



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.

Alcohol and Other Drug Treatment Services

**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@mashttrust.org.nz**

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



Alcohol and Other Drug Treatment Services

www.mashttrust.org.nz





What Are The Alcohol And Other Drug Treatment Services?

The Alcohol and Other Drug (AOD) Treatment Services are three services established to assist people within the MidCentral DHB area who are experiencing significant impairment to the functions of their everyday life due to their alcohol and/or other drug use.

As a Service we believe:

- In education and empowerment.
- In enabling people to become an effective agent of change.
- That a person's addiction cannot be viewed in isolation for effective and sustainable change to occur.
- The whole person needs to be developed.
- That no single theory or model of treatment is right for or fit with every individual.
- In tailoring packages to meet the needs of the individual.

We believe in people and their ability to make changes; we support this change by utilising the following models and principles:

- Te Whare Tapa Wha
- Harm Reduction (including abstinence)
- Strengths Based Treatment
- Cycle of Change
- Evidence Based Practice



What Do The Three AOD Treatment Services Look Like?

Intensive Day and Evening Treatment Services. This Service is an intensive day and/or evening rehabilitation programme that is tailored to the needs of the individual.

Topics covered during the programme include:

- Specific AOD Education
- Lifestyle Skills
- Physical Activities
- Recreational Activities
- Vocational Activities and Support
- Group Work
- 1-1 Intervention
- Support Groups

Residential Treatment Services

This Service provides supported accommodation (for a defined time period) for up to five people. Social detoxification is also a part of this Service. This means that we support your detoxification process in the community as long as it is medically safe to do so. People who enter our Residential Service will be engaged with our Treatment Service and/or be involved in another meaningful activity.

Community Treatment Services

This Service provides support for people in the community and/or in the treatment programme. This Service is designed to work alongside you and support you to make meaningful longterm change in your life.



How Can You Be Referred To Our Service?

You may self-refer or the referral can be made by a health professional who has a concern about your substance use.

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



How Do You Know That You Are Eligible For Our Service?

- You are aged between 18-65 years
- Your alcohol and/or other drug use is causing significant problems to the everyday functioning of your life.
- You want to make positive changes in your life.



How To Get Into This Service

Once the Treatment Services Team have received a completed referral form:

- A decision will be made around whether the referral is appropriate for the service ie. it meets the criteria.
- You will be contacted to make an appointment for an assessment.
- The assessment is intensive and may take between 1 - 1½ hours to complete.
- Following the assessment the Treatment Services Team will make a decision regarding which service/s will best meet your needs.
- You will be contacted within 7 days following the assessment and provided with further information regarding the outcome of the assessment.

