

## **MEDIA RELEASE**

# **Sydney Residents Learn from Indonesia**

A new innovative mental health support project, developed in Indonesia, is set to help Sydney residents. The Inner City Cadre Project will be established in Surry Hills, Woolloomooloo, Glebe, Waterloo, Redfern, and Millers Point by St Vincent's Hospital and the Inner City Mental Health Recovery Working Group. .

In an Australian first, local residents will be trained through the Inner City Cadre Project to identify people needing help with a mental illness and assist in linking them up with appropriate support.

"It's like a Neighbourhood Watch for mental health – community members look out for each other, and we help them know when and where to access help", said Douglas Holmes, Consumer Participation Officer for St Vincent's Mental Health Service.

Inner City Cadres will be provided with three days of Recovery and Peer Support Training, with follow-up support days. The training will enable the Inner City Cadres to recognise the signs to look for and support neighbours, friends and community leaders to access local help through their knowledge of available services.

The Cadre model was developed by Mind Australia's senior mental health trainer Anthony Stratford in Indonesia following the devastating tsunami. It assists village elders to identify villagers who need help dealing with the traumatic effects of this devastating event. This model will be used to train members of the local community as Inner City Cadres.

Dr Peter McGeorge, Director of the Inner City Health Program at St Vincent's Hospital Darlinghurst, says the program will also take pressure off acute mental health services, "Hospitalising someone when they are very sick can sometimes have worse health outcomes and prove a greater impost on the valuable mental health dollar. The Project will enable us to be far for pro-active in many instances."

Clover Moore MP who is funding the Cadre project through her Lord Mayor Clover Moore MP Salary Trust said "We now have much better crisis facilities at St Vincent's Hospital, but we want to help people before they have a crisis", Ms Moore said.

The project starts with an information day on Monday 6 June from 10.30 am till 12 pm at Northcott Community Centre, Ward Park, Devonshire Street Surry Hills (next to children's playground).

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