

Active Recovery Team

A peer-led program

Supporting you to achieve your goals and live the life you envision

"It was great having help defining a plan and list of goals. I feel much more organised mentally now."



For more information, contact the MIFWA Active Recovery Team on 9237 8900 or info@mifwa.org.au



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supporting mental wellness + recovery

About Active Recovery Team

The Active Recovery Team (ART) works alongside young people aged 16 to 24 years in the Perth metropolitan area who are linked with Youth Community Assessment and Treatment Team (YCATT) at Fiona Stanley Hospital.

The Active Recovery Team aims to:

- Assist you to work towards your personal goals by providing practical support from a MIFWA Peer or Recovery worker.
- Support you to gain confidence, coping skills and resilience.
- Assist you to access community facilities and build social networks.
- Connect you with other agencies and the supports you need to stay safe and well.

How the ART Program Works

Following receipt of a referral from YCATT, a Peer or Recovery worker will connect with you to talk through your situation. Together, you will develop an Individual Aspirational (Goal) Plan, mapping out what is important to you and what you would like support with during your time on the program. We'll meet with you 1-on-1 to help you define these goals and break them into manageable steps, walking alongside you as you work towards achieving them.

The program goes for up to 90 days (3 months) and support gradually decreases over the duration of the program as you gain more confidence and independence.

"This program helped with my anxiety levels and helped me understand I can do more things on my own."

How we can support you

Our Peer and Recovery Workers can support you in various areas, including:

- Relaxation and stress management
- Budgeting, finances and Centrelink
- Employment resume and cover letters
- Exploring study and volunteering
- Independent living skills
- Communication skills
- Building a routine
- Social connection
- Public transport skills
- Obtaining ID and Medicare cards
- Obtaining Learner's Permit
- Accommodation options
- Hobbies and recreation
- Linking into other services and supports

