



# Central Region

## Mental Health and Addiction Services 2010-2011

**A referrers' guide to regional services**

**February 2011**

## **Introduction**

The services outlined here are the mental health and addiction services regional services funded by the Central Region DHBs in the 2010-2011 financial year. The guide has been compiled by Central TAS as part of the work programme of the Mental Health and Addiction Network (MHAN).

## **Services excluded**

The following services are not included at this stage

- Sub-regional services
- Services provided by Central TAS and Te Pou
- Regional Forensic services.

The service guide will be reviewed and up-dated each financial year. The services included may expand to include some or all of the above.

The outline is designed primarily for clinicians, service users and whanu/family. It is general guide and does not attempt to provide all information. Some details may change over time.

The guide has been developed to improve knowledge of and access to these important regional resources.

A general standardised approach has been taken but you will see some variation in the content due to the different nature of some service and information provided.

Access arrangements vary but in a number of cases referral will be via the local services. This reflects that the regional services are part of a matrix of other services (local and sub-regional) -and coordination with these services is essential.

There will be a process to review the format and information provided so feedback is welcome..

David Ramsden

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## Central Region Eating Disorders Service

<b>Provider</b>	Hutt Valley DHB	
<b>Location</b>	Johnsonville Wellington (Residential service address is not made public but is available to referrals as appropriate)	
<b>Contact person</b>	Sue Willoughby DD (04) 461 6722 sue.willoughby@huttvalleydhb.org.nz Cell: 027 478 0540 Fax 04 477 4160	Referrals to Team Leader DD (04) 461 6722 Cell: 027 478 0540 Reception: (04) 461 6528 Fax: (04) 477 4160. PO Box 31907 Lower Hutt
<b>Main target group</b>	Clients with an eating disorder as per DSM IV: <ul style="list-style-type: none"> <li>• Bulimia Nervosa</li> <li>• Anorexia Nervosa</li> <li>• Eating Disorder Not Otherwise Specified.</li> </ul>	
<b>Service Coverage</b>	All Central Region DHBs.	
<b>Brief Description</b>	<p>CREDS is a regional provider of the following Eating Disorder services</p> <ul style="list-style-type: none"> <li>• Consultation/Liaison/Assessment/Treatment planning to Central Region DHB's mental health and general medical and paediatric services for all age groups</li> <li>• Education to all Central Region DHB's staff and community organisations as appropriate</li> <li>• Residential service provision for clients 18&gt; for all Central Region DHB's</li> <li>• Liaison and treatment for clients &lt;18 within Paediatric services at HVDHB and CCDHB. Day Programme and Outpatient Services for clients within the HVDHB and CCDHB service area.</li> </ul>	

<b>Provider</b>	Hutt Valley DHB
<b>Services Provided</b>	<p><b>Residential:</b> 6 residential beds located in Johnsonville for clients 18 years and over who are medically stable.</p> <ul style="list-style-type: none"> <li>• Length of stay dependent on need-may range from 2 week assessment to 4-6 month weight restoration.</li> </ul> <p><b>Day Programme:</b> (Capital &amp;Coast and Hutt Valley DHBs only) clients 16 yrs and over.</p> <ul style="list-style-type: none"> <li>• Length of attendance and frequency of attendance dependent on individual needs of clients</li> </ul> <p><b>Outpatient:</b> (Capital &amp;Coast and Hutt Valley DHBs only) clients of any age</p> <p><b>CREDS works alongside</b></p> <ul style="list-style-type: none"> <li>• ICAFS/CAMHS/Paediatric staff if under 18 years requiring admission into Paediatric wards and ongoing treatment once discharged</li> <li>• Inpatient MH staff and CMH staff if clients with Eating Disorder require secure environment or mental health assessment</li> <li>• General medical staff if over 18 and admitted to medical wards for acute re-feeding, therapeutic modalities utilised include, but are not limited to: <ul style="list-style-type: none"> <li>— Psychotherapy</li> <li>— Family Therapy (Maudsley Model)</li> <li>— Cooking and eating food and nutrition awareness</li> <li>— Group therapies (media awareness, music therapy, goal setting, projective art, dairying, body image; nutrition, relaxation</li> <li>— Cognitive Behavioural ,Dialectic and Solutions Focused Therapies</li> <li>— Medication</li> <li>— Massage Therapy</li> <li>— Education.</li> </ul> </li> </ul>
<b>Eligibility and exclusions</b>	<p>Clients resisting treatment and medically compromised may be placed under the MHA (seldom utilised) and admitted to medical or acute mental health ward</p> <ul style="list-style-type: none"> <li>• Binge Eating Disorder clients are currently ineligible</li> <li>• Staff will provide some consultation and advice to staff with clients with disordered eating who don't meet criteria</li> <li>• Any medically compromised clients must be referred to the emergency department of your nearest hospital.</li> </ul>

<b>Provider</b>	Hutt Valley DHB
<b>Referral Process</b>	<p><b>Residential:</b> Referral of 18+ accepted directly to the service from the Central Region DHBs, via mental health services or medical services. Referrals of &lt;18 discussed from all 6 DHB's discussed with CCDHB and HVDHB for admission into the Paediatric ward/Rangatahi Unit.</p> <p><b>Day Programme:</b> Contact Clinical Nurse Co-ordinator to refer by phone, fax or email (phone referral must be followed by a written referral).</p> <p><b>Outpatient:</b> assessment/diagnosis/treatment: Refer to "Intake" by phone or fax or mail/ email.</p> <p><b>Consultation and Liaison service:</b></p> <ul style="list-style-type: none"> <li>• Phone and ask to speak with available clinician or team leader. We do encourage others to phone us if not sure about referring a client</li> <li>• Referrals are in the form of a referral letter, and must include very recent height and weight</li> <li>• Currently a <i>Referral Pack</i> is being developed to go out to all DHB's /GPs to streamline and assist with referrals</li> </ul> <p>Use the contacts listed at top of this form for all referrals.</p>
<b>Other information</b>	There may be some cost to the DHB of origin if e.g. a young person from the Central Region or CCDHB Paediatric ward requires 1:1 nursing/security above and beyond the usual paediatric nursing/ CREDS input.

## Mental Health Intellectual Disability Team

<b>Provider</b>	Capital & Coast DHB	
<b>Location</b>	Haumietikitike 18 Upper Main Rd Porirua Hospital (off Raiha st) <b>Note:</b> branch offices in Levin and Napier	P.O Box 50233 Wellington 5420
<b>Contact person</b>	Michael Dorofaeff Fax 04 9182641 michael.dorofaeff@ccdhb.org.nz	Referrals Tel 04 918 2640 Fax 04 918 2641
<b>Main target group</b>	Clients over 19 years (some flexibility with age) who have a significant intellectual disability and mental illness.	
<b>Service Coverage</b>	Central Region and Tairāwhiti DHB.	
<b>Brief Description</b>	<p>To ensure that clients with a significant intellectual disability and mental illness receive the specialist support and treatment that they require, to maximise the client's independence and participation in ordinary lifestyle events, and to minimise the impact on their quality of life.</p> <p>The service provides assessment, triage and community liaison services as part of a regional network of services for people with an intellectual disability and mental health needs.</p> <p>A "hub and spoke" model of service delivery is based on the main office being at Ratonga Rua O Porirua and with a nurse and part time psychiatrist based in Levin and Napier.</p> <p><b>Objectives</b></p> <ul style="list-style-type: none"> <li>• Utilise principles of normalisation</li> <li>• Seek least restrictive treatment options</li> <li>• Providing specialist expertise and support clients, families and caregivers</li> <li>• Working in partnership with generic adult mental health services</li> </ul>	
<b>Services provided</b>	<ul style="list-style-type: none"> <li>• MidCentral and Wanganui service provided by Wayne Glover and Leighton Green, based at MidCentral</li> <li>• Hawke's Bay Service provided by Sandy Smith. Napier based</li> <li>• Hutt Service provided Jenny Cardno. Visits weekly, Porirua based</li> <li>• Wairarapa Service provided Jenny Cardno. Visits monthly, Porirua based.</li> </ul>	

<b>Provider</b>	Capital & Coast DHB
	<ul style="list-style-type: none"> <li>• Wellington and Kapiti - Service provided by Paul Tomlinson, Jenny Cardno and Michael Dorofaeff.</li> </ul> <p><b>Services offered</b></p> <ul style="list-style-type: none"> <li>• Specialist Assessments</li> <li>• Consultation, liaison and advice, Case discussion, treatment planning, best practice and information</li> <li>• Training: NGO's, residential providers and mental health services</li> <li>• Assessment and treatment of clients with intellectual disabilities and mental illness</li> <li>• Presentation of mental illness in this client group</li> <li>• Intellectual disability seminar</li> <li>• Epilepsy</li> <li>• Autism</li> <li>• Others as requested</li> <li>• Supervision: Either face to face, telephone or video conferencing</li> <li>• Telephone and video conferencing: This includes case discussion</li> <li>• Site visits: These visits may include working alongside a Specialty Services team member and accessing resources. They could occur in Porirua/ Napier or Levin/Palmerston North (<b>note</b> travel and accommodation costs are met by the visiting DHB).</li> </ul>
<b>Eligibility and exclusions</b>	<p><b>Referral Criteria</b></p> <ul style="list-style-type: none"> <li>• Those individuals 19 years or over with some flexibility based upon emotional, physical and social maturity</li> <li>• Assessed as having a moderate to severe intellectual disability</li> <li>• Those who have a co-existing mental illness</li> </ul> <p><b>Services outside the remit of the team:</b></p> <ul style="list-style-type: none"> <li>• Routine psychometric testing</li> <li>• Providing accommodation</li> <li>• Acute/crisis cover</li> <li>• Long term care management</li> </ul> <p><b>Exclusion criteria</b></p> <ul style="list-style-type: none"> <li>• People with mild/borderline intellectual functioning</li> <li>• Children</li> <li>• Adult acquired brain injury.</li> </ul>

<b>Provider</b>	Capital & Coast DHB
<b>Referral Process</b>	<ul style="list-style-type: none"><li>• Referrals via GP or adult mental health services</li><li>• Capital &amp; Coast DHB referral forms or a letter is acceptable</li><li>• Please enclose any recent assessments, formulation or other relevant information where possible.</li></ul>
<b>Other Information</b>	The services provided and the volumes are identified in a MoU between the local DHB and the Regional Specialty Services.

## Nova Trust

<b>Provider</b>	Nova Trust Board	
<b>Location</b>	43 Newtowns Rd Templeton Christchurch	P.O. box 23010, Christchurch 8445
<b>Contact person</b>	Chief Executive Officer Joy Green ceo@novatrust.org.nz Admissions, Jody Thomas admissions@novatrust.org.nz	Tel 03 3492053 (029) 349 053 Fax 03 3492054 029 349 2053
<b>Main target group</b>	Men and women over 20 years with Chronic AOD problems who are under the A&D act, or can be placed under the act, and who would benefit from a 6 month work programme approach.	
<b>Service Coverage</b>	All Central Region DHBs.	
<b>Brief Description</b>	<p>Nova trust provides 11 beds for the Central Region as part of a 60 bed facility set in 72 acres 18kms from Christchurch CDB.</p> <ul style="list-style-type: none"> <li>• It is based on a 6 month work based residential rehabilitation abstinence treatment programme, aimed for people with chronic substance dependence to help reestablish themselves in the community.</li> </ul>	
<b>Services Provided</b>	<p>The programme is a work based six months programme. Each programme is discussed with the clients and tasks agreed upon according to the capabilities, needs and interests of the clients. Services are provided by nurses, case managers, counselors support workers/night supervisors, work supervisors etc and includes:</p> <ul style="list-style-type: none"> <li>• Work therapy. The programme includes vegetable and flower cultivation, building and maintenance, cooking, kitchen duties, general household duties, farm work, firewood and forestry</li> <li>• Individual counseling and group work/AA meetings</li> <li>• Education</li> <li>• Cultural programmes provided as required</li> <li>• Follow up liaison 2 week and 2 month stage post discharge</li> <li>• Psychiatrist appointments –where required</li> <li>• Medical assessment.</li> </ul>	
<b>Eligibility and exclusions</b>	<ul style="list-style-type: none"> <li>• Preferably clients should have had at least one previous admission to a recognised alcohol and drug treatment programme</li> <li>• Clients with coexisting disorders are generally accepted –subject to stability of</li> </ul>	

<b>Provider</b>	Nova Trust Board
	<p>their conditions</p> <ul style="list-style-type: none"> <li>• Clients should be prepared to commit themselves under Section 8 of the Alcohol and Drug Addiction Act (voluntary)</li> <li>• Section 9 Alcohol and Drug Addiction Act clients also accepted (compulsory)</li> <li>• Client should be physically able to participate in the work therapy programme</li> <li>• Clients on Supervision Orders and Probation are normally accepted.</li> </ul> <p><b>Exclusion criteria include:</b></p> <ul style="list-style-type: none"> <li>• Unable to participate in the work based programme</li> <li>• Any unstable health condition/s (only GP medical services available)</li> <li>• Recent history of aggression</li> <li>• History of non compliance with Nova programme e.g. threatening or aggressive behavior, persistent use of substances, sexual inappropriateness</li> <li>• History of Arson within the last 5 years (Nova Lodge does not have a sprinkler system)</li> <li>• Risk of complications from detox and/or require medical detox services (to be detoxed immediately prior to admission)</li> <li>• Unable to be methadone free within 4 months post admission.</li> </ul>
<b>Referral Process</b>	<p>Applications for admission in general will be accepted from any referral agency, but normally through an A&amp;D Service. A comprehensive alcohol and drug assessment is preferable and a referral application form (guidelines) can be obtained from the admissions office.</p> <ul style="list-style-type: none"> <li>• Nova Trust referral documents are required to accompany the comprehensive assessment when initial referral is made</li> <li>• Admissions are coordinated by Jody Thomas at the Admissions office.</li> </ul> <p><b>Note:</b> All referrals for a residential bed contracted to the Central Region must be approved by an approved clinician from the local DHB beds).Please contact your local DHB AOD service.</p>
<b>Other Information</b>	All clients of Nova Lodge are under the A&D act.

## Odyssey House

<b>Provider</b>	Odyssey House Auckland	
<b>Location</b>	Assessment & Admissions Centre 110 Mt Eden Rd Auckland P.O Box 56 477 Dominion Rd Auckland 1446 www.odyssey.org.nz	Administration 390 Mt Eden Rd Private bag MBE 230 Tel 09 6231447 Fax 09 6239151
<b>Contact Person</b>	Assessments and Admissions Tel 09 638 4957 Fax 09 6387130 www.odyssey.org.nz	Chris Kalin (CEO) Ajesh Singh (Financial Controller) Tel 09 6231447 Fax 09 6239151
<b>Target group</b>	Adult, youth and parent AOD and co-existing problems (including gambling) requiring residential treatment.	
<b>Eligibility and Exclusions</b>	<p>Access to all programmes is available to all clients with the exclusion of clients who have a history of arson, sexual offending, and active unmanaged psychosis.</p> <ul style="list-style-type: none"> <li>Any history of violence will be accessed on a case by case basis. Exclusion will also apply in cases where the Police oppose bail or the client has a high risk profile which requires intensive monitoring. In the situation where children accompany a parent (in the Family Centre) the child must be under 12 years of age.</li> </ul>	
<b>Brief Description</b>	<p>Odyssey House Trust operates a number of residential services using a Therapeutic Community approach.</p> <ul style="list-style-type: none"> <li>A wide range of professionals provide clinical support and treatment including; medical and psychiatric assessment and treatment, cultural activities, individual and group counselling, educational groups, help to develop long-term employment and education plans, family support and counselling and opportunities to learn parenting skills.</li> <li>Once clients have completed the initial stages of treatment, they are supported to transfer the skills learnt within the Therapeutic Community, into their wider community. To achieve this we assist clients to establish positive social relationships outside Odyssey House, to gain employment and implement the skills they have gained while in residential treatment.</li> </ul> <p>Treatment duration may vary from 6 to 18 Months subject to collaborative reviews with the Central Region.</p>	
<b>Services Provided</b>	<p><b>Adult and Young Adult Services</b></p> <p>The adult residential treatment programme located in Avondale is for people over 22 years old with alcohol, drugs or gambling problems. A separate but similar programme for young adults aged from 18 to 22 years old is also located at this facility.</p> <p>The programme offers a home-like environment, with individual bedrooms, a communal lounge and dining room.</p>	

<b>Provider</b>	Odyssey House Auckland
	<p>Odyssey House encourages family members to be actively involved at all stages of the treatment process. Opportunities to do this include;</p> <ul style="list-style-type: none"> <li>• Monthly community dinners</li> <li>• Weekend visits</li> <li>• A forum for family members to provide feedback and suggestions to Odyssey House</li> <li>• Additional visits can be arranged in consultation with Odyssey House Staff.</li> <li>• Multi-family therapy</li> <li>• Education groups</li> <li>• A treatment planning group (the client identifies goals that they'd like to achieve)</li> <li>• Client case reviews (where the client and their family have an opportunity to discuss the client's progress).</li> </ul> <p><b>Odyssey House Family Centre</b></p> <p>Co-located with our Adult and Young Adult Services in Avondale is a purpose-built Family Centre, offering residential treatment for adults with alcohol, drugs, or gambling problems who have children under 12 years of age.</p> <ul style="list-style-type: none"> <li>• The Family Centre provides a number of 2 bedroom family units, along with a communal lounge, a dining room, a play room, a kitchen, and an onsite medical room</li> <li>• Odyssey arranges approved childcare and schooling on weekdays for the children living at the Family Centre so their parents can participate in treatment programmes</li> <li>• There are a close working relationship with Child, Youth and Family. In some instances, a parent may enter the adult service, and as they progress they can be reunited with their children within the Family Centre.</li> </ul> <p><b>Co-existing Disorders</b></p> <p>Residential treatment for adults aged from 18 years old with a psychiatric disorder who also experience problems related to substance abuse or gambling. Psychiatric services are provided for these clients while maintaining close liaison with mental health services.</p> <ul style="list-style-type: none"> <li>• Family members are encouraged to be actively involved at all stages of the treatment process. This includes monthly community dinners, weekend visits, and a forum for family members to provide feedback and suggestions to Odyssey House. Additional visits can be arranged in consultation with the Odyssey House Staff</li> <li>• Other opportunities such as multi-family therapy and education groups,</li> </ul>

<b>Provider</b>	Odyssey House Auckland
	<p>treatment planning group (where the client identifies the goals that they would like to achieve), and client case reviews (where the client and their family has an opportunity to discuss the client’s progress)</p> <p><b>Methamphetamine beds:</b> Odyssey House provides a number of Methamphetamine beds. People admitted to these beds take part in programme activities listed in this guide.</p> <p><b>Odyssey House School:</b> The school provides education for youth and young adults programmes registered with the Ministry of Education and employs qualified teachers.</p>
<b>Referral Process</b>	<p>All referrals are taken and processed through the Assessment and Admission Centre.</p> <ul style="list-style-type: none"> <li>• Referrals are accepted by letter, fax or email, in person and over the phone</li> <li>• Referrals are accepted from the following sources: Families, Whānau, significant others, Department of Corrections, DHBs, NGOs, schools, CYFs, GPs, Lawyers, AOD services, mental health services and prisons.</li> </ul>

## Refugees as Survivors

<b>Provider</b>	Wellington Refugees as Survivors Trust (RAS)	
<b>Location</b>	Floor 3 Multi Cultural Services Centre 39 Webb St Wellington 6011	P.O Box 6187 Marion Square Wellington 6187
<b>Contact person</b>	<b>General Manager</b> Jeff Thomas Email jeff@wras.org.nz Tel 04 8050361 Fax 04 805 0351	<b>Clinical</b> Ranka Margetic-Sosa Clinical Manager Email ranka@wnras.org.nz Tel 04 8050365 Fax 04 805 0351
<b>Main target group</b>	Quota refugees who have experienced torture and trauma.	
<b>Service Coverage</b>	<ul style="list-style-type: none"> <li>• Specialised therapy, advocacy and support services for refugees living in Hutt Valley, Wellington and Porirua</li> <li>• Consultation and liaison services for all DHBs in the Central Region.</li> </ul>	
<b>Brief Description</b>	<p>RAS provides specialist mental health services for those refugees who have experienced torture and trauma. Services are free and confidential.</p> <ul style="list-style-type: none"> <li>• provision of specialised therapy, advocacy and support services to adults</li> <li>• Child and Youth specialised therapy, advocacy and support services</li> <li>• Consultation and liaison services for all DHBs in the Central region.</li> </ul>	
<b>Eligibility and exclusions</b>	<p>The main eligibility criteria are that the refugees have come to NZ as Government approved “quota” refugees, as individuals or as a family.</p> <ul style="list-style-type: none"> <li>• Others coming through approved family reunification are also eligible</li> <li>• Other people with refugee type backgrounds may be eligible</li> <li>• Clients living outside of Wellington, Porirua or the Hutt Valley are not eligible for direct services, but the mental health or addiction service may contact RAS for advice.</li> </ul>	
<b>Referral Process</b>	<ul style="list-style-type: none"> <li>• Referrals accepted from any source, including self referrals</li> <li>• Please contact the Clinical Manager.</li> </ul>	
<b>Services Provided</b>	<ul style="list-style-type: none"> <li>• Individual and specialist assessments, individual and family therapeutic interventions, co- working with other service providers; specialist advice.</li> <li>• Consultation, liaison and training services for DHBs outside of Hutt Valley, Wellington. <b>Hours:</b> 9.00am to 5 pm Monday to Friday</li> <li>• Interpreters are available with all services RAS provides.</li> </ul>	

## Regional Early Intervention Services (EIS)

<b>Provider</b>	Capital & Coast DHB	
<b>Location</b>	Pipitea House, Level 2 61-63 Thorndon Quay Wellington 6140	
<b>Contact person</b>	Team Leader Ray McEnhill Tel 04 4949161 Fax 04 494 9163 ray.mcenhill@ccdhb.org.nz	Regional Liaison person Pamela Wainwright Tel 04 4949161 Fax 04 4949163 pamela.wainwright@ccdhb.org.nz
<b>Local DHB contact</b>	Each local DHB should have a liaison person with in-depth knowledge of the service.	
<b>Main target group</b>	Young Adults 13-25 yrs with a first time psychosis presentation.	
<b>Service Coverage</b>	<b>All Central region DHBs and Tairawhiti DHBs</b> (Note: services provided to DHBs vary. See under Services Provided section )	
<b>Brief Description</b>	The EIS aims include: <ul style="list-style-type: none"> <li>• Early detection of young people experiencing psychosis, shortening the course of psychosis and decreasing illness severity - thereby minimising potential complications</li> <li>• Increasing the level of specialist clinical early intervention expertise in Children and Adolescent Mental Health Service (CAMHS), Adult Community Mental Health teams and Inpatient services across the Central Region</li> <li>• To improve services for young adults who experience psychosis for the first time.</li> </ul>	
<b>Services Provided</b>	<b>All Central Region and Tairawhiti DHB Service Providers</b> Consultation on case management; planning; best practice; problem solving and research; second opinions (video or teleconference) service design or team development and specialist supervision. Training sessions are available.  All these services are available based on negotiated agreements (MoUs) between CCDHB and Central Region DHBs These set out the types and volumes of services purchased by each DHB in the region.  <b>Hutt Valley and Capital &amp; Coast DHBs</b> In addition to the above services, case management services are provided based on negotiated agreements, the mental health needs of the community and resources available.	
<b>Referral criteria and exclusions</b>	<b>Hutt Valley and Capital &amp; Coast DHBs</b> <ul style="list-style-type: none"> <li>• Anyone can make a referral</li> </ul>	

	<ul style="list-style-type: none"> <li>• Aged 13-25 years, with a first time presentation of psychosis. The service is for individuals who have had, either no previous treatment, or less than one year’s treatment by mental health services.</li> <li>• <b>Note:</b> Please re-refer to Early Intervention Service if a client we have assessed as not meeting our criteria goes onto develop psychosis or if their mental state changes so that you suspect they could be developing a psychosis</li> </ul>
<b>Referral Process</b>	<ul style="list-style-type: none"> <li>• A rotated duty worker is available 8.30 am –5.00 pm Monday – Friday Telephone: 04 494 9161 to discuss services or make a referral</li> <li>• For research and training options contact Pamela Wainwright 04 4949161.</li> </ul>
<b>Other information</b>	<p>The EIS team is a comprehensive team with a range of health professions offering a full MDT approach</p> <p>Referral and allocation meetings are held on Tuesdays and Thursdays.</p> <p>The services provided and the volumes are identified in a MoU between the local DHB and the Regional Specialty Services.</p>

## Regional Medical Detoxification

<b>Provider</b>	Capital & Coast DHB	
<b>Location</b>	Keneperu Hospital Porirua 5420	
<b>Contact person</b>	Moira Gilmour Senior Nurse Detox Ward 5 Keneperu Hospital Porirua	Tel 04 4949 170 Tel 04 3855 999 Fax 04 2372 004
<b>Main target group</b>	Clients who require specialised medical detox and are assessed as having a complicated history of withdrawal.	
<b>Service Coverage</b>	All Central Region DHBs	
<b>Brief Description</b>	<p>The 4 detox beds are situated in an acute medical unit at Keneperu hospital. The service provides planned assessment and treatment of alcohol/drug withdrawal (not unplanned withdrawal).</p> <ul style="list-style-type: none"> <li>• It is for clients who are at risk of complications and are therefore considered unsuitable for detoxification at home/social detox facility or who require specialist medical detoxification-rather than medical detoxification in a local medical ward</li> <li>• Follow up care and coordination of treatment is considered an important component of detox. This provided by the local DHB service.</li> </ul>	
<b>Services Provided</b>	<ul style="list-style-type: none"> <li>• Planned detox admissions only</li> <li>• Medical assessment and management of withdrawal and associated health issues</li> <li>• Access to AOD senior nurse</li> <li>• Support from weekly AA meeting</li> <li>• Consultation and liaison service</li> <li>• Regular consultant supervision/consult meetings provided by Dr Geoff Robinson for AOD medical officers. These are held in Palmerston North.</li> </ul>	
<b>Eligibility and exclusions</b>	<ul style="list-style-type: none"> <li>• Meets DSMIV criteria for Alcohol/drug dependence</li> <li>• Assessed as having history of complicated withdrawal</li> <li>• Presence of concurrent physical illness</li> <li>• Clients who are assessed as being able to detox in the community or within a social detox facility will not be eligible for admission.</li> </ul>	

<b>Provider</b>	Capital & Coast DHB
<b>Referral Process</b>	<ul style="list-style-type: none"> <li>• Referrals are received from the local DHB Detox nurse</li> <li>• <b>Note:</b> It is essential the local Detox nurse is directly involved in the referral. In the absence of the Detox Nurse please contact your local DHB provider arm AOD service</li> <li>• Referrals are triaged at weekly intake meetings</li> <li>• Referrals must contain comprehensive assessment and discharge plan prior to acceptance</li> <li>• Referrers are notified of acceptance and date of planned admission following the weekly triage meeting.</li> </ul>
<b>Other information</b>	<p>The average length of stay is 5 days.</p> <p>Patients may be transferred to their local social detox facility to complete detox process as medically appropriate.</p>

## Regional Personality Disorder Speciality Service

<b>Provider</b>	Capital &Coast DHB	
<b>Location</b>	Pipitea House, Level1 61-63 Thorndon Quay PO Box 1729 Thorndon Wellington 6140	
<b>Contact person</b>	Deidre Florance Acting Team Leader deidre.florance@ccdhb.org.nz Caroline de Bruin Team Administrator Caroline.de_bruin @ccdhb.org.nz	Tel 04 4949173 Fax 04 4949165 Contact address for any staff member: firstname.lastname@ccdhb.org.nz
<b>Main target group</b>	Personality disorders that are severe in effects	
<b>Service Coverage</b>	Central Region DHBs (except Hawke's Bay)Tairawhiti DHB	
	The Regional Personality Disorder Service aims to assist Mental Health Services in the Central Region and Tairawhiti DHB	
<b>Brief Description</b>	<p>Regional Personality Disorder Service aims to assist Mental Health Services in the Central Region to provide people diagnosed with a personality disorder that is severe in its effects with the best and most timely treatment.</p> <p>The objectives of the specialist service in the Central Region are to:</p> <ul style="list-style-type: none"> <li>• increase the levels of specialist clinical expertise in community mental health teams and inpatient services across the locality</li> <li>• Increase community mental health teams access to specialist advice to improve services for those severely affected by personality disorder.</li> </ul>	
<b>Services Provided</b>	<p><b>Tairawhiti/Whanganui/Wairarapa/MidCentral</b></p> <ul style="list-style-type: none"> <li>• <b>Specialist consultation and training:</b> for Mental Health Services in the Central Region. There are regular visits with clinics for booked assessments or case discussion. Teleconference and videoconference is available</li> <li>• <b>Assessments:</b> helping to clarify diagnosis or to assess the suitability of treatments such as psychotherapy or a Dialectical Behaviour Therapy (DBT) skills group</li> <li>• <b>Consultation:</b> Taking part in clinical reviews and discussing treatment options</li> <li>• <b>Management Plans:</b> Assist in the development of management plans for clients with complex and challenging presentations</li> <li>• <b>Supervision:</b> Sessions for individual mental health workers or teams (this supervision is focussed on personality disorder issues and is not a substitute for regular clinical supervision)</li> <li>• <b>Site Visits:</b> for clinicians to work alongside specialist staff, MDT reviews and</li> </ul>	

<b>Provider</b>	Capital &Coast DHB
	<p>other learning opportunities as negotiated. Note, the cost of travel and any accommodation is met by the visiting DHB</p> <ul style="list-style-type: none"> <li>• <b>Training</b> (All Central Region except Hawke’s Bay DHB). We have developed a number of seminars and workshops and can develop new ones to meet specific training requests.</li> </ul> <p><b>Capital &amp; Coast and Hutt valley DHBS only</b></p> <p>In addition to the above services</p> <ul style="list-style-type: none"> <li>• Individual psychotherapy for individuals severely affected by personality disorder</li> <li>• DBT Skills Learning Group</li> <li>• Individual supportive and psycho-educational work</li> <li>• Family support and psycho-education</li> </ul> <p>If you are unsure, about which service to use please contact the Liaison Clinician assigned to your area. Telephone 04 494 9173</p>
<b>Eligibility and exclusions</b>	<ul style="list-style-type: none"> <li>• We accept referrals for assessment, consultation and possible treatment for Mental Health Service clients in the Wellington, Hutt Valley and Kapiti local authority areas.</li> <li>• In the Central Region (except Hawke’s Bay) we accept referrals for assessment, consultation and second opinions. Clients need to be over the age of 19 years.</li> <li>• They may have symptoms indicating a diagnosis of personality disorder (with an expectation that this is severe in its effects) or they may present to clinicians with unclear multi-diagnostic issues in relation to the DSM Axis II – complex PTSD continuum.</li> </ul>
<b>Referral Process</b>	<p><b>Tairawhiti, MidCentral, Wairarapa. Whanganui DHBs</b></p> <p>Requests for services should be directed to Ann Connell either in writing or email</p> <p><b>Hutt Valley and Capital &amp; Coast DHBs only</b></p> <ul style="list-style-type: none"> <li>• Referrals are only accepted from other Mental Health Services; self-referral or referrals from Primary care providers are redirected to the appropriate Community Mental Health team for initial assessment.</li> <li>• Referrals for assessment or case review must be in writing, and supported by relevant information including any recent assessment, formulation, current treatment plan.</li> <li>• The team at a weekly multidisciplinary team meeting held on Mondays, 9.00 a.m. – 12.00, discuss new referrals.</li> <li>• Requests for training, consultation, supervision, site visits, or management</li> </ul>

<b>Provider</b>	Capital &Coast DHB
	plan advice, should be directed to Ann Connell team leader, either in writing or by e-mail.
<b>Other information</b>	The services provided and the volumes are identified in a MoU between the local DHB and the Regional Specialty Services.

## Regional Rangatahi Adolescent Inpatient Unit

<b>Provider</b>	Capital & Coast DHB	
<b>Location</b>	Rangatahi Unit Ratonga rua o Porirua PO Box 50215 Porirua 5240	
<b>Contact person</b>	Lucy Laphen Tel 04 918 2270 Lucy.laphen@ccdhb.org.nz 0272862785	TEL 04 918 2270 FAX: (04)9182271
<b>Main target group</b>	Youth 12-17 yrs who require acute mental health inpatient treatment.	
<b>Brief Description</b>	<p>The Rangatahi Unit is a 13 bed acute mental health unit that provides a service for adolescents aged between 12 to 17 years of age who have a serious mental health disorder ( as defined in the DSM 1V ).</p> <ul style="list-style-type: none"> <li>• The young person will be requiring intensive treatment, investigation or observation (24 hours per day) that cannot safely or adequately be provide in a community setting</li> <li>• Discharge planning and a collaborative approach between the young person, Rangatahi unit, family/Whānau and the referring DHB form an important part of the approach.</li> </ul>	
<b>Services Provided</b>	<ul style="list-style-type: none"> <li>• Safety and containment.</li> <li>• Assessment, diagnosis and treatment from a multi-disciplinary team including Child and Adolescent Psychiatrists, registered nurses, social workers, Occupational Therapists, Kaimanaaki, teacher.</li> <li>• Medication review</li> <li>• School programme</li> <li>• Discharge planning in collaboration with the referring DHB</li> <li>• Māori day programme.</li> </ul>	
<b>Eligibility and exclusions</b>	<p>Young people 12 to 17 years of age who have a serious mental health disorder or suspected of having one (as defined in DSM 1V). The disorder requires intensive treatment, investigation or observation (24 hours a day) that can't safely or adequately be provided in a community setting.</p> <ul style="list-style-type: none"> <li>• Acute packages of Care are to be considered prior to referral to Rangatahi Unit.</li> </ul>	

<b>Provider</b>	Capital & Coast DHB
	<p><b>Exclusions</b></p> <p>Those people whose problems are solely as a result of:</p> <ul style="list-style-type: none"> <li>• sexual abuse</li> <li>• violence and anger</li> <li>• Intellectual disability with or without behavioural problems</li> <li>• post head injury with or without problems</li> <li>• learning difficulties</li> <li>• criminal activities (anti-social behaviours )</li> <li>• parenting difficulties</li> <li>• Conduct disorder.</li> </ul> <p><b>Note:</b> Referrals will not be accepted for purposes solely of accommodation or ongoing secure containment.</p>
<b>Service Coverage</b>	Central Region and Tairawhiti DHBs.
<b>Referral Process</b>	<p>Referrals are made Monday – Friday 8 am to 5 pm, referrals must be made by a Child Adolescent Mental Health Service (CAMHS)</p> <ul style="list-style-type: none"> <li>• All referrals will be made in writing, by completing the standard RRAIS referral and assessment form</li> <li>• It is expected the referral form will be completed in consultation with the adolescent Psychiatrist from the referring service</li> <li>• Documentation must be comprehensive, with clear goals of admission, risk factors, and options tried (e.g. POC, crisis respite). Any barriers to discharge, and any recent assessments done. Documentation must be faxed to the Unit prior to admission. If the decision is made to admit a verbal handover by referring consultant and admitting consultant must take place</li> <li>• The team leader is responsible for ensuring all referrals are considered and aspects such as access criteria, prioritisation criteria and goals of admission are complete</li> <li>• Final responsibility to admit rests with the Rangatahi Adolescent Inpatient Service</li> <li>• Priority for access will always be given to adolescents with the most serious problems.</li> </ul> <p><b>Priority for admissions</b></p> <ol style="list-style-type: none"> <li>1. There is a risk of safety to the young person or others as a result of an acute episode of a mental illness (as defined in DSM IV)</li> </ol>

<b>Provider</b>	Capital & Coast DHB
	<ol style="list-style-type: none"> <li>2. The young person requires 24 hour treatment as a result of an acute episode of a serious mental illness and no suitable treatment alternatives are available in the local community</li> <li>3. Acute packages of care to be considered first</li> <li>4. Age consideration and current living environment</li> </ol>
<b>Services Provided</b>	<ul style="list-style-type: none"> <li>• Safety and containment</li> <li>• Assessment, diagnosis and treatment from a multi-disciplinary team, including Child and Adolescent psychiatrist, psychologist, social workers, registered nurse, occupational therapist, cultural workers and support workers</li> <li>• Individual treatment plan</li> <li>• Medication review</li> <li>• School programme</li> <li>• Discharge planning in collaboration with the referring DHB</li> <li>• Therapeutic day programme</li> <li>• Cultural assessment</li> <li>• Family support and education.</li> </ul>
<b>Other information</b>	<p>Families are encouraged to stay if appropriate in the Whānau room, and be part of the admission and treatment process</p> <p>Discharge planning is the joint responsibility of the unit and community teams. This discharge planning is to commence on admission, and will be carried out with the full and active participation of Rangatahi and their Whānau</p> <p>Final responsibility for the decision to discharge rests with Regional Rangatahi Adolescent Inpatient Service</p> <p>Discharge may need to be planned early due to pressure on beds.</p>

## Regional Rehabilitation and Extended Care

<b>Provider</b>	Capital & Coast DHB	
<b>Location</b>	Ratonga rua o Porirua P.O Box 50233 Porirua 5240	
<b>Contact person</b>	Tane Mahuta 04 9182528 Anna Kempthorne Team Leader 0 4 918 2425 027 285 6923 anna.kempthorne@ccdhb.org.nz FAX 04 918 2426	Tawhirimatea 04 9182500 George Underhill Team Leader 04 918 2515 027 445 8512 George.underhill@ccdhb.org.nz Fax 04 918 2501
<b>Main target group</b>	Mental health service users with complex needs who require an inpatient focused rehabilitation or extended care service.	
<b>Service Coverage</b>	All Central Region DHBs and Tairawhiti DHB	
<b>Brief Description</b>	A 64 bed regional rehabilitation and extended care service provides long term rehabilitation and extended care in an inpatient setting. 16 of the 64 beds are provided for service users who are part of the regional Forensic service, but who require rehabilitation services.  Each DHB purchases a set number of beds that are ring fenced for these DHBs.	
<b>Services Provided</b>	<p>Provides intensive 24 hour/ 7 days rehabilitation for service users to equip them with the skills they need to function as independently as possible in the community. A number of service users are deemed to require extended rehabilitation care.</p> <p>The service is provided in 2 units by multi-disciplinary teams overseen by consultant psychiatrists.</p> <ul style="list-style-type: none"> <li>• Tawhirimatea (minimum secure unit with 31 bedrooms with 3 beds that are for local use only) provides 24 hour specialist residential care with a strong focus on rehabilitation for individuals who experience difficulties living safely in the community as a result of their mental illness</li> <li>• Tane Mahuta is a 36-bed unit with 16 beds in the main building and 20 bedrooms in transitional cottages within the complex</li> <li>• Rehabilitation assessment ,planning and programmes</li> <li>• Occupational therapy assessment and programmes</li> <li>• Employment opportunities – where possible</li> <li>• Consumer and family advisors</li> </ul>	

	<ul style="list-style-type: none"> <li>• Collaborative reviews and discharge planning with DHB of domicile attendance or teleconference/video conference (normally 3 monthly).</li> </ul>
<b>Eligibility and exclusions</b>	<ul style="list-style-type: none"> <li>• Axis 1 diagnosis which is likely to result in a medium to long term (over 12 months) significant disability. Wide criteria and decided on a case by case basis. The Majority of referrals have significant disability as a result of chronic psychosis</li> <li>• Have a propensity to pose a significant risk to themselves or others, or significant disruptive behaviors if rehabilitated in the community</li> <li>• Must have had their acute episode adequately treated or reasonable attempts have been made to adequately treat.</li> </ul>
<b>Referral Process</b>	<ul style="list-style-type: none"> <li>• Enquiry – contact one of the above units or Referral pack sent out</li> <li>• All referrals for the regional service need to come through the referring DHB provider arm service</li> <li>• Referrals may be sent to either the team leaders or Adelle Wright at Rongomatane, Regional Mental Health Service, PO Box 50233, Porirua 5240. Service coordination is involved in the process</li> <li>• Referrals are considered by Intake Team .The Rehabilitation Team discuss and determines if the referral meets criteria. If so placed on waiting list.</li> </ul>
<b>Other Information</b>	The referring DHB is expected to be involved in collaborative reviews (usually 3 monthly) and discharge planning.

## Salvation Army Bridge Programme

<b>Provider</b>	Salvation Army	
<b>Location</b>	22–26 Riddiford St Newtown Wellington 6021	
<b>Contact person</b>	Jocelyn Carrig, Intake Coordinator Geoff Boyd, Programme Coordinator Sandra Clarke, Administrator	Tel (04) 389 6566 FAX (04) 389 7110 Email: wbridge@nzf.salvationarmy.org
<b>Main target group</b>	<ul style="list-style-type: none"> <li>• Adults 20+ years with addiction problems requiring residential or day programme treatment</li> <li>• Parent requiring treatment while their child resides with them during treatment.</li> </ul>	
<b>Service Coverage</b>	All Central region DHBs.	
<b>Brief Description</b>	<ul style="list-style-type: none"> <li>• The Bridge Programme is an 8 week abstinence based programme.</li> <li>• The Parent and Child Programme runs for 12 weeks. Residential clients live in houses in the community, which are supervised. The Bridge Programme is gazetted to accept clients who are committed under the Alcohol and Drug Addiction Act 1966.</li> <li>• Parent and child residential service – children must be over 6 months old.</li> <li>• Clients with coexisting disorders are generally eligible.</li> </ul>	
<b>Services Provided</b>	<p><b>Residential services</b> - 8 week residential programme. Programme includes educational classes, therapy group, attendance at AA or NA meetings, an afternoon of organised activity</p> <p><b>Day programme</b> – same as for a residential client, only return to own accommodation in evenings and weekends. All the same groups apply</p> <p><b>Parent programme</b> – 12 week programme. Programme runs same as residential programme</p> <p><b>Outpatient counselling</b> – By appointment. One on one outpatient service, appointments usually weekly or as required by client</p> <p><b>Methamphetamine Social Detox</b> – 6 day detox service. Registered Nurse on duty Monday to Friday. Clients stay in Community Houses, with the opportunity to continue onto residential programme if required.</p>	
<b>Eligibility and exclusions</b>	<ul style="list-style-type: none"> <li>• Client’s 20 years and over who are assessed as requiring residential treatment.</li> <li>• Those convicted of arson and sexual offences are assessed on an individual basis.</li> </ul>	

<b>Provider</b>	Salvation Army
	<ul style="list-style-type: none"> <li>• Justice referrals are accepted.</li> <li>• Clients with coexisting disorders are generally eligible.</li> </ul>
<b>Referral Process</b>	<ul style="list-style-type: none"> <li>• Referrals can be made by other alcohol and drug agencies comprehensive assessment must be completed and sent through to the Intake Co-ordinator prior to acceptance</li> <li>• Clients can self refer for the one to one counselling service (Hutt valley and Wellington clients only)</li> </ul> <p><b>Note</b> all residential referrals must be approved by the local DHB “Accredited clinician” prior to a bed being offered (excluding methamphetamine bed admissions). Please contact your local DHB AOD service.</p>
<b>Other information</b>	<p>All residents pay approximately \$140.00 per week. This is paid out of the clients Sickness Benefit directly from WINZ. This figure can vary according to how much the clients benefit is per week.</p> <p>Clients who are not on a benefit can pay privately \$126.00 per week.</p>

## Specialist Maternal Mental Health Service

<b>Provider</b>	Capital & Coast DHB	
<b>Location</b>	21 Hania Street Mount Victoria Wellington 6011 Telephone: 04 801 2960 Fax: 04 801 2969	
<b>Contact person</b>	<b>Team Leader - Cindy Smith</b> Telephone: 04 801 2960 cindy.smith@ccdhb.org.nz	<b>Referrals</b> 04 8012960 Fax: 04 801 2969
<b>Local DHB contact</b>	Each local DHB should have a liaison person with in-depth knowledge of the service.	
<b>Main target group</b>	Women who are pregnant and have a mental illness and professional staff working with this client group.	
<b>Service Coverage</b>	<b>All Central region DHBs and Tairawhiti DHBs</b> <i>Note:</i> services provided to DHBs vary. See under Services Provided section.	
<b>Brief Description</b>	A specialist service providing assessment, case management and clinical input to Hutt Valley and Capital &Coast DHBs and consultation/advice and training aimed at capability building to all DHBs in the Central Region.	
<b>Services Provided</b>	<p><b>All Central Region and Tairawhiti DHB Service Providers</b></p> <ul style="list-style-type: none"> <li>• <b>Consultation/liaison and specialist advice:</b> To the region’s DHBs, GPs and midwives, and other health providers on assessment and intervention, resources, role development and service delivery relevant to the identified specialty</li> <li>• <b>Telephone and video conferencing:</b> This is available on request.</li> <li>• <b>Specialist consultation clinics:</b> Second opinions, complex case reviews, and intervention planning - by arrangement</li> <li>• <b>Site visits:</b> These may include working alongside Specialty Service team members, attending MDTs, and accessing resources. <i>Please note</i> the cost of travel and accommodation is met by the visiting DHB</li> <li>• <b>Duty worker:</b> A rostered duty clinician is available for referrals, advice and information Monday – Friday, 8:30 am – 5:00 pm. Telephone: 04 801 2960</li> <li>• <b>Regional education/training:</b> Education and training is provided to Mental Health Services in the Central Region and to local primary and secondary health providers by negotiation. E.g. GPs, Midwives, Plunket Wellchild Nurses, Women’s Health and other relevant hospital services, NGOs</li> </ul> <p>We deliver a range of workshops and education sessions throughout the Central</p>	

<b>Provider</b>	Capital & Coast DHB
	<p>Region and usually adapt these to suit the requirements of the audience.</p> <p><b>Hutt Valley and Capital &amp; Coast DHBs</b></p> <p>In addition to the services listed above:</p> <ul style="list-style-type: none"> <li>• Specialist clinical input for women with a moderate, severe mood or psychotic disorder, living in the greater Wellington region. This may take the form of direct client contact, joint work with other services, or consultation/liaison, and include: <ul style="list-style-type: none"> <li>– Specialist assessment (NB. we do not provide a same-day, acute assessment service for first presentations – these should go to CATT in the first instance)</li> <li>– Treatment planning – outlining options and available resources, and developing individualised plans for ante- and post-natal mental health, including strategies to manage maternal tasks and roles</li> <li>– Treatment delivery may include care management/co-ordination, facilitating access to community resources, psychopharmacological advice and prescription, psycho-education related to maternal issues (e.g. birth trauma, mother-infant relationship difficulties).</li> </ul> </li> </ul>
<b>Referral criteria and exclusions</b>	<p><b>Hutt Valley and capital&amp; Coast DHBs (for direct clinical care )</b></p> <ul style="list-style-type: none"> <li>• Women who are pregnant, or up to nine months post-natal at point of referral, with an associated moderate-severe mood or psychotic disorder.</li> <li>• Women with enduring mental illness requiring specialist consultation or advice related to pregnancy.</li> </ul> <p><b>All DHBs</b></p> <p>To provide a regional specialist peri-natal mental health service to women in the Central Region via direct care in the community, and consultation/liaison and education/training for other health providers involved in their care.</p>
<b>Referral Process</b>	<p><b>How to refer (Hutt Valley and Capital&amp; Coast DHBs only )</b></p> <ul style="list-style-type: none"> <li>• Referrals are accepted from mental health professionals, lead maternity carers (GPs and Midwives), and other relevant health service providers e.g. from the Women’s Hospital, Neonates</li> <li>• Referrers should complete the standard 2-page C&amp;CDHB MHS Referral form. It is helpful to include a complete Edinburgh Post-natal Depression Scale (EPDS) if indicated. This form can be faxed or posted. Telephone referrals are also acceptable</li> <li>• Clinical referrals are scanned daily by the duty worker for acuity, completeness of information and appropriateness in terms of defined service parameters, and triaged at the weekly referral/allocation meeting.</li> </ul>

<b>Provider</b>	Capital & Coast DHB
	<p><b>All Central Region DHBs(for non direct clinical interventions )</b></p> <ul style="list-style-type: none"> <li>• Consultation/liaison and specialist advice: Telephone or email the person you wish to speak to directly, or contact the duty worker</li> <li>• Regional Specialist consultation clinics: Liaise with the Team Leader.</li> <li>• Telephone and videoconferencing: Discuss with appropriate member of the team to arrange</li> <li>• Site visits: Discuss with the team leader and your local Service Manager.</li> <li>• Regional education/training: Contact the appropriate team member via phone or email to discuss. In general, we develop a timetable for contracted Regional education workshops at the beginning of each year, and work with you individually on content and form, based on your service needs. Sessions for other providers can be individually negotiated.</li> </ul> <p>If you have any queries about access or services provided, please contact the Team Leader.</p>
<b>Other information</b>	<p>MDT meetings are held every Tuesday from 9:00 am- 12:00 noon</p> <p><b>Note:</b> This is the only day the whole team are together on-site, and is a good day to access any of the team.</p> <p>The services provided and the volumes are identified in a MoU between the local DHB and the Regional Specialty Services.</p>

## Springhill Centre

<b>Provider</b>	Hawke's Bay DHB in partnership with the Hawke's Bay Addiction Centre Trust.	
<b>Location</b>	42 Morris St Napier 4110	
<b>Contact person</b>	Programme Coordinator or Stacy Downing(Administrator) 06 835 4496	Referrals Tel 06 8354496    FAX 06 835 3520 Email <a href="mailto:springhill@hawkesbaydhb.govt.nz">springhill@hawkesbaydhb.govt.nz</a>
<b>Main target group</b>	<ul style="list-style-type: none"> <li>• Adult men and women (18 +) with significant substance abuse problems requiring a focused and intensive 8 week residential abstinence programme.</li> <li>• Clients with co-existing problems are generally eligible.</li> </ul>	
<b>Service Coverage</b>	All Central region DHBs. Private clients may be from any part of New Zealand.	
<b>Brief Description</b>	<p>Springhill Centre is a focused 8 week residential abstinence service, with senior medical input. There are (12 beds for the Central Region, and extra capacity for up to 3 private beds)</p> <ul style="list-style-type: none"> <li>• Springhill does not accept clients who are under the A&amp; D act and should have only minimal justice involvement.</li> <li>• The service is <b>nicotine free and all clients must</b> take part in the smoking cessation programme –as part of their treatment.</li> <li>• There is the expectation of 6 month post discharge with follow up support and counselling by referral agency or other identified community agency.</li> </ul>	
<b>Services Provided</b>	<p>Services provided in the 8 week programme are provided by a multi disciplinary team including: psychiatrist; medical officer (GP) counsellors, social worker and supervisors it includes:</p> <ul style="list-style-type: none"> <li>• Group and individual therapy in the form of CBT, relapse prevention, mind body work, anxiety work, group process, family/couples sessions, family systems and spirituality</li> <li>• Mandatory smoking cessation programmes</li> <li>• Alcohol and drug education</li> <li>• Tikanga group ( cultural awareness)</li> <li>• Medical care, education, balanced life style, healthy eating and living</li> <li>• 12 step meetings</li> <li>• Preparation for reintegration back into the community. 6 month follow up once discharged</li> <li>• Springhill is also able to provide services to people with serious medical conditions and with mobility disabilities</li> </ul>	

<b>Provider</b>	Hawke's Bay DHB in partnership with the Hawke's Bay Addiction Centre Trust.
	<ul style="list-style-type: none"> <li>• Liaison service for discharge planning and integration of follow up services.</li> </ul>
<b>Eligibility and exclusions</b>	<ul style="list-style-type: none"> <li>• Clients 18 and over who are assessed as requiring residential treatment. A history of engagement with an alcohol and drug service needs to be demonstrated</li> <li>• Clients must not have criminal court offences pending. In these cases the referral may be put on hold until after sentencing</li> <li>• No recent anger issues which might indicate an inability to maintain self control in the Springhill Community and no recent history of arson.</li> </ul>
<b>Referral Process</b>	<p>Referrals are dealt with by , the programme Co-ordinator</p> <ul style="list-style-type: none"> <li>• A Springhill referral form needs to be completed by an alcohol and drug counsellor</li> <li>• A letter of engagement is written by the client. A visit to Springhill is preferred, and sometimes required</li> <li>• The following may also be required: <ul style="list-style-type: none"> <li>— comprehensive alcohol and drug assessment</li> <li>— record of convictions</li> <li>— probation reports</li> <li>— psychological reports</li> <li>— CYFs reports.</li> </ul> </li> </ul> <p><b>Note:</b> All referrals for a residential bed contracted to the Central Region must be approved by an approved clinician from the local DHB .Please contact your local DHB AOD service.</p>
<b>Other information</b>	<p>All residents pay approximately \$140 per week accommodation charge. This is normally funded by WINZ who adjust the amount to ensure the resident has \$58 net for their personal use.</p> <p>Private paying clients are charged \$142.18 per day.</p>

## Te Upoko Nga Oranga O Te Rae

<b>Provider</b>	Te Upoko Nga Oranga O Te Rae	
<b>Location</b>	9 Taumaihi Street Bulls 4818	
<b>Contact person</b>	Carol Maraku Postal address for the service PO Box 54 Marton	TEL: (06) 322 0261 FAX: (06) 322 0262 MOBILE: 021 673 651 EMAIL: te-upoko@xtra.co.nz www.teu.co.nz
<b>Main target group</b>	Māori mental health and addiction NGO providers.	
<b>Service Coverage</b>	Central Region and Tairāwhiti DHB.	
<b>Brief Description</b>	Provides assistance and support to eligible NGO services as set out below.	
<b>Services Provided</b>	<ul style="list-style-type: none"> <li>• Policy development and review</li> <li>• Contract advice</li> <li>• Development advice</li> <li>• Accreditation/certification preparation support</li> <li>• Performance advice.</li> </ul>	
<b>Eligibility and exclusions</b>	Any Māori mental health and addiction NGO provider. <ul style="list-style-type: none"> <li>• Consideration is given to providing support to Pacifica and non-Māori providers by arrangement.</li> </ul>	
<b>Referral Process</b>	Please contact Carole Maraku to discuss.	

## Te Waireka

<b>Provider</b>	Central Health	
<b>Location</b>	58 White Rd Otane Central Hawke's Bay	PO Box 58 Otane Central Hawke's Bay 4202
<b>Contact person</b>	Pam Kupa Sheeran 06 856 8428 Email: pamks.tewaireka@centralhealth.co.nz	Referrals 06 856 8428 Ext 702 027 4521182
<b>Main target group</b>	Youth aged 14-19 requiring Kaupapa Maori AOD Rangatahi/youth residential treatment Service.	
<b>Service Coverage</b>	All Central Region DHBs.	
<b>Brief Description</b>	A closed 8 week 13 bed Kaupapa Māori AOD Rangatahi/Youth Residential Treatment Service, plus 2 methamphetamine treatment beds (funding until mid 2012).	
<b>Eligibility and exclusions</b>	<ul style="list-style-type: none"> <li>• 14-19 years</li> <li>• Referred via a DHB funded AOD clinical service (NGO or DHB).</li> <li>• Motivated to attend and willingness to remain abstinent during the 8 week programme</li> <li>• Exclusions are unstable mental health, arson and violence.</li> </ul>	
<b>Services Provided</b>	<p>Te Waireka is an 8 week closed residential programme, using both Māori and non Māori models &amp; interventions. Services provided include:</p> <ul style="list-style-type: none"> <li>• Group therapy, one to one counselling</li> <li>• Sweat lodge for detoxification</li> <li>• Life skills, art and craft, youth friendly activity, kapa haka, sport and fitness</li> <li>• Whānau hui and Whānau inclusive approaches</li> <li>• Home management, consumer hui, focus on socialisation and communication skills</li> <li>• Relapse prevention</li> <li>• Work on community projects</li> <li>• Literacy and numeracy (unit standards), licensing</li> <li>• Extended support to enter the AOD work force as peer support worker.</li> <li>• Aftercare including advice on packages of care available.</li> </ul>	

<b>Referral Process</b>	<ul style="list-style-type: none"> <li>• Referred via a DHB funded AOD clinical service (NGO or DHB.)</li> <li>• Complete and send a Te Waireka referral package that includes an AOD comprehensive assessment</li> <li>• Te Waireka must receive a \$100.00 fully refundable fund to use for any damage caused while in residence, prescription charges and emergency travel should they be discharged early</li> <li>• Once all information is received along with the \$100.00 an admission date is given to the referrer and the Rangatahi/Youth.</li> </ul> <p><b>Note:</b> All referrals for a residential bed contracted to the Central Region must be approved by an approved clinician from the local DHB (except for methamphetamine beds). Please contact your local DHB AOD service.</p>
<b>Other information</b>	<p>The programme closes down for 2 weeks at Christmas.</p>