



## Rhonda's May Rave

### Where to From Here?

Central Coast ARAFMI is a community managed specialist mental health service, which has been supporting people with mental health issues, their families and carers for over 35 years. It provides a range of services to a range of people including children and young people, older people, diverse communities, families and carers. Our approach is directed by the values of the organisation, its recovery focus, family sensitive approach; person centred delivery, its hope, creativity and innovation.

Central Coast ARAFMI has a long standing reputation of integrity in the community and continues to work with families, extended families and people who have serious mental health issues and co morbidity, who experience significant stigma who are marginalised and disadvantage as a result.

People whose lives have been affected by mental illness are wide ranging and there are many hurdles along the way; economic hardship, trauma, isolation, forced migration, physical illness and emotional distress. Many of the people we work with have been incarcerated, homeless or become alienated from family and friends.

Our recovery approach takes into account the barriers that exist, the economic and social circumstances which impact on peoples' mental health as well as being sensitive to the contextual and structural factors impacting on consumers, family and carers.

As a small community managed specialist provider of mental health services on the Central Coast, we need to continue to be creative, innovative and responsive to families where mental illness affects their daily lives.

In the modern world of mental health service provision and practice there will be significant changes with the introduction of Disability Care Australia (National Disability Insurance Scheme) and it will have enormous impact on the organisation. ARAFMI is at a crossroads in 2013 as it goes from independent streams of service provision to integration and expansion of carer and consumer programs, as we strive to stay viable. Separate programs based on funding will no longer be possible when our long held contracts expire in 2014.

Many challenges lie ahead as our uncertainty for survival continues. Once purely consumer and family focused we must now look to an uncertain future and reinvent ourselves so that we can continue to champion human rights, promote dignity, autonomy, privacy and freedom from stigma and discrimination.