

Stepping Stones Adolescent Psychiatric Inpatient Unit

When a person becomes extremely unwell, whether it is due to an infection, a virus or a mental illness, an admission to hospital is often necessary. In hospital, 24 hour medical care is provided to prevent a medical condition from getting worse, and to assist people in recovering from an illness. Stepping Stones is an inpatient unit available for young people aged 12-18 years who are experiencing serious mental health problems.

Transition Program

The Transition Program is a day program based at Stepping Stones (Adolescent Psychiatric Inpatient Unit), located at Monash Medical Centre. The program treats young people between the ages of 12-18 years who may be experiencing a range of difficulties within and/or outside the family. The Transition Program runs from Monday to Thursday, 9:30am-3:30pm. Friday is a free day for young people to attend other appointments and commitments they may have.

Intensive Mobile Youth Outreach Service (IMYOS)

IMYOS is a service available to young people between 12 and 18 years of age who are experiencing emotional, behavioural and/or psychological problems. It is a mobile unit that travels to you.

Adolescent Recovery Centre (ARC)

Often called ARC, this is a program for young people who are experiencing mental health issues and are having trouble coping with school.

The aim of the program

ARC aims to provide a safe environment (physically and emotionally) where you feel supported and can work through the problems you're having. Staff can help you learn ways of managing and resolving your difficulties so that you can then return to school or work.

The Southern Dual Diagnosis Service

The term 'dual diagnosis' is used to describe cases where a person has both mental health problems and a drug or alcohol issue.

The use of drugs and alcohol can make it more difficult to treat mental illness and achieving recovery often takes longer. People generally use these substances to make themselves feel better and to help cope with negative feelings, but this usually makes mental health problems worse. It can be hard to break the cycle, especially if most of your friends use drugs and/or alcohol. The most effective treatment in these cases is to address both issues at the same time.

Southern Mental Health Promotion

The mental health promotions officer provides support to improve workers and the community's knowledge & understanding of mental health issues for children & young people across the Southern region.