

Kids In Development (K.I.Ds)

Aim of Service

To help children who have experienced severe emotional and behavioural difficulties in order to develop healthy attachments, a sense of self-worth and personal development in a safe environment.

Service provided

The service is a residential programme and each child is assessed in all areas of his/her emotional, physical, social, educational, psychological and spiritual needs. An individual care plan, which is reviewed regularly, is formulated to ensure a holistic approach and an effective service.

Persons who can benefit from the Service

Children aged between 5 and 10 years with severe emotional and challenging behaviour.

Method of referral to the Service

The key social worker from Agenzija Appogg who would already have been involved in helping the child can refer him/her to the K.I.Ds Programme. The social history, other professional assessments and educational and medical reports are to be submitted with the referral.



Contact Details

Richmond Foundation
424, St. Joseph's High Street, St. Venera SVR 1013
Tel no: 2148 2336, 2144 0324
Email: info@richmond.org.mt

Kids In Development (KIDs)
St. Gregory street, Zejtun ZTN 1039
Tel no: 21808 914 / 5
Email: kids@richmond.org.mt



Aim of the Service

To train, assist and support people with mental health problems to find suitable, sustainable, gainful employment.

Service provided

The Programme provides:

- training to service users in basic life skills necessary for employment;
- personalized training according to the needs and aspirations of each service user;
- suitable job opportunities for the persons in the programme;
- support to the service user in his/her new work environment;
- support to the employer and other employees at the place of work of the supported employee;
- ongoing support through phone calls and on-site visits to the employee.

The programme is run by Richmond Foundation in collaboration with the Employment and Training Corporation (ETC).

Persons who can benefit from the Service

The programme caters for adults 18 years and over, who have mental health problems and would like to be employed.

Method of referral to the Service

The job seeker needs to register for employment within the "Supported Employment Section" (ETC). In order to register with this section, the applicant needs to present a medical certificate stating the medical/psychiatric condition. The eligible applicants are referred to Richmond Foundation to benefit from the Supported Employment Programme.

Contact Details

Richmond Foundation
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Email: info@richmond.org.mt



Aim of Service

To provide assistance to persons experiencing mental health difficulties to manage their lives in their own environment, so as to enjoy a good quality of life.

Service provided

Home Support provides;

- practical and emotional support;
- short/medium/long term rehabilitative care;
- information and brief interventions;
- psychosocial education on mental health, mental ill health, services, care and related issues;
- opportunities to enhance personal, social and leisure skills.

The Home Support service is offered in the home of the service user.

Persons who can benefit from the Service

The service can be accessed by persons with the following criteria;

- adults between the ages of 17 - 59;
- who have (or care for a person with) a mental health problem or issue which is affecting their daily functioning and who are motivated to improve their quality of life in the community;
- do not have serious addiction problems;
- are living in their own homes in the community.

Method of referral to the Service

Anyone who needs further information or would like to ask for help can contact this service. Depending on the needs of the individual and on the service and intervention required, the person will be then advised on how to proceed. In case a person needs medium or long term support, a person can refer himself / herself to the Home Support Service. The application needs to be countersigned by a psychiatrist or a GP who has been treating the person being referred. The same application needs to be supported by a psychosocial report.

Contact Details

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Aim of the Service

To disseminate Information & Communication Technology literacy by making IT accessible to persons experiencing mental health problems, and to the general public.

Service provided

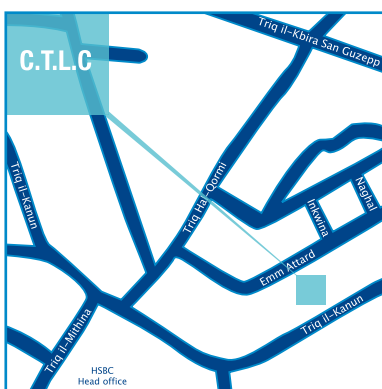
CTLC coordinates tuition schemes, basically to enable people to make use of the most common computer application programmes. These schemes are very useful especially to persons who do not have any ICT literacy skills.

Persons who can benefit from the Service

Anyone who is willing to learn ICT.

Method of referral to the Service

Anyone who would like more information and/or register for any available courses, s/he can contact Richmond Foundation or CTLC.



Contact Details

Richmond Foundation
424, St. Joseph's High Street, St. Venera SVR 1013
Tel no: 2148 2336
Email: info@richmond.org.mt

CTLC
220/2, Canon Road, St. Venera, SVR 9034
Tel no: 2147 2042
Email: ctlc.richmond@maltanet.net



Aim of the Service

To provide accommodation with 24 hour support, to men with mental health problems. Thus, through comprehensive assessment and continued care planning, residents are encouraged to work upon their abilities and maximize their strengths.

Service provided

The project is a joint venture between Richmond Foundation and Mount Carmel Hospital

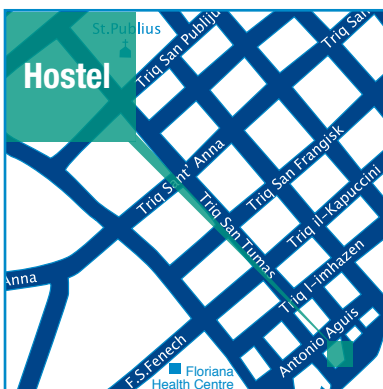
The Hostel:

- provides community based long-term accommodation and 24 hour care for eleven males, previously residing at Mount Carmel Hospital;

- offers the necessary support to maintain a good level of independence and minimise the need for psychiatric admissions;
- assists each resident according to his individual capabilities in relation to his daily activities;
- helps each resident build and/or maintain a social life.

Method of referral to the Service

Residents are referred to the Hostel by the consultant psychiatrists at Mount Carmel Hospital who are responsible for community care. Since the project offers long-term accommodation, the rate of new residents accessing the service when a vacant place becomes available, is very low as the Hostel can only accommodate up to eleven residents.



Contact Details

Richmond Foundation
424, St. Joseph's High Street, St. Venera SVR 1013
Tel no: 2148 2336, 2144 0324
Email: info@richmond.org.mt

Floriana Hostel
16, Antonio Agius Street, Floriana. FRN 1137
Tel: 2122 8528 / 9
Email: hostel@onvol.net



Aim of the Service

To provide a supportive therapeutic environment to people with mental health problems to learn the skills that empower them to live an independent life in the community.

Service provided

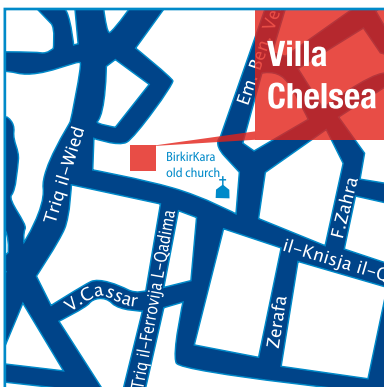
It provides a residential and day community-based programme and respite care for persons with mental health problems. It assists its service users to remain in the community and lead a fulfilling life.

Persons who can benefit from the Service

- Persons between 17 and 59 who have a mental health problem;
- Persons who are willing to use the services offered by Villa Chelsea;
- Persons who are able to understand the philosophy of a therapeutic community and are able to participate and contribute to the community;
- Critically ill persons, substance abusers and those who are unlikely to co-operate or inclined to create serious disturbances and be violent are less likely to benefit from the services offered by Villa Chelsea.

Method of referral to the Service

A person can refer himself or herself to Villa Chelsea. The application needs to be countersigned by a psychiatrist or a GP who has been treating the person being referred. The application needs to be supported by a psychosocial report.



Contact Details

Richmond Foundation
424, St. Joseph's High Street, St. Venera SVR 1013
Tel no 2144 0324, 2148 2336
E-mail: info@richmond.org.mt

Villa Chelsea
33, Old Church street, Birkirkara BKR 1701
Tel no 2144 0456, 2148 8062
E-mail: villachelsea@vol.net.mt



Aim of Service

To provide housing with support to persons with mental health problems, in property managed by Richmond Foundation.

Service provided

This scheme is a joint venture with the Housing Authority and the private sector. Tenants are chosen by a Housing Allocations Committee made up of members from different sectors. This committee receives applications and allocates apartments after interviewing prospective tenants.

It provides accommodation to persons with chronic mental health problems who do not need hospitalization but supportive setting. Persons using the scheme are assisted and involved in the management of their homes in order to maintain their property and living environment at an adequate level.

Perons who can benefit from the Service

The scheme is open to adults:

- up to the age of 61 years;
- suffering from a chronic mental health problem;
- who have undergone or are undergoing a rehabilitation programme;
- who are either homeless or in a situation where returning to previous living environment would be detrimental to their mental health;
- want and are committed to community living;
- able to support self financially or are eligible for financial assistance.

However, the scheme is not applicable to persons who are critically ill, unlikely to co-operate, substance abusers or are violent towards self and/or others.

Method of referral to the Service

The application form is to be signed by a medical professional and a caring professional who are already involved with the applicant. This application needs to be supplemented with a psychosocial report as well. These professionals will be required to offer a long-term support and follow-up in the community.

Contact Details

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Aim of the Initiative

To provide opportunities to persons experiencing social exclusion and loneliness to meet and establish a social network in a creative, fun and safe environment.

Activities

This centre helps individuals to establish networks and friendships by engaging in creative, educational and fun activities in a positive and safe environment. Activities include educational games, cooking sessions, movies, crafts, art, sports and exercise, tournaments and outings.

Persons who can benefit from this initiative

Anyone over the age of 18.

How to join this Centre

Anyone who would like to attend can just contact Richmond Foundation for more information about day, time and venue.

Contact Details

Richmond Foundation
424, St. Joseph's High Street, St. Venera SVR 1013
Tel no: 2148 2336, 2144 0324
Email: info@richmond.org.mt



Aim of the initiative

This programme helps people suffering from mental health problems to engage in good health practices, develop healthier eating habits and engage in regular physical activities.

Activities

This is done in twelve weekly sessions of two hours each. The session is divided in two parts. Within the first hour, participants discuss issues in relation to healthier lifestyle and throughout the second part, the participants are involved in some physical exercise.

Persons who can benefit from this initiative

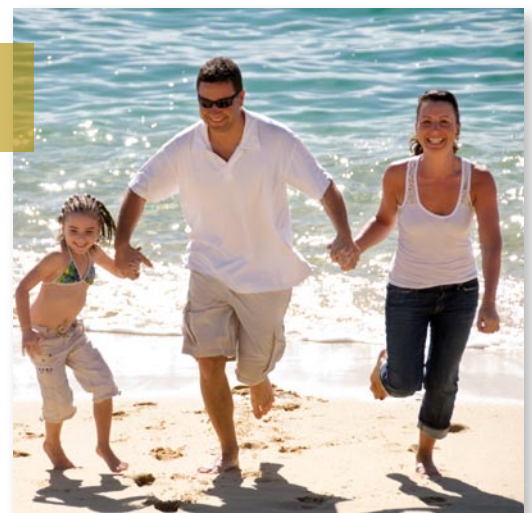
The programme is intended for people between 18 to 50 years of age who have mental health difficulties.

How to join this programme

A referral form, which can be obtained from Richmond Foundation, has to be filled by a medical doctor and sent to Richmond Foundation.

Contact Details

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424, St. Joseph's High Street, St. Venera SVR 1013
Tel no: 2148 2336, 2144 0324
E-mail: info@richmond.org.mt



Aim of the Self Help Groups

To motivate persons to share their experience of mental ill health for their own benefit and that of others.

What are the groups about?

The groups, which normally consist of ten persons, regularly hold therapeutic and educative sessions. These sessions are primarily meant to offer support to those persons who are experiencing mental health difficulties. Persons, who have been through similar problems can share with each other their learning experiences. Such sharing helps in the recovery process of all the members of the group.

Members usually prefer a group discussion format as in this way they find more time to share with

each other. Professionals such as family therapists, psychologists and nutritionists are normally invited to present certain topics of particular interest to the participants.

Persons who can benefit from these Groups

Everyone who is willing to share his/her experiences with others persons and who either had or are still experiencing mental health problems.

How to join these groups

Anyone who is interested to join these self help groups can contact the Foundation for further information.

Contact Details

Richmond Foundation
424, St. Joseph's High Street, St. Venera SVR 1013
Tel no: 2148 2336, 2144 0324
E-mail info@richmond.org.mt



The Staff and Organisation Support Programme (SOSP)

Aim of Service

To promote mental well-being at the work place. It also aims to provide organisations and their employees with support for managing stress

Service provided

There are three levels within this service:

- **LEVEL 1** – employees are provided with information regarding stress and its effects on physical and mental health. A member of staff from the Foundation meets all the employees of the organisation in small groups and also receive some information about the programme itself.
- **LEVEL 2** – training programmes are provided in teamwork, stress management, problem solving and decision taking. Other training programmes in communications skills and conflict resolution are also beneficial to both the employee and the organisation. Such training programmes equip employees with skills that help them become more resilient to stress.
- **LEVEL 3** – counselling is provided both at a group and at an individual level. Employees are provided with individual counselling sessions which help

them to deal with problems/issues related to work as well as to personal life. Group counselling takes place in cases of burnout and trauma at the work place (such as aggression).

The counselling service which is provided by counsellors, psychologists and therapists is strictly confidential and free of charge for the individual.

Persons who can benefit from the Service

Any organisation that is pro-active and would like to promote the psychological well-being of its employees can benefit from this service provided that an agreement between the Foundation and that particular company is in place.

Method of referral to the Service

Those employees whose organisation has signed the agreement with Richmond Foundation can directly phone the Foundation. There is no need to obtain any kind of permission from the management of the employing organisation. Once the employee phones Richmond Foundation, an appointment would be arranged.

Contact Details

For appointment, please call on 2144 5551
Monday to Friday from 8.00 to 16.00.

Employees attending sessions (with appointments) will be asked to call at
424, St. Joseph's High Street, St. Venera SVR 1013
Monday to Friday from 15.30 to 19.00
or Saturday 09:00 – 12:00 (noon).

