

## How is the Optimal Health Program delivered?

The program is generally delivered in a group setting, but can also be delivered individually, over eight weekly sessions; nine weeks if you require a relapse prevention booster. Each session is approximately 60 to 90 minutes long.

**within Australia** has been delivering the Optimal Health Program since 2006.

Participants receive:

- **Optimal Health Journal** - a small journal used to enter your health information, medication, contact details for services, Health Plans etc. The journal is integral to the Self Efficacy 'I Can Do' model
- **Optimal Health-book** - a write-in workbook covering the weekly sessions.

## within Australia

**within Australia** delivers accessible programs and services that help people achieve optimal health and wellbeing by being better able to respond to challenges they face in their daily lives. We work with people to overcome barriers, regain hope, reconnect with their communities and realise their goals.

We have been a leader in the delivery of community managed mental health and wellbeing services since 1992. In 2016 SNAP Gippsland became **within Australia**, reflecting our continued commitment to providing innovative people centred services that help our clients achieve better outcomes.

*Services include: psychosocial rehabilitation, recovery services and educative programs to people living with mental illness, their families and carers. Our online training programs focus on developing resilience skills. All our programs and services are tailored to a person's individual needs, values and preferences.*

Telephone (all locations):  
**1300 737 412**

Correspondence:  
**P.O. Box 635  
Bairnsdale, VIC 3875**

### East Gippsland

**Bairnsdale (Head Office)**  
265 Main Street, Bairnsdale  
Fax: (03) 5152 6345  
Email: bairnsdale@withinaustralia.org.au

**Orbost**  
Orbost Regional Hospital – Health  
Counselling and Support Services Building  
29 Browning Street, Orbost  
Fax: (03) 5152 6345  
Email: orbost@withinaustralia.org.au

### Wellington

**Sale**  
1st Floor, 89 Raymond Street, Sale  
Fax: (03) 5144 5749  
Email: sale@withinaustralia.org.au

### South Gippsland / Bass Coast

**Leongatha**  
3 Church Street, Leongatha  
Fax: (03) 5662 5288  
Email: leongatha@withinaustralia.org.au



# Optimal Health Program

The Optimal Health Program will help you to understand the factors that have an impact on your mental health and develop the skills you need to achieve and maintain optimal health which is a balance of physical, psychological and social health and wellbeing.



**within**  
Australia

*working together for better  
mental health and wellbeing*

## What is the Optimal Health Program?

The Optimal Health Program is a systematic therapeutic framework for working with individuals in order to help them achieve optimal health outcomes. Delivered across eight weekly sessions, the program will help you to understand the factors that have an impact on your mental health and develop the skills you need to achieve and maintain optimal health, which is a balance of physical, psychological and social health and wellbeing.

The Optimal Health Program has three core components:

- **Education** - the factors that influence your mental health
- **Coping Strategies** - actions and strategies that are effective in helping you manage and reduce stress
- **Skills Development** - a range of skills, tools and techniques that will help you recognise and deal with stress and achieve long term optimal health.

Based on the Self Efficacy Model (“I can do”), the Optimal Health Program aims to empower you and place you in control by shifting the focus from ‘illness’ to ‘health’ and from being ‘dependent’ on to being ‘supported by’ services.

## Optimal Health Program - sessions

| Session | Title   | Content   | Focus                                    |
|---------|---|---|--|
| 1       | Introduction  | Perceptions of health and behaviours that influence health                          | Education                                |
| 2       | Stress Management                                     | Understanding stress and how to manage it effectively                               |  |
| 3       | Stress Monitoring                                     | Positive and negative stress; cumulative stress                                     |  |
| 4       | Self-efficacy/Stress Vulnerability model ‘I Can Do’   | Using the ‘I Can Do’ model to enhance and maintain health                           |  |
| 5       | Monitoring early warning signs                        | Understanding stress triggers and early warning signs                               | Coping Strategies and Skills Development |
| 6       | Coping strategies for daily management                | Developing Coping strategies: Goal planning; relaxation techniques, problem solving |  |
| 7       | Developing coping strategies                          | Choosing coping strategies for long-term health                                     |  |
| 8       | Implementing coping strategies for relapse prevention | Developing a Health Plan to reduce the risk of relapse                              |  |
| 9       | Relapse prevention booster (available on request)     | Understanding relapse as a learning strategy  |  |

## Eligibility and referral information

The Optimal Health Program (OHP) is available to adults (16 to 64 years) with a severe and persistent mental illness and/or psychiatric disability. The program is a gateway to **within Australia** services. Participation in all **within Australia** services in the program is entirely voluntary.

You may refer yourself or be referred to **within Australia** from other agencies or your GP. Intake and assessment is undertaken with a support worker who will provide more detailed information on our services including the Optimal Health Program. For more information contact **within Australia** on **1300 737 412**.