

Aspire's Mission:

To provide services that promote and enable pathways to mental health and wellbeing

Aspire's Statement of Purpose

Aspire will:

- *Support* individuals effected by mental illness to choose, gain and maintain optimal quality of life
- *Assist* carers through education, respite and support to have optimal quality of life
- *Engage* with local communities to raise awareness and promote understanding of mental illness and mental health

These three core purposes are underpinned by:

- Developing partnerships to creatively access, network and integrate services and resources.
- Responding to community and individual needs, incorporating models of research and evaluation.
- Demonstrating leadership in policy development, advocacy and social change to address the needs of our community.

ASPIRE OFFICES ARE LOCATED ACROSS TASMANIA



Aspire, A Pathway to Mental Health Inc.

Regional Administrative Centre
PO Box 1045 Launceston 7250
190 Charles Street Launceston
Phone: 6333-3111
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Local Aspire Office Contact Details

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**“Promoting and enabling
pathways to mental health
and wellbeing.”**

Aspire provides
Psychiatric Disability
Rehabilitation and Support
Services across
Tasmania.

EMAIL
aspiretl@aspire.org.au

WEB SITE
www.aspire.org.au

Aspire, *A Pathway to Mental Health* was established in Warrnambool in 1989 by a group of concerned community members to focus on the needs of the mentally ill, their families and carers in south-west Victoria.

Aspire provides a range of support and rehabilitation services that are flexible and responsive. These services:

- Are underpinned by a belief in recovery
- Enhance quality of life, self esteem and wellbeing.
- Work in partnership with people in identifying individual needs
- Assist people to achieve their social, residential, educational or vocational goals
- Provide opportunities to develop and maintain community networks
- Are provided in the least restrictive setting.

Aspire staff support people in a range of rehabilitation and support programs in Launceston, Hobart, and Burnie.

Aspire programs are regionally based and have an emphasis on delivering services within an individual's local community, promoting integration and involvement for all.

Rehabilitation and Support Programs

Individual work

Each participant has a personal Rehabilitation worker. Tasks undertaken together include:

- Rehabilitation Readiness
- Development of Individual Rehabilitation Plans
- Skills and resources assessment
- Training and support for identified goals
- Goal implementation
- Planning for completion of the program
- Development of sustainable community supports

30 week Recovery course

This 2 hr per week structured group program helps people to identify and work towards resolving their own personal issues, that have arisen as a result of experiencing a mental illness. It promotes Rehabilitation readiness and enhances overall quality of life, self esteem and wellbeing.

"It is not the intention of this group that everyone after doing the course will be fully recovered, rather that we will have the tools, confidence and mutual support to continue our journey" Lyn Mast 2004

Group Programs

Group content will focus on specific needs as identified through an Individual's Rehabilitation Plan. Where possible these will utilize existing community groups.

Health Promotion and Education

Research and evidence shows that health promotion and education can help people to better manage their own health and wellbeing. Health promotion and education conducted by Aspire staff encourages people to focus on illness prevention, and creates an awareness in the community which reduces the stigma attributed to people with mental illness.

The unit focuses on a variety of projects, varying as needs arise. Some examples of projects run by this unit include the Depression Awareness Research Project and School and Community Mental Health Education Program.

Library and Internet

Each Aspire office has reference and resource materials and FREE internet available, which can be accessed during normal office hours.