

# Bidi Wungen Kaat Centre

## Journey to a Healthy Mind

A caring and innovative approach to help mental health consumers step back into the community.



## About us

Bidi Wungen Kaat Centre provides an evidence-based, innovative approach to mental health care delivered by the East Metropolitan Health Service (EMHS) in St James, within the Town of Victoria Park.

The 40-person residential service provides contemporary staged recovery support for people experiencing mental health issues by offering transitional care between the hospital setting and community living.

## Key facts

- Up to 40 consumer residents will call Bidi Wungen Kaat Centre home for an average of between two weeks to around six months.
- The service supports adults experiencing mental health issues aged between 18 to 64 years to return to participating and contributing within their communities.
- Residents will focus on individual recovery goals to support independent living and work or study commitments.

## Mental health key statistics

### **Anyone can develop a mental health issue.**

The most common mental health issues are depression, anxiety, and alcohol misuse.

Significantly, not everyone seeks treatment. In fact, the number of people accessing help for mental health issues is half that for people with physical health disorders.

## Did you know?

- Anxiety is the most common mental health condition in Australia. According to Beyond Blue, every year, 14 per cent of Australians are affected by an anxiety disorder which is a highly treatable condition.
- Every year, about 10 per cent of Australians are affected by depression, many of whom would fully recover with access to evidence-based psychological therapy, medication, and community support.
- Obsessive Compulsive Disorder (OCD) affects 1-to-2 per cent of Australians. Whilst severity varies between each person, OCD can be a very debilitating disorder.
- More than 10 per cent of people living in Australia will experience Post Traumatic Stress Disorder (PTSD) in their lifetime. In Australia, serious car accidents are the leading cause of PTSD, however other forms of trauma can lead to the diagnosis. PTSD is known to respond well to evidence-based treatments.
- One of the leading causes of burden of disease (the gap between actual and ideal health) in Australia is mental health issues.

## How lived experiences are shaping our service

As part of the innovative program, on-site assistance will be provided to consumer residents to coach them to return to participating and contributing to their own communities and live according to their own recovery goals.

*Did you know 45 per cent of people in Australia will develop a mental health issue in their lifetime and one in five Australians aged 16-85 experience a mental health issue in any year?*

## Lived experience of mental illness

Lived experience consumer and carer representatives have assisted in the co-design of this service. They are extremely supportive of this much needed mental health recovery accommodation.



Robert

"I wish that a service like St James was around when I started my recovery journey."



Tim

"St James Transitional Care Unit offers real options to ignite the fire of self-empowered recovery within each consumer resident."

## Why do we need mental health transitional units?

Mental health issues are widespread in Australia and have lasting and significant impacts for individuals, families and communities. In Western Australia, we have had a long-standing shortage of appropriate facilities for people experiencing mental health issues who require transitional care.

The development of the Bidi Wungen Kaat Centre was to ensure that people in Western Australia are able to get the care they need in a timely manner, in the most appropriate setting. Currently, many people experiencing mental health issues spend more time in hospital than required, and others living in the community are missing out on the support and treatment that they need.

Specialist community recovery and transitional services have been operating nationally and internationally for many years, with positive outcomes for both residents and local communities. Social support systems provide additional assistance to access the skills, training and recovery opportunities that people need to return to work and a fulfilling family and community life.

## Will the service impact our community?

- The community should not expect any significant changes compared to the site's previous use when it was a residential aged care facility.
- The service will be staffed 24-hours a day, seven days a week.
- The workforce will include skilled mental health clinicians and peer practitioners to ensure the consumer residents have appropriate levels of support at all times.
- Security staff will undertake regular surveillance of the building.

*What we do makes a difference to the lives of the people in our community, and our values reflect how we are expected to conduct ourselves every day.*

Kindness

Integrity

Excellence


Collaboration

Respect

Accountability

The Bidi Wungen Kaat Centre model of care has been developed in consultation with clinicians, consumer advocates, the Office of the Chief Psychiatrist and the Mental Health Commission. This model of care is based on best practice facilities nationally and globally.

## Our location

 We are located at 38 Alday St, St James (entry via Burlington St).

## Need more information?

Please get in touch to share your questions, feedback and suggestions.

 6315 3000

 [TCU.Admin@health.wa.gov.au](mailto:TCU.Admin@health.wa.gov.au)

 <https://emhs.health.wa.gov.au/StJamesTransitionalCareUnit>

Bidi Wungen Kaat Centre is an innovative approach to mental health care delivered by the East Metropolitan Health Service on behalf of the Western Australian Government.

 Right care  
Right place





© Copyright to this material is vested in the State of Western Australia unless otherwise indicated. Apart from any fair dealing for the purposes of private study, research, criticism or review, as permitted under the provisions of the Copyright Act 1968, no part may be reproduced or re-used for any purposes whatsoever without written permission of the State of Western Australia, East Metropolitan Health Service 2022.

Aboriginal Artwork © Meena & L.W

[www.eastmetropolitan.health.wa.gov.au](http://www.eastmetropolitan.health.wa.gov.au)

RPH M220801002