

# Jewish Care

*You are in good hands*



**Mental Health and Wellbeing**  
Building Individual and Community Resilience

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*"I have been a client of JewishCare for many years now through its Mental Health and Well Being program. I have suffered from depression and anxiety issues from a young age. The support that JewishCare has given me, especially*



## JewishCare – The most trusted name

JewishCare provides a wide range of services and resources supporting individuals experiencing mental health issues as well as their families. One on one support is offered, a wide range of social programs as well as community awareness and education initiatives **building individual and community resilience.**

The Mental Health and Wellbeing Program adopts both a Recovery Oriented & Person Centred Approach. These approaches acknowledge the person as the expert in their own lived experience and our team are committed to supporting the person to achieve their full potential and reach their goals.

JewishCare is the most trusted name in our community and is a guarantee of the highest quality of care.

Anyone can make a referral and confidentiality is assured.

Call 1300 133 660 to make a referral or if you have an enquiry or go to [www.jewishcare.com.au](http://www.jewishcare.com.au) to submit a Referral Form

If you are making a referral on behalf of someone else be sure to seek their consent before doing so.

*through caseworker Suzi Hershco and the many good programs that it runs, has made a lot of difference to my quality of life and I am now able to live a more confident and enjoyable life and take on some of its difficult challenges.” D.K.*



## Why Choose JewishCare ?

JewishCare's Mental Health and Wellbeing team works with individuals, families, groups and the community as a whole, with the objective of **building individual and community resilience**. The team is comprised of caring, qualified and experienced multidisciplinary staff who work together with the individual to determine the most effective and appropriate support.

**JewishCare is big enough to have the widest range of resources with guaranteed best practice but small enough to really care about the person and their individual needs.**

This may include utilising our 500+ volunteers if applicable.

At JewishCare, we are mindful that cultural background may affect how people experience mental health issues and how they understand and interpret their symptoms. JewishCare staff are culturally sensitive and proficient in working with the Jewish community and supporting their specific needs.

Our program actively supports people to confidently engage in their own lives, develop their social networks and become more connected to their community. Building individual resilience is done by developing strategies and coping skills to maintain wellness. By working alongside the community we improve awareness and encourage prevention and early intervention through education programs with the goal of building community resilience.



**Nina Gendell** *Bachelor of Social Work, Bachelor of Art*

Nina is a Mental Health Caseworker and has been a part of the JewishCare Mental Health and Wellbeing Program since 2007.

*"I love supporting and collaborating with people to find their inner strength to make changes in their health and their lives. I also work with families, providing psycho-education and supporting them towards improved understanding and relationships. My practice is guided by theory, knowledge of local resources and best practice in mental health, as well as passion for social justice"*

# Understanding Mental Health and Wellbeing

Mental health is defined as *'a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community'* (World Health Organisation).

## Facts

- Mental health issues are very common. One in five (20%) Australians aged 16-85 experience a mental health issue in any year.
- One in four (25%) young people aged 12-25 have experienced a mental health issue in the past 12 months. Alarming, suicide is the leading cause of death of young people, accounting for one third of all deaths.
- Research shows that 75 per cent of mental health issues emerge before the age of 25.
- The earlier a person receives help for a mental health problem the better the outcome.
- Almost half (45%) of all Australians will experience a mental health condition in their lifetime. Some people have only one episode and recover fully. For others, mental health issues occur only occasionally with years of wellness between episodes. For a minority of those with a more severe condition, periods of acute illness may occur more regularly and, without medication and effective management, leave little room for recovery.
- There is no reason why people with mental health issues cannot live full and productive lives.
- Many people experiencing mental health issues delay seeking help as they fear discrimination.
- Cultural background affects how people experience mental health issues and also how they understand and interpret their symptoms.

## Supporting Individual Recovery

There is no one size fits all approach to supporting people with a mental health condition so there are many different kinds of interventions. Our team adopt a recovery oriented and person centred approach which acknowledges that the person is the expert on what type of support will make a difference to their life and assist in their journey toward recovery. Recovery is defined as 'being able to create

and live a meaningful and contributing life in a community of choice with or without the presence of mental health issues’.

**The Mental Health and Wellbeing program offers a wide range of individualised supports including:**

- Assessment and individualised service agreements
- Short and long term case work
- Daily living skills such as budgeting, travel training, planning your week, attending appointments, shopping, managing primary health issues, independent living skills training such as cooking and cleaning
- Assistance with job seeking and volunteer opportunities
- Accommodation support
- Building social skills and opportunities for social inclusion
- Psychological services, Access to Counselling & Psychoeducation
- Advocacy & Information
- Referrals to appropriate services & ongoing case co-ordination.

*“We are proud to work with such an ethical organisation that always provides a high level of care from the top down. I hope to continue working closely with the staff and management of JewishCare in the future” –*

**Narelle Hand, Program Manager, Anglicare**



**Print 35 Design Studio**

Having choices about work options is important. Through our case work and coordination we can help you to find work either in supported employment or where appropriate help to pursue other employment opportunities.

JewishCare runs a social enterprise which provides employment services for 17 supported employees at our Print35 Design Studio. Working for Print35 provides the opportunity to build important skills and improved feelings of self-worth.

Print35 is a small, modern, person centred social enterprise which helps supported employees to learn varied skills.

**Promoting Social Inclusion**

JewishCare knows how important it is for people to stay connected and be part of their community. We open the door for you to meet with your friends, or make new

friends and be involved in the community. Supportive communities have a huge impact on people's daily lives and influence their safety and wellbeing – feeling included is fundamental to good health and building a better life.

### **Some of the groups we offer are:**

- Friday night Shabbat Dinner
- Celebrating Jewish High Holidays such as Pesach, Rosh Hashanah and Chanukah
- Relax & Renew (yoga) class
- Art group
- Social groups
- Explore Sydney excursions
- Holidays
- REACH Bi-polar and Mood Disorders Group in partnership with Black Dog Institute
- Makeover Days
- Family & Friends of the Mental Health and Wellbeing Program
- Women's Group
- Choir
- Independent Living Skills training
- Computer training
- Theatre Group
- Young persons walking group

Our groups naturally change and adapt over time as they continuously reflect group members needs and wants.

*“I have been privileged to be involved with JewishCare’s Mental Health team for nearly 10 years creating opportunities to come together and celebrate the Jewish festivals. The joyful spirit amongst all the participants is so moving and there have been some incredibly special moments of connection with Judaism and the tradition from deep places within the spirit. It is a true blessing to have the opportunity to be involved with the Mental Health team and all the beautiful people who participate in the programs.”*

**Rabbi Jacqueline Ninio, Emanuel Synagogue**

# Building Community Resilience

An integral part of the Mental Health and Wellbeing Program is improving community awareness with a strong commitment to educating the community in all areas of mental health and wellbeing.

## Some of our community initiatives are:

- Running community events as part of Mental Health Month across October.
- Regularly presenting at assemblies at various schools creating discussion around mental health and working in collaboration with school counsellors to aid in prevention and early intervention of mental health issues.
- Working alongside Jewish youth groups and running Mental Health First Aid for camp leaders
- Connecting with Jewish students at university and providing information and support
- Running Assist Suicide Prevention training for staff as well as a one day suicide prevention training for community members each year.
- Being a member of headspace consortium, with JewishCare Mental Health staff working part-time from the headspace centre and co-facilitating client care.
- Running support groups for Depression and Bi-polar Management in partnership with the BlackDog Institute.
- JewishCare's Mental Health and Wellbeing program continually forges partnerships and proudly works alongside a wide range of leading organisations such as:



*"I have found all the staff at JewishCare very warm and welcoming. I get the sense that the staff genuinely care for their clients, and are open to programs (like REACH) that are going to be beneficial. JewishCare seems very 'rich' in what it has to offer clients. I feel that clients are in good care."*

**Nyree Gale, REACH Facilitator  
The BlackDog Institute**



*“headspace Bondi Junction are fortunate enough to have support from JewishCare working within the Centre. This means young Jewish people can be smoothly referred to JewishCare, an organisation that has clearly demonstrated its capacity and resolve to make a difference to young people with mental health issues.”*

**James Isles**  
**Centre Manager, headspace Bondi Junction**



## NDIS Readiness

JewishCare’s Mental Health and Wellbeing Program is proud to be the only Jewish organisation that is a registered provider for the National Disability Insurance Scheme (NDIS).

The NDIS is the new way of providing individualised support for people with a disability including psychosocial disability, their families and carers. Sydney area roll out is planned for July 2016 (North) and July 2017 (South East).

A **psychosocial disability** is a term used to describe the experience of people with impairments and participation restrictions related to mental health conditions. Psychosocial disability relates to the ‘social consequences of disability’ - the effects on someone’s ability to participate fully in life as result of mental ill-health.

### **What is the NDIS?**

The NDIS is a new Australia wide scheme that will support people with a permanent and significant disability that affects their ability to take part in everyday activities. The NDIS will give people with disability more choice and control over how, when and where supports are received, and provide certainty that they will receive the support they need over their lifetime.

### **How does it work?**

Eligible NDIS participants receive funding on an annual basis to purchase reasonable and necessary supports that will help them to pursue their goals, achieve increased independence and help them to participate in their community both socially and economically.

## **What is the NDIS eligibility for people with a psycho-social disability (Mental Health) ?**

- Being an Australian permanent resident or a New Zealand citizen who has a Protected Special Category Visa
- Being under the age of 65
- Having a mental health condition which may cause significant adverse and long-term effects on their abilities for community and economic participation and to carry out the necessary daily activities of living
- The NDIS Act (2013) does not require a potential participant to have a diagnosed mental illness. However, evidence from a qualified medical practitioner including evidence that the treatment of the condition, has been addressed within the mainstream mental health system, can be helpful in supporting a person's access.

**JewishCare can help you with understanding eligibility and applying for the NDIS.**

## **Who determines eligibility and what happens next?**

The National Disability Insurance Agency (NDIA) has been formed to oversee the implementation of the NDIS and is responsible for determining eligibility for the NDIS and undertaking planning with people with psychosocial disability. If you are already receiving specialist supports then someone from the NDIA will make the first contact.

If you think you might be eligible, you can contact NDIA directly on 1800 800 110 or speak with someone from JewishCare's Mental Health & Wellbeing Program by calling 1300 133 660.

Once your eligibility is confirmed you will meet with a planner from NDIA to develop your first plan.

JewishCare has developed a pre-planning meeting booklet to assist with this process. Speak to a JewishCare worker to arrange a pre-planning meeting.

## **How can we support you to prepare for NDIS ?**

JewishCare is very excited about the improved outcomes the NDIS will bring to people with psychosocial disabilities and their families.

We are here to help the NDIS make positive changes happen. We can help you understand how the NDIS works, find out if you are eligible, and guide you through

the application process. If your application is approved, we can then provide you with a whole range of services under the scheme.

### **Want to know more about NDIS?**

Have a discussion with one of the Mental Health staff at JewishCare on 1300 133 660 or get in touch to find out when we will be holding information sessions.

For further information you can visit [www.ndis.gov.au](http://www.ndis.gov.au) or call 1800 800 110

*“PIR JewishCare have been an active consortium partner for the 3 years. Going forward JewishCare will be a continuing support around NDIS transition.”*

**Jen Aboki, Project Coordinator**  
**Eastern Suburbs Partners in Recovery**



## **Financial and other assistance**

JewishCare can also help people who are in need of emergency finance or other material support via access to the Chai Foundation funding which is administrated by JewishCare. The Fund can provide Coles and petrol vouchers and payment of medical/pharmaceutical expenses. The support is offered to eligible members of the community and a financial assessment by JewishCare staff is required.

## **The Mental Health Foundation**

The Mental Health Foundation has been established to specifically support JewishCare's Mental Health program. The Funds from the Foundation will be directed to the Mental Health program and its clients. For further information please contact the Bequests Manager on 9302 8003.

All donations are tax deductible.

*“Jewish House works closely with JewishCare and its mental health support program. We enjoy a positive relationship and cooperate to deliver very important services to clients in great need. Often, we find that many of these clients feel extremely isolated and the support programs that JewishCare provides, like their Shabbat programs, outings and support programs, makes them feel more included.”*

**Rabbi Mendel Kastel, CEO, Jewish House**  
**Rabbinic Fellow, The Great Synagogue, Sydney**



# Contact

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## JewishCare acknowledges the financial assistance of

The Commonwealth and  
New South Wales Governments  
Jewish Communal Appeal  
Conference on Jewish Material Claims  
Against Germany  
Chai Foundation

The generous people who have  
donated their time and money to  
JewishCare

