



Who is MASH Trust?

A Charitable Trust established in 1990, providing services to the Manawatu, Wellington, Tararua, Horowhenua, Hastings and Whanganui regions.

MASH Trust is concerned with facilitating and actively promoting quality of life by attending to the physical, mental, spiritual and social health of individuals, families, Whanau or groups as well as the interactions between both these and the wider community.

We uphold the belief that each person is unique and possesses the potential to continually learn, grow, or change and may be actively supported in attaining positive outcomes associated with achieving personal goals, greater autonomy and independence.

We aim to provide flexible support based on safe and consistent policy as part of an integrated comprehensive service.

We embrace the concept of providing empathetic support to individuals. We encourage their willing participation in their own personal journeys through life.

Dual Diagnosis *(Mental Illness Plus Alcohol and Drug)*

**For further information or to request a
referral form contact:**

The Mental Health and Addiction Team
Tel:(06) 355 7200
Fax:(06) 355 7201
email: treatmentservices@masitrust.org.nz

or write to us at:
The Mental Health and Addiction Team
MASH Trust
PO Box 157
Palmerston North



Dual Diagnosis *(Mental Illness Plus Alcohol and Drug)*





What Is Dual Diagnosis?

Dual Diagnosis (DD) is said to occur when people experience both mental illness and substance use issues that are impacting on their functions of daily life.



What Is The Regional Dual Diagnosis Service?

The Dual Diagnosis Service is a Regional Service working within the boundaries of MidCentral Health, Hawkes Bay HealthCare and Good Health Whanganui.

This Service is a collaboration of expertise from both the MASH Trust and the MidCentral Health Dual Diagnosis Teams.

The Service offers assessment and treatment options, case reviews and a residential rehabilitation service situated in Palmerston North.



How Can You Be Referred To This Service?

You can be referred by:

- Your GP
- Your Psychiatrist
- Any Health Professional that is involved in your wellbeing ie. AOD Counsellor, Mental Health Clinician or Community Support Worker.

Should you require a referral form, contact us and we will arrange for this to be sent to you.



If You Come Into The Residential Service

You Should Bring:

- Essential toiletry items
- Any personal belongings that would make you feel comfortable being with us including items such as, photo's or pictures for your wall.

You Should Not Bring:

- Any substances, this includes alcohol, drugs, inhalants, non-prescribed medications or herbal pills.
- Any drug using paraphenalia
- A cellphone.
- Any clothing that makes reference to alcohol or drugs or gang related clothing.
- Playstation, Xbox or any gaming machines.



What You Need To Know

- The Residential Rehab Service is substance free.
- There is an intensive programme that runs during the day from Monday to Friday and attendance is compulsory.
- The first two weeks of your stay is a "no-contact" period. This means that you cannot make or receive phone calls or have personal correspondence during this timeframe. We can make exceptions to this by prior arrangement if you have dependant children.
- After the first two weeks your family/whanau are more than welcome to visit by arrangement with the house Staff.
- Once you have entered this Service your benefit will be transferred to a Residential Support Subsidy and will be paid directly to MASH Trust. MASH Trust will deduct the cost of your power bill, rent and telephone rental from this subsidy and you will receive approximately \$100 into your bank account each week. From this \$100 you will need to pay \$41 per week for food expenses.
- The house is run like a flat, you will be expected to prepare meals and do housework. The Staff can assist you with this when required.