



Integrated Therapeutic Community

Recovery-oriented residential mental health program for young people

Our Integrated Therapeutic Community (ITC) provides a 12-month residential mental health support service for young people aged 16-25 years old, recovering from significant mental health conditions.

Our team of supportive youth workers will help you identify and work on your mental health recovery goals, with a range of one-on-one and group supports available to help you along the way.

"Before Each, I felt very alone. But with ITC and all the other services, I felt truly listened to. They cared about me as a whole person."

- ITC Participant

Through the ITC program, we'll support you to:

- ☒ Develop a personalized recovery plan, identifying what you want your mental health recovery to look like
- ☒ Build confidence and social skills through groups and daily interactions with other young people
- ☒ Learn daily living skills
- ☒ Build your independence, confidence and leadership skills



"It was truly life changing. ITC gave me the strength and confidence I needed to start rebuilding my life."

— ITC Participant



What to expect in the ITC program:



One on one sessions helping you identify and work towards your personal recovery goals.



Psycho-educational wellbeing group programs, helping you to learn skills to manage your mental health.



Physical health focused group programs helping to learn healthy habits; exercise, healthy eating, sleep hygiene, etc



Creative group programs where you can express yourself in a supportive environment through structured art activities.



Youth Leadership programs, where you can take a part in developing and running your own groups, and learning key leadership skills while acting as a role-model for other ITC participants

Empowering Youth

A 12-month journey in a supportive residential therapeutic community.



When life felt unbearably heavy, Ethan found it nearly impossible to rise and face each day on his own. Overwhelmed by his mental health struggles, he reached out to our Integrated Therapeutic Community – Youth Residential Recovery service.

In this nurturing environment, Ethan began to rediscover hope and strength.

With the support of compassionate professionals and peers, he learnt to build resilience, embrace self-management and reflect on his journey going forward.

Read more about Ethan's experience at the ITC on our website: each.com.au

Getting in touch:

If you're keen to come to the ITC, give us a call to discuss next steps; and book in a time for you to visit and check out the program.

Box Hill ITC: [\(03\) 9890 6833](tel:0398906833) **Wantirna South ITC:** [\(03\) 9800 1499](tel:0398001499)

