

Plus Social[®] for social participation & care coordination

Fact sheet for GPs, Psychiatrists and mental health professionals

Q | Do you have a patient with a serious mental illness?

Q | Would they benefit from one-on-one support to coordinate their mental and physical health, wellbeing and community services?

Q | Would building new social connections through supported access to specialised community groups help them?

A | The new Plus Social[®] program may be the answer. It aims to improve the wellbeing of people with serious mental illness by providing clinical care coordination and supports that complement their existing care. Plus Social is an evidence-based social prescribing program.

Who is this program for?

Plus Social is free for Gold Coast residents who:

- Are adults living with a diagnosed serious mental illness
- Have unmet psychosocial needs that are impacting their quality of life
- Have the potential to benefit from increased social participation activities
- Are not in need of acute/intensive therapeutic services
- Are living in the community without the support of Gold Coast Health supports and services.

How to refer?

GPs and Psychiatrists can refer patients by downloading the form from pccs.org.au

Call PCCS on (07) 3186 4000 for any questions on the referral process.



How Plus Social® works with a GP's medical care model

GP led medical care

| Focus

Managing health

| Model

Medical care for complex mental health issues through GP led care includes:

- Medical treatment and care planning
- Referrals to specialists
- Prescriptions of medications to manage illness

GPs do a great job of supporting their patients' health needs, but sometimes their health is affected by their social circumstances and environment. Addressing a patient's social determinants of health ensures they can continue to be managed within the primary care setting.

| Outcome

Management of a patient's serious mental health condition

Plus Social®

| Focus

Improving wellbeing

| Model

Plus Social's service specialists provide clinical care coordination and individualised interventions to:

- Access and coordinate services and supports to improve physical health, social and emotional wellbeing, daily living, education, employment, housing, managing finances and benefits, relationships, nutrition or transport
- Support accessing a range of social participation groups such as relaxation, arts and crafts, photography and movies in the community
- Support to access NDIS for psychosocial disability
- Provide a holistic approach through a multidisciplinary team to mental health recovery.

| Outcome

Improved wellbeing, quality of life and social connectedness

After hours safe space service @ The Hub₁

The Hub₁ is our community-based drop-in centre that provides a safe place for people with serious mental health conditions to go to when their doctor and service supports are closed evenings and weekends.

It's a place to go after hours and find non-urgent, face-to-face support from a mental health service specialist who is on-site.

Your patients can drop in without an appointment and meet our friendly, supportive staff who are ready to listen.


As a drop-in centre, The Hub₁ is also a space where people can watch movies, play games, learn something new and find friends. Some of our program activity groups are also run here during business hours.

Primary & Community Care Services Ltd gratefully acknowledge the financial and other support for this program from the Gold Coast Primary Health Network.

PCCS The Hub₁

After hours safe space times

Monday	6pm – 9pm
Tuesday	6pm – 9pm
Wednesday	6pm – 9pm
Thursday	6pm – 9pm
Friday	6pm – 9pm
Saturday	12pm – 8pm
Sunday	12pm – 8pm

 (07) 3186 4000  pccs.org.au

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PlusSocial®
Empowering individuals, building communities

Primary & Community Care
Services Limited™