

Expectations

We would like you to engage in at least one group of your choice per week. We understand that as your recovery progresses you may return to work or your life may get a little busier and your commitment to a regular group may become difficult. Please chat to us about this if you need to.

On completion of the three month program, you will leave with a certificate recognising your commitment and dedication to your recovery.

We hope to see you at a Capstone Program group soon!



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Recovered Futures

Mental Health Recovery and Wellbeing

TRANSITIONAL RECOVERY SERVICE (TRS)

Capstone Program

A three month program designed to support you
on your recovery journey



A partnership between Queensland Health, Richmond Fellowship
Queensland and Gold Coast Health



Gold Coast Health



**Queensland
Government**

Funded by Queensland Health

The Capstone Program

Capstone is a community-based program which includes three months of groups and four weeks of face-to-face support.

You have been referred to the program from the TRS house or your Care Manager in the Community Mental Health Team.

To begin with, you will meet a Queensland Health clinician and RFQ Recovery Support Worker who will explain more about the program and give you an opportunity to ask questions. During your time in Capstone we will build on your existing recovery goals and support you to achieve them by:

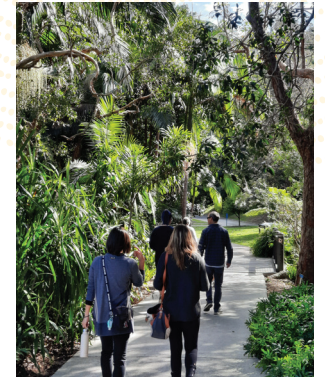
- Addressing any barriers
- Assisting with linkages to medical and therapeutic supports
- Assisting with linkages to mainstream community services
- Providing practical assistance to navigate other services, such as Centrelink
- Providing weekly face-to-face support to ensure things are tracking well



Groups

For the next three months, you can attend as many groups as you like.

We will send you a monthly calendar by email or text and encourage you to attend at least one group per week. Our groups are supportive and are run by peer workers, support staff and mental health clinicians.



Every Wednesday lunch is on us!

We hold a BBQ at our Southport hub and run some groups on the same day. Groups range from gardening to drumming, to sensory art and meditation. It's a great time to meet people, catch up and have some fun all while accessing psychosocial support and group therapy.

