

Mental Health and Addiction Services

Our care is: person-centred, recovery oriented, evidenced-based and inclusive of family and carers.

Rehabilitation Services

Mobile Intensive Rehabilitation Team (MIRT)



Who is the service for?

Mobile Intensive Rehabilitation Team (MIRT) services are provided to consumers of the Sunshine Coast Mental Health and Addiction Services, who are 18 years old and over who have complex needs that require more intensive and extended help while residing in the community.

How to access this service

Referrals to MIRT are received from other mental health teams within the Sunshine Coast Hospital and Health Service Mental Health and Addiction Services or from other out-of-area mental health services. The consumer needs to be aware of the referral and be involved in the process.

All referral information is gathered and coordinated by the transition officer for the Extended Care team (Rehabilitation Services). The transition officer is available from 8.00am to 4.30pm, Monday to Friday (excluding public holidays) on: (07) 5452 4444.

What services do we provide?

MIRT provide an extended hours service, seven days per week, on an outreach basis, through home visits and other community-based interventions.

MIRT provide assertive follow up in the community, in order to avoid hospital admissions and improve quality of life. MIRT help people:

- make social connections to improve the individuals quality of life
- to engage with mental health services to maintain their mental health and wellbeing
- to find and maintain suitable accommodation

- to keep up with home management
- to recognise and manage situations that may have a level of risk
- to find and maintain employment or training
- to engage in healthy habits and recreational activity
- to manage finances
- to access transport options
- to access services such as medical, legal or housing services.

The service is provided free of charge for Medicare eligible individuals.

Who are we?

- Psychiatrists and registrars
- Mental health nurses
- Allied health—social workers, psychologists, occupational therapists
- Administrative staff.

Discharge and follow-up

There are no set time limits for support from MIRT. The plan is to offer support and assistance from MIRT until a time where other components of the service are able to support you. MIRT staff will arrange this process in discussion with you.

Is the service confidential?

The service has a commitment to respecting consumers' rights to privacy, dignity and confidentiality. We are also committed to individual social wellbeing and safety. It is fundamental to a consumer-centred approach, that information is shared when appropriate between clinicians, the consumer and those involved in helping a person's recovery. Clinicians will request consent prior to sharing clinical information about the treatment plan. For further information please refer to:

www.health.qld.gov.au/publications/clinical-practice/guidelines-procedures/clinical-staff/mental-health/guidelines/info_sharing.pdf

Recovery framework

The National Framework for Recovery Oriented Mental Health Services defines personal recovery 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 underpinning action of recovery is resilience. The team will work in a manner to support the resilience of the individual. This holistic approach offers greater opportunity for positive engagement with families, friends and communities. For further information please refer to:

www.coaghealthcouncil.gov.au

Rights and responsibilities

While accessing Mental Health and Addiction Services the following rights for patients and consumers apply:

- to be treated with respect, dignity and consideration for your privacy, religion and cultural background
- to be informed about services, treatment and options in a clear and open manner
- to participate in decisions about your healthcare
- to have the right to access safe and quality healthcare.

The Australian Charter of Healthcare Rights was developed to identify the rights of patients and consumers when seeking or receiving healthcare services and can be found here:

www.safetyandquality.gov.au/wp-content/uploads/2012/01/Charter-Pdf.pdf

Feedback

We encourage anyone who wishes to provide feedback on any aspect of our service to speak to a staff member or complete a consumer feedback form. This feedback may be a compliment, thank you, concern or suggested improvement.

www.health.qld.gov.au/sunshinecoast/html/complnt.asp



Contact details:

Mobile Intensive Rehabilitation Team (MIRT)
6 Lady Musgrave Drv, Mountain Creek Qld 4557
Ph: (07) 5452 4444
Fax: (07) 5452 4400

Clinical office hours: 8.00am to 9.00pm weekdays and 10.00am to 6:00pm weekends

Administration Office Hours: 8.00am to 4.30pm Monday to Friday (excluding public holidays)

Mental Health Access Service: 1300 MH CALL (1300 64 22 55)

www.health.qld.gov.au/sunshinecoast/mhas

In an emergency dial '000'



Standard 2
Partnering with consumers



Standard 11
Service delivery



Standard 12
Provision of care



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