

# Your journey to employment

STAFF at Ostara Employment Service do not take a "one-size fits all" approach.

Programs are individually tailored to meet clients needs, goals, abilities, and the life and work stage they are in. This specialised service caters to people living with, or who have experienced, mental illness.

Ostara maintains a holistic approach to employment services encompassing job seeker assessment and support, individualised job placement, employer servicing and linkages to external organisations such as vocational training providers and allied health professionals with the overarching aim of assisting job seekers gain and sustain meaningful employment.

Dedicated staff continue to support clients on their journey and offer the understanding and expertise to truly assist when mental health issues create employment and quality of life challenges.

Extensive services and connections with other organisations means there is sure to be people and resources that can help benefit clients. Ostara Employment Service is the largest provider of disability employment services for Australians with a mental health issue within the Disability Employment Services (DES) sector.

The organisation delivers employment services nationwide through a network of partnerships and direct delivery sites. The service is committed to assisting highly disadvantaged Australians in finding sustainable employment and assist employers to find suitable employees. Ostara Employment Service lobby and advocate for good policy outcomes for people with disabilities and barriers to work, especially for those who have mental health issues. Staff strive to dispel the myth that people with a mental illness or disability are unemployable, and aim to create a more inclusive Australia. For more information phone 6921 1047.

► Ostara Australia is a free employment agency that specialises in assisting people living with diagnosed mental health issues to find sustainable employment.



Beth Smith and Mary McKenzie



(Left) Jasmine Williams, Tanya Jones and Linda Bailey.

■ **Day to Day Living in the Community Program (D2DL)** recognises that people with a mental illness are often faced with significant challenges when reconnecting to their social and community networks both during and after recovery. The D2DL Program offers a friendly and positive environment in which those with a mental illness can engage in activities and groups that encourage socialisation, development of useful life skills, and educational and supportive groups. Ph 6931 8770.

# Sunflower Family Services here to help

■ **Recovery and Resource Services Program (RRSP)** The RRSP is a service to support people with a mental illness by providing improved access to community, social, leisure, and recreational opportunities and vocational services. The aim of the Recovery and Resources Services Program is to reduce social isolation through access to community based activities. Ph 6925 8009.

■ **Personal Helpers and Mentors Program** is a strengths based program that works with participants who are 16 years and over who identify themselves as having a severe and persistent mental illness that impacts upon their functioning in the community. Ph 6921 1491

■ **E-PHaMs program** is a program funded by the Australian Government, Department of Families, Housing Community Services and Indigenous Affairs (FaHCSIA). The service provides 1:1 flexible individualised support to people recovering from severe and persistent mental illness whose goals include obtaining paid employment.

■ **Respite Services** provides innovative and flexible respite service options to meet the needs of families and friends caring for a person with a mental illness. Respite Services also offers recreational and educational activities designed to develop skills and promote a supportive environment for the person with a mental illness and their carer. Referrals can be made direct to the Riverina Murray Respite Service or through a referral service. Ph 6921 6064

■ **Carer Assist** provides information, education, advocacy and support for people who care for someone with a mental illness. This includes adult carers and the children of family members living with mental health issues/ mental illness Ph 6925 9399. (Wagga office)

■ **ON FIRE** is a program for children and young people aged 8 – 17 years in families affected by mental health issues. ON FIRE offers regular Fun Days and Two Day Camps that run twice a year. ON FIRE also offers TeleChat- a group peer support program and TeleCoach- an individualised life goals and skills program. For more information and referrals, please contact Ph 6925 9259 or 0422 371 322

■ **The Community Development Program** builds community capacity to enhance the social and emotional wellbeing of everyone in the community. It provides education to build greater understanding of mental health issues. The CDO, Bev Denley, is available as a guest speaker for groups and organisations. Ph 6925 9259 or 02 0422 371 322 cdo@sfnsw.org.au

■ **The Friends of Sunflower House** is a Branch of the Schizophrenia Fellowship of NSW.

■ This group of local people is committed to supporting Sunflower House and Sunflower Family Services in their important work. The committee meets monthly to hear about programs and activities, discuss fundraising and provide a community voice to and for the programs. The Friends of Sunflower House welcomes new members. To find out more, contact Ph 6925 9259.

## SERVICES SUPPORTING PEOPLE LIVING WITH MENTAL ILLNESS AND THEIR FAMILIES



Disability Employment Services

We are a specialist employment service trading as Ostara Australia specifically designed to assist people living with or who have experienced mental illness to find meaningful long term employment.

**Linda Bailey - Employment Services Manager Phone 6921 1047 or 0409 392 209**

Sunflower House Services at 4 The Esplanade, Wagga Wagga

**D2DL**

DAY TO DAY LIVING IN THE COMMUNITY

The D2DL program focuses on community engagement, strengthening social networks, and developing useful life skills for individuals, aged 18 and over, living with severe and persistent mental illness.

**Mary McKenzie - Team Leader Phone 02 6931 8770 Mob 0417132828**

Sunflower Family Services at 47-49 Gurwood Street, Wagga Wagga



**PHAMS**

PERSONAL HELPERS AND MENTORS PROGRAM

This is a strengths based recovery program that works with participants (16 yrs and over) who identify themselves as having a severe and persistent mental illness that impacts upon their functioning in the community.

**Julie Payten - Team Leader Phone 6921 1491 or 0422 408 492**



The purpose of ON FIRE is to cultivate enhanced hope, resilience and wellbeing in children and young people aged 8-17 years in families affected by mental health issues

**Rhonda Bowen - On Fire Co-ordinator Phone 6971 7484 or 0422 371 322**



**CARER ASSIST**

SUPPORT FOR MENTAL HEALTH CARERS

Carer Assist provides information, education, advocacy and support for people who care for someone with a mental illness.

**Leonie Mills - Carer Advocate Tues to Fri Phone 6925 9399 or 0417 273 715**



Community Development

The current focus of the role is networking and community education, encouraging change and growth through informing and empowering individuals and communities

**Frank Goodyer - CDO Phone 6925 9259 or 0478 406 421**



Respite is providing a break, relief or time away for the Carer from the Care Recipient or their everyday routine and stressors.

**Alicia McKellar - Co-ordinator Phone 6921 6064 or 0417 277 551**



**RRSP**

Recovery and Resources Services Program

Reducing Social Isolation

This is a support program for people who have a mental illness but are not acutely unwell and are stable with their illness, who are aged 16 years and over, and would like assistance in accessing community resources.

**Jayne Lang - Team Leader Phone 6925 8009 or 0429 124 267**