

The PARCS Project Newsletter

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What is the PARCS Project?

Building the evidence base of Prevention and Recovery Care (PARC) services in Victoria, Australia

Victoria's PARC services are short-term residential services located in the community that have a recovery focus and aim to minimize time in hospital for people with severe mental illness. Our research project is a seven-part study that aims to explore the appropriateness, effectiveness and efficiency of Victoria's adult PARC services. The project is a partnership between academic institutions, Mental Health Community Support Services (MHCSS), clinical mental health service providers and the Victorian Government.



Who are the people behind the project, and who can participate?

The research team is comprised of independent researchers from the University of Melbourne, Monash University, La Trobe University and Deakin University. The researchers will work alongside partners from all the current MHCSS involved in providing PARC services: Break Thru, Cohealth, Ermha, Life Without Barriers, Mind Australia, Neami National and Wellways (formerly MIF). See our [website](#) for further details.



What has been achieved so far?





The people of the PARCS study

The PARCS project is overseen by our Partners and Investigators Group. We also have a Lived Experiences Advisory Panel (LEAP), a Clinical Advisory Group and a group of national and international expert advisors. We are working closely with each PARC service, the mental health community support services and the clinical mental health service providers connected to each PARC. We are looking

forward to inviting PARC service consumers, their family members and staff to participate in the research project later in 2017.

Study 1: PARCS Managers Service Mapping Forum

Study 1 of the PARCS Project involves a mapping of the similarities and differences across all 19 short term PARCS in Victoria. The team hosted a one-day forum on 7 March 2017 at University House, University of Melbourne. We were delighted to have 17 PARCS managers coming from as far as Gippsland. Attendees were treated to an informative presentation by Professor Helen Killaspy, one of our international collaborators from University College London (UCL). Managers had the rare chance to meet each other and foster collaborations that will continue into the near future.

Since then we have met with the 2 other managers who were unable to attend so our data collection for Study 1 is now complete.



Lived Experiences

Advisory Panel (LEAP)

We are lucky to have a rich and diverse LEAP to guide the PARCS Project. Chairperson Vrinda Edan and Co-chair Ellie Fossey, with the assistance of Michelle Kehoe, brought together a group who have a vast amount of knowledge to assist with the project. In particular, how to retain our consumer participants for the longitudinal aspect of the study. Future LEAP groups will assist with the creation of qualitative questions for consumer, carer/family and stakeholder interviews.

Researcher Profile: Michelle Kehoe



Michelle is a consumer Research Fellow with the PARCS project. She has spent several years in the research field and has more recently been with Monash University on the PULSAR project conducting research with consumers. Michelle is due to finish her PhD in psychology in August this year. Michelle's interest in PARCS stems from her own lived experience and a desire to ensure that the best possible care and support is available to those with mental health issues.

How to find out more

Visit our [website](#) and [Victorian Government Department of Health](#)

Upcoming events

21st April 2017: Lived-Experience Advisory Panel (LEAP) meeting 10am-12pm

Early May 2017 – Consumer recruitment for study 5 commences

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