

# ACTIONING RECOVERY & CITIZENSHIP PROGRAM (ARC)

The ARC program provides medium - term support to individuals who may experience episodic or persistent mental health challenges. ARC provides psychosocial interventions that are complimentary to the individual's recovery journey, and increases each person's capacity to self - manage their lifestyle and health needs. ARC has a range of recovery - orientated skill building groups with accredited facilitators and peer supports. There is no cost involved in any of the ARC programs.

## ARC OFFERS:



Recovery based case management with a person centred approach to work with individuals to meet their needs and goals



Practical supports to develop or improve skills for an individual to optimise living in their community.



Referral and linkages to community and primary health care professionals



[www.footprintsinc.org.au](http://www.footprintsinc.org.au)











07 3252 3488

## ELIGIBILITY:

- Aged between 18 - 65
- Residing in Boarding Houses, Supported Accommodation, social, and community housing
- Experiencing severe and persistent Mental Health challenges
- Residing in Metropolitan Brisbane

## SOME GROUPS INCLUDE:

-  Wellness Recovery Action Plan group (WRAP)
-  Hearing Voices group
-  SMART Recovery group
-  Dialectical Behavioural Therapy - Life Skills group (DBT)
-  Art Therapy group
-  Women of Wisdom group
-  Buried in Treasures group (to support individuals with hoarding behaviours)
-  Find out about our other services that may suit you

## HOW CAN I ACCESS SERVICES?

To make a referral please contact us or email [arc@footprintsinc.org.au](mailto:arc@footprintsinc.org.au)



**Australian Government**  
**Department of Health**