

New Paradigm of Mental Wellness discovery

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Abstract

Positive Wellness Recovery Centre is a Mental Health Nurse led centre that works with clients through the wheel of life, managing their Mental Wellness, relationships, nutritional health, using a range of therapies including medication, natural and complementary therapies. Positive Wellness Recovery Centre provides a comprehensive and integrated services that allows for the client to receive holistic care during an episode.

Conference delegates will hear about the range of uniquely selected, comprehensive wellness services encompassing three pillars:

- Prevention & Early Intervention
- Mental Wellness
- Recovery

The presentation will explore the how a patient who is referred by her general practitioner receives a client centered assessment by an accredited mental health professional and a treatment plan is developed with the client. With the client's agreement she is referred within the service for other wellness treatment modalities such as seeing the nutritionist for her dietary needs, followed by a meeting with the hypnotherapist through the healing with hypnosis program to assist her with quitting smoking. She receives review the visiting psychiatrist who visits the centre on regular bases, and she joined the drumming and dancing therapy group run by the centre to increase her social interaction and to develop new relationships. As part of the recovery approach, she attended the Evidence Based Wellness Recovery Action Plan training (WRAP) to assist her personal wellness and development. The client linked her employer to the centre through the Positive Academy Program and the employer offers mental health first aid training to its staff.

The Wellness Centre has also embraced the new Australia's National Disability Insurance Scheme program (the NDIS) to provide comprehensive and integrated psychosocial services for mental health clients. The program aims to assist the clients to reimagine their lives and to improve the quality of their life's so that they can reintegrate into society after episode of illness.

Biography

Francis Roger Nii Lanteye Acquah December 2017, Francis was awarded Doctor of Science (D.Sc.) Honoris Causa by the Commonwealth University. Francis is a Credentialed Mental Health Nurse and the Executive Director of Positive Wellness Recovery Centre (PWRC) and the President of the Mental Health and Well-being Foundation based in Ghana and Australia. Francis has over 30 years' experience as a Mental Health Nurse across public and private health care settings. (PWRC) provides comprehensive and integrated mental health support, counseling, and psychosocial rehabilitation, and music and dance therapy, hypnosis for healing, nutritional bites and reintegration into society. Francis has presented at National and International Conferences including locations in Australia, UK, Finland, Canada, Singapore, Ghana, Senegal, Malaysia and Dubai, UAE. Francis is a multi-award winner, having won: - Living Legend Award 2013 from African Australian National Awards 2013; Meritorious Service Award Excellence in 2013; African Media Community Leader Award 2014; Australia Day Award in 2015, Francis was recognised by his peers and was awarded the AUSTRALIA Mental Health Nurse Achievement Award 2015. Francis is a Fellow of the Australian College of Mental Health Nurses; In 2018, he received Friend of Zimbabwe Award Australia and the Afroshine Awards Community Leadership Award. Francis is a Global Goodwill Ambassador – Humanitarian. Francis is a Paul Harris Rotarian.



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