



Graceville Centre

# Transitional Recovery Program



# Referrals

Referrals must be made by your Community Adult Mental Health Case Manager, so please talk to them today.

If you require support in this process please contact Graceville Centre and we will be happy to walk you through the process.

#### **Graceville Centre**

5 Sydney St, Nambour Qld 4560 p. 07 5441 4682 | f. 07 5476 0708 e. graceville@lutheranservices.org.au





Graceville's Transitional Recovery Program (TRP) is funded by Queensland Health to provide non-clinical, short to medium term support to people living with a mental illness who are engaged with clinical support services.

TRP operates from a recovery orientated approach with the belief that recovery is possible for everyone. This incorporates hope, personal responsibility, connectedness, discovery and developing an active sense of self.

Each person's journey is a unique experience and a support worker's role is to walk alongside the individual on their path to recovery.

### Residential Support

TRP offers supported accommodation and has three sites (across Nambour and Currimundi). Each property has the capacity to have three residents at any time. Participants are required to live in a shared environment. Support workers are available at each site across a variety of shifts depending on support needs.

### **Outreach Support**

TRP outreach provides support for individuals to help them through a stage of transition. Outreach support can follow the residential support or can be for individuals living in the community. This is available for a period of up to six months.



#### Support may include:

- Enhancing wellbeing and quality of life
- Building independence
- Identifying goals and how to achieve them
- Strengthening connections with others
- Building day-to-day living skills
- Developing new interests
- Living a more active, healthier life
- Accessing training and employment
- Finding suitable long-term housing
- Connections with other support services

# Eligibility

- Over 18 years of age
- Have a current housing application (for the residential support program only)
- Diagnosed as living with a mental illness
- Have ongoing case management from Community Adult Mental Health Services and agree to TRP working in partnership with them for the duration of the program
- Willing to engage in a recovery orientated program with the ultimate goal of living independently