

# Psychosocial Recovery Coach

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## WHAT IS A PSYCHOSOCIAL RECOVERY COACH?

A Psychosocial Recovery Coach (PRC) is a dedicated support professional who is funded by the National Disability Insurance Scheme (NDIS). They are typically individuals who either have a personal experience with a psychosocial disability, or have received specialised education and training.

The primary objective of a PRC is to help NDIS-funded participants develop a personalised recovery plan and provide ongoing support as they work towards their goals. This involves working collaboratively with the participant, their families, carers, and other service providers to design, plan, and implement a recovery plan. PRCs also assist with the coordination of NDIS and other relevant supports.

The aim of a PRC is to help clients achieve long-term recovery, improve their overall quality of life, and build a strong support network. To achieve this, PRCs provide a non-judgmental and empathetic approach to their work, and remain dedicated to helping participants achieve their NDIS goals.

## HOW CAN PSYCHOSOCIAL RECOVERY COACHING HELP ME?

*"Recovery is about achieving an optimal state of personal, social and emotional wellbeing, as defined by each individual, whilst living with or recovering from a mental health condition."*

– National Disability Insurance Scheme

Psychosocial Recovery Coaches are equipped to assist individuals in a number of ways, including:

- Conducting one-on-one meetings with participants and their support network to gain a comprehensive understanding of their unique needs, personal challenges, and mental health status.

- Identifying and connecting participants with appropriate services and supports, both within the funded and mainstream mental health systems.
- Providing personalised assistance to navigate mental health services, drawing upon their own lived experience and specialised skill set to offer a deeper level of insight.
- Helping participants to gain a better understanding of the National Disability Insurance Scheme (NDIS) and providing support similar to that of a Support Coordinator.
- Developing and implementing a comprehensive recovery plan that promotes greater independence and self-sufficiency.
- Maximising the benefits of a participant's NDIS Plan, and providing ongoing coordination of supports.
- Delivering targeted coaching and skill-building interventions to increase motivation, build upon individual strengths, promote resilience, and improve decision-making abilities.



## WHAT TO LOOK FOR IN A PSYCHOSOCIAL RECOVERY COACH

When selecting a Psychosocial Recovery Coach (PRC), it is important to consider a range of factors that will contribute to the success of your recovery journey. Some of these factors include:

- **Rapport and communication:** Choose a PRC who you feel comfortable talking to about your mental health. A good PRC should be a skilled communicator, able to build rapport and trust with you as you work together towards your recovery goals.
- **Experience and qualifications:** Look for a PRC with relevant experience and qualifications in the mental health field. They should have a good understanding of the challenges you may face, and be equipped with the skills and knowledge to provide effective support.
- **Lived experience or learned knowledge:** A PRC who has lived experience with psychosocial disability can provide a unique perspective and insight into the recovery process. Alternatively, a PRC with learned knowledge can bring valuable theoretical frameworks and evidence-based practices to their coaching.
- **Networks and connections:** A good PRC should have strong networks and connections to other mental health services and supports. This can be invaluable in helping you access the right services at the right time.
- **Flexibility and accessibility:** Choose a PRC who can interact with you in a way that works for you. This could include face-to-face meetings, online coaching, or telephone support. They should also be willing to work around your schedule and location preferences.
- **Qualifications:** The NDIA recommends that PRCs hold a minimum of Certificate 4 in Mental Health or Mental Health Peer Work, or have similar training and at least two years of paid experience in supporting people with mental health challenges.

## WHAT IS A RECOVERY PLAN?

Recovery coaches work in partnership with participants, their families, carers, and other healthcare providers to develop and implement a personalised mental health recovery plan, which helps the participant to:

- Define their goals and aspirations for a fulfilling life
- Identify their personal strengths and interests
- Determine the steps necessary to achieve their goals
- Identify their support network
- Monitor changes in their mental health
- Develop strategies to manage triggers that can negatively impact their mental health
- Develop a crisis plan in case of relapse
- Develop a plan for post-crisis recovery

A comprehensive recovery plan typically includes the following components:

- Clearly defined goals, both short and long term, that are tailored to the participant's individual needs and preferences.
- Specific strategies and action steps to actively work towards achieving those goals.
- Daily or weekly activities that support progress towards those goals and promote overall well-being.
- Regular monitoring of mental health and progress towards goals, including the identification of warning signs and triggers.
- Proactive strategies and coping mechanisms for managing triggers and stressful events as they arise.
- A crisis plan that outlines steps to take in the event of a mental health emergency or relapse.

All components of the recovery plan should be developed collaboratively with the participant, their family or carers, and any relevant healthcare professionals or support services. The plan should be regularly reviewed and updated as needed to ensure it remains relevant and effective.





## PSYCHOSOCIAL RECOVERY COACH FUNDING

Psychosocial Recovery Coach funding is allocated under the Support Coordination category within a participant's NDIS plan. NDIS will outline whether the allocated funding is for a Recovery Coach or Support Coordinator.

In contrast to Support Coordination, the hourly rates for Psychosocial Recovery Coaches may vary, providing greater flexibility and availability to offer support during various times of the day or week, including evenings, weekends, nights, and public holidays.

The allocated hours for a (PRC) are determined based on the specific needs of the participant, which is consistent with the approach taken for Support Coordination. It is important to note, however, that NDIS guidelines suggest that funding for both Support Coordination and PRC cannot simultaneously be allocated within a participant's NDIS plan.

## HOW TO MAKE AN APPOINTMENT WITH MARLI AND MOE

Booking online is quick and easy and can be done by filling out our online form below, follow this link - [marliandmoe.com.au/online-booking](https://marliandmoe.com.au/online-booking)

In completing your online appointment form we have a few essential questions to ask and then we will contact you to discuss your requirements as soon as possible.



## RESOURCES

- [www.ndis.gov.au/media/2412/download](https://www.ndis.gov.au/media/2412/download)
- [www.ndis.gov.au/understanding/how-ndis-works/mental-health-and-ndis](https://www.ndis.gov.au/understanding/how-ndis-works/mental-health-and-ndis)