



Commonwealth Psychosocial Support Program (CPS)

Who is the Program for?

The CPS program will support people with severe, often episodic, mental illness who:

- Through short-term, low intensity support can build the capacity to live independently in the community. A Support Facilitator will complete a strengths-based assessment tool with you to determine this.
- Are not receiving similar psychosocial supports through a state or territory government program or the National Disability Insurance Scheme (NDIS).
- Are aged 16 years and over.
- Eligible participants are those affected by mental illness, including mood, anxiety, personality disorders, eating disorders and substance use disorders.
- A clinical diagnosis is not required for participants to access the service

What will my support look like?

Examples of the types of activities that may be provided under the program include:

- Support to work towards individual recovery goals, including confidence to catch public transport, developing a meal plan, and accessing education and training
- Support with problem solving and skill-building
- Assistance to plan, face challenges and develop resilience and management/coping strategies
- Providing emotional support and social connection
- Providing practical assistance, including accessing housing assistance or government support payments
- Support to re-connect and improve relationships with family and friends to increase support networks
- Assistance with navigating the mental health system and accessing other appropriate services
- Support to test NDIS eligibility
- Building knowledge and capacity to promote physical and mental health
- Where required provide advocacy support
- Providing opportunities to practice and role model life skills (i.e., grocery shopping).

What is the duration of my support?

A Support Facilitator will work with you using the recovery-framework and will seek to provide you with positive outcomes within an agreed timeframe. The strengths-based assessment tool will be used to guide this period.

Under the CPS program you will receive a minimum of 8 sessions of support, with each service contact being a minimum 45-minute session with you and the STEPS Support Facilitator.

If it is identified that you require more intensive support for longer periods than what CPS can offer, you will be encouraged to test your NDIS eligibility to ensure access to appropriate ongoing supports. The Support Facilitator will be there to support you with this.

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