

What is recovery?

Recovery refers to the way in which individuals regain their strength, composure and balance after losing something or someone, and are able to live, work, learn and participate fully in their communities

What is resilience?

Resilience is a quality that enables individuals and communities to rebound from adversity, trauma, tragedy, threats, or other stresses - and to go on with life with a sense of mastery, competence, and hope.



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How can I contact the Recovery and Resilience Teams?

There are numerous ways you can contact R&R Teams.

These include:

- contacting your local R&R Team directly on (07) 4920 5590
- calling 13 HEALTH (13 43 25 84)
- speaking to your local primary care provider (e.g. your doctor)
- contacting your local Mental Health Service.

Further information

For more information about Recovery and Resilience Teams, visit the Queensland Health Recovery Resources website:
www.health.qld.gov.au/recovery_resources

The Centre for Trauma, Loss and Disaster Recovery
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Queensland Health

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Recovery and Resilience Teams

Recovery support and resilience building



We get up again



We get up again



Recovery and Resilience Teams (R&R Teams) provide clinical community outreach services to help individuals and local communities recover from the social and emotional impacts from the floods and cyclones.

What are R&R Teams?

Recovery and Resilience Teams (R&R Teams) provide clinical community outreach services to help individuals and local communities recover from the social and emotional impacts from the floods and cyclones.

Recovery and Resilience Teams:

- work with individuals to assess their need and the level of support required to help them in their recovery
- provide support and clinical care to people in their local communities and in a setting of their choice (e.g. their own homes, community clinics, general practice)
- work with other agencies to support the recovery and building of resilience in local communities
- place an emphasis on assertive therapeutic outreach and holistic care involving families, carers, primary care, private practitioners and organisations across the community sector.

What services are provided by R&R Teams?

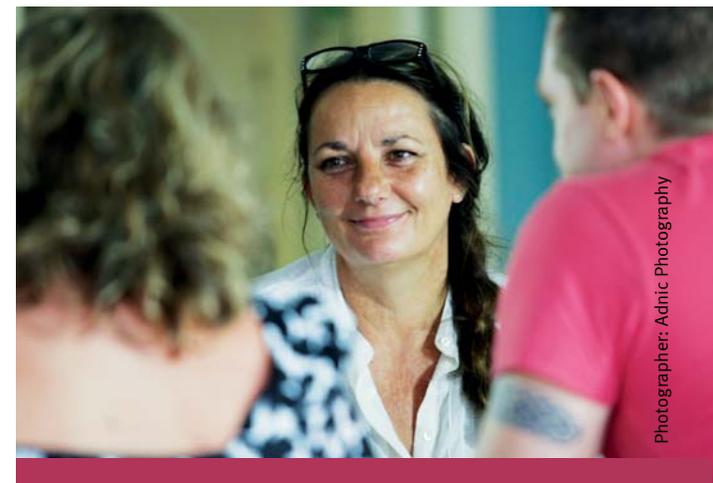
The R&R Teams delivers community outreach assessments and interventions to people who experienced trauma or were impacted by the disasters.

These teams also:

- facilitate access to the most appropriate care for individuals or groups exposed to disaster related trauma
- involve families, carers, significant others in care
- assist with resilience building for individuals presenting with trauma related concerns
- provide information and clinical advice.

What does the service cost?

The service is free for community members who were affected by the floods or cyclones.



Who will deliver these services?

R&R Teams are multidisciplinary teams operating out of a variety of community settings.

The teams are made up of a mixture of staff which may include:

- Nurses
- Occupational Therapists
- Psychologists
- Social Workers
- Psychiatrists
- Culturally and Linguistically Diverse (CALD) health workers
- Aboriginal and Torres Strait Islander health workers
- Administration Officers.

