



Re-ACT CQ Program

An impactful partnership initiative of QCoal Foundation and Act for Kids.

Where we reach

OUTREACH LOCATIONS

Outreach support extends throughout Rockhampton rural areas from Gracemere to Mount Morgan and Central Highlands, including Emerald, Blackwater and the Biloela/Banana Regions.

About the Re-ACT CQ Program

Re-ACT CQ is a partnership initiative, funded by QCoal Foundation and delivered by Act for Kids, that provides vital therapy support for Central Queensland children who have experienced trauma through abuse, neglect or domestic violence.

Re-ACT CQ includes flexible face-to-face therapy sessions at outreach locations such as Biloela, Emerald and the Central Highlands, as well as telehealth appointments to allow communities across regional and remote Queensland to benefit.

The program also provides a dedicated therapist operating in the Central Queensland region.

Who is Re-ACT CQ for?

Trauma-informed therapy involves working with children to address individual needs to help impacted children heal from trauma and achieve future goals. The Re-ACT CQ team works with children aged 8 to 18 years of age.

Our aims of Re-ACT CQ are to:

- ♥ provide children with a safe place to express and process difficult thoughts and feelings.
- ♥ give them the opportunity to explore the impact of their experiences.
- ♥ help children and young people develop skills for managing unpleasant physical situations.
- ♥ empower parents and caregivers to deal with complex situations and challenging behaviours of their children.

How Re-ACT CQ works

The Re-ACT CQ therapy program will generally consist of several stages:

- ♥ Initial meeting – getting to know you and your child.
- ♥ Assessment – understanding of the complexity and needs of the situation.
- ♥ Goal planning – relevant and timely to meet the need of the child or young person.
- ♥ Therapy sessions – specific and consistent sessions designed to meet your goals.
- ♥ Planning around how often and how long we should work with you and your child – regular and achievable sessions for your child's age and development.
- ♥ Parent and child sessions – conducted by telehealth or face-to-face.



You and your child working with Re-ACT CQ

Therapy sessions can be held at your child's school (in complete confidentiality), at a local community centre, at an Act for Kids service centre (Rockhampton or Gladstone), or through a service or organisation you already engage with for support.

Families engaging with Act for Kids through Re-ACT CQ will initially meet with their dedicated therapist weekly through face-to-face or telehealth sessions. Over time, these session may change to fortnightly or monthly, depending on the progress of your child towards the agreed goals and outcomes.



“ Through prevention, treatment, education and advocacy, we are committed to supporting Central Queensland children, young people and their families. ”



More information

For more information about being part of the Re-ACT CQ Program – as a program participant, referring organisation, community or education provider – please contact the Act for Kids team via Re-ACTCQ@actforkids.com.au

How to access Re-ACT CQ

Families and children can be referred to Re-ACT CQ from the community and Queensland Government organisations. They can be referred by other family members or they can self-refer directly to Act for Kids.