

Central Queensland Step Up Step Down service



**Residential mental
health recovery for people
in Central Queensland**

What is a Step Up Step Down service?

The Step Up Step Down service provides support in a residential setting for people living in the Central Queensland region who are experiencing mental health and wellbeing concerns.



About the service

The service is a community-based residential setting located in Gladstone. The centre has 10 single en suite bedrooms connected to large communal living spaces with kitchen, lounge, craft and activity areas and quiet reflection spaces.

Outside there are pockets of lawns, a veggie patch, sensory garden, BBQ and a social activities area including a pool table and exercise equipment. The centre also has a therapy dog - Ivy.

Staying here is completely voluntary and free, including meals.

Who is the service for?

The service offers short term (up to 28 days) brief intervention support to help you avoid a hospital admission (Step Up), or to help you transition from a hospital stay back into the community (Step Down).

It is a safe and supportive environment for you to work on your recovery journey and to make plans for living safely, independently and well in the community.

To be eligible to stay you must:

- be currently receiving care from Central Queensland Mental Health, Alcohol and Other Drugs Service (CQMHAODS)
- be willing to actively participate in planning and working on your recovery
- require intensive support to prevent a mental health relapse or a hospital admission, or
- require intensive support to enhance recovery before returning home after a hospital admission.

People eligible for this service are referred by CQMHAODS. Please speak with your treating team if you would like more information or to arrange a visit to see the service for yourself.





How will I be supported?

You will have access to a multidisciplinary team of specialist staff that includes:

- Community Mental Health Practitioners
- Peer Support Worker
- Family Engagement Worker
- Clinical Nurse Consultant
- Allied Health Clinicians
- Psychiatric Registrar

You will receive individualised and structured group-based support during your stay, and there is a variety of social, creative, active and leisure support groups to help you develop the skills to achieve a better life and to be the best version of yourself.

We know that every person's journey to a life of meaning and purpose is a very personal one, so we help you in ways that best suit you.

We care about you and the important people in your life. We will involve them in the planning according to your wishes. We also provide families and loved ones with the support they need to help you with your recovery.



Take a walk through

*Central Queensland Step
Up Step Down service*



What do you need to bring?



Comfortable clothes including jumper/jacket and walking shoes



Toiletries and personal belongings



Medications, Webster-packed



Mind acknowledges that Aboriginal and Torres Strait Islander peoples are the Traditional Custodians of the lands on which we work and we pay our respects to Elders past and present. We recognise the intergenerational impact of the history of invasion, dispossession and colonisation and are committed to the recognition, respect, inclusion and wellbeing of Australia's First Peoples.

Mind values the experience and contribution of people from all cultures, genders, sexualities, bodies, abilities, spiritualities, ages and backgrounds. We are committed to inclusion for all our clients, families and carers, employees and volunteers.



This service is a partnership between Mind Australia and Central Queensland Hospital and Health Services.



Queensland Government

**Central Queensland Step Up
Step Down Service**

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Help, hope and purpose

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