supervision Order.

## Accessing the program

The CTT team works with forensic patients before they apply for Extended Leave from the Thomas Embling Hospital. In order to access the program, patients must demonstrate they have:

- an identified address in the community where they have established successful overnight leave for a period of time
- established reasonable clinical and lifestyle stability
- a willingness to engage with and adhere to the guidelines of the program.

## Civil patients

For civil patients, CTT provides short term post discharge support. This involves hands on practical support to link with community services. CTT also works to complement local area mental health services (who treat patients following discharge) by supporting them with the client's integration in the community.

## Accessing the program

The CTT team works with civil patients, when they are in the process of being discharged into the community. The program helps patients reintegrate into the community by connecting them with treating mental health services. Support to patients may also include consultation and advice regarding community services, programs and housing.

In order to access the program, civil patients must demonstrate they:

- have a clear discharge plan and a discharge destination
- are willing to work with the CTT Team and engage and adhere to the guidelines of the program.

## More information

### Patients

To find out more about the program speak to your Thomas Embling Hospital treatment team.

### All other enquiries

Please contact our CTT team by telephone on 03 9947 2500 between 9am to 4.30pm, Monday to Friday.

