



Health
South Eastern Sydney
Local Health District

WHAT WE DO

At ICLA we understand that recovery is a personal process which includes stable housing, supports to live independently and opportunities to learn new recovery-oriented strategies. Depending on where you are on your recovery journey, ICLA can offer you support in a number of areas, including:

- Homes and housing
- Peer Support programs
- NDIS funded supports including Supported Independent Living, NDIS Core Supports and Support Coordination
- Psychosocial recovery programs to support you in your mental health recovery

Our Vision

The people we support, our staff and the organisation, all thrive.

Our Mission

To deliver personalised support enabling individual choice to improve people's lives.

Our Values

- Results for those we serve.
- Respect for all.
- Integrity in what we do.
- Accountable for all we do.



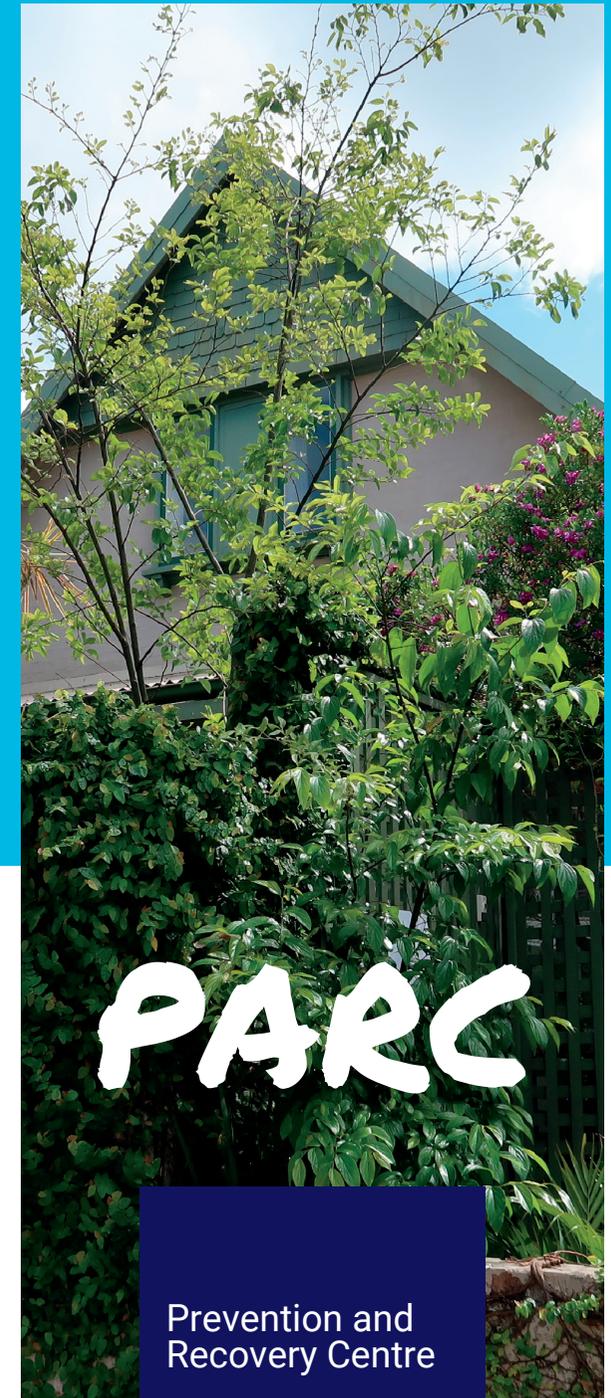
FIND OUT MORE

Website

<https://icla.org.au/parc/>

Email

info@icla.org.au



Prevention and
Recovery Centre



HOW WE CAN HELP

Our Prevention and Recovery Centre (PARC) is a welcoming and safe place to support mental health recovery and independence. Located in Bondi in Sydney's Eastern suburbs, PARC is a short-term residential environment where you can stay up to four weeks.

PARC aims to provide support for people in their mental health recovery journey that will reduce their need to be in hospital. We offer a step up in support for people who are at risk of being admitted to hospital. It may be appropriate for some people to stay at Bondi PARC to support their recovery rather than have a hospital admission. We also offer a step down in support for people leaving hospital who may need a bit of extra support before going home.

BENEFITS FOR YOU

- Building resilience and confidence to manage your own mental health
- Reducing the frequency of mental health episodes and the likelihood of more hospital admissions
- Learning new recovery-oriented strategies and behaviours in a safe and supported environment
- Connecting with other people who share a lived experience of mental health concerns

WHAT TO EXPECT

- No cost to eligible guests
- Stay for up to 28 days in a comfortable private bedroom
- Residential home located between Bondi Beach and Bondi Junction
- Walking distance to multiple public transport options
- A range of groups and activities daily
- Access to support 24 hours, 7 days per week from a mix of Peer Support Workers, Mental Health Support Workers, and Nurses

ELIGIBILITY

Bondi PARC is available to people with lived experience of mental illness who:

- Are keen to engage in the program, activities, and support on offer
- Are 18 years of age or older
- Have a care coordinator (also known as a case manager) through the Eastern Suburbs Mental Health Service – e.g. The Euroa Centre, The Maroubra Centre, St George Mental Health Service, Sutherland Mental Health Service, etc.
- Are not currently experiencing, or at risk of homelessness as PARC cannot provide transitional accommodation
- Have primary needs that are mental health-related and not better served by alcohol and other drug services