



## **THE INDIVIDUAL RECOVERY SUPPORT PROGRAM WITH STEPS COMMUNITY SERVICES**

STEPS Community Services provide a range of mental health services aimed at supporting and empowering individuals.

Our specialist, holistic approach to mental health support and advocacy has made STEPS a leader in mental health recovery strategies, helping to overcome barriers, enabling people to achieve their goals.

### **THE INDIVIDUAL RECOVERY SUPPORT PROGRAM (IRSP)**

The IRSP offers adults with severe and/or persistent mental illness an individual recovery program that assists with skills development, relapse prevention and overall recovery.

#### **ELIGIBILITY CRITERIA INCLUDES:**

- 18 years and over
- Severe and/or persistent mental illness, with a desire to actively work on their recovery to enhance skills
- Currently receiving clinical care through Sunshine Coast Hospital and Health Service, Mental Health and Addiction Services
- Not being in receipt of the NDIS or intending to apply for the NDIS within the next 3 months

## WHAT'S INVOLVED


This program is offered for high intensity and frequency support for up to three months, ranging from 2-3 contacts per week. The following nine months involves lower intensity support. The Program helps Individuals:

- Maintain good physical and mental health
- Manage and prevent relapse
- Enhance social inclusion and connection
- Build capacity for autonomy, management of stress and self-advocacy
- Access employment
- Carer support
- Access to Peer Group Recovery Program
- Link with other services (e.g Drug and alcohol, Services Australia)

## HOW CAN I ACCESS THE PROGRAM?

Referrals must be made by Sunshine Coast Hospital and Health Service, Mental Health and Addiction Services. Referrals to be sent to: [IRSP@stepsgroup.com.au](mailto:IRSP@stepsgroup.com.au)

If you have any queries then please call us on 07 5409 9000 and ask to speak to the team leader of the IRSP team.



*We're here to support you.*

For more information about services, or just to have a chat:  
**Give us a call on 07 5409 9000**  
**Email us on [irsp@stepsgroup.com.au](mailto:irsp@stepsgroup.com.au)**

Or drop in to see us at  
78 Duporth Avenue  
Maroochydore



**COMMUNITY SERVICES**