

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.

Mental Health and Addiction 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**



Mental Health and Addiction Treatment Services

What Are The Mental Health And Addiction Treatment Services?

The Mental Health and Addiction Treatment Services cover the MidCentral, Whanganui and Hawkes Bay DHB areas. They have been developed on recovery principles to enable those with alcohol and/or other drug issues who have simultaneous mental health difficulties to regain or develop control over their lives and begin to establish the skills needed to achieve a life that they feel is fulfilling.

As a Service we believe:

- In education and empowerment
- In enabling people to become an effective agent of change
- That a persons mental health difficulties and addiction issues cannot be viewed in isolation for effective and sustained change to occur
- In the holistic development of the individual
- In strong links with DHB and NGO care providers e.g. key workers, psychiatrists, consumer groups and community support workers.
- In strong links with 'family'
- That each person is an individual with their own needs.
- That no single theory or model of treatment is right for or will fit with every individual.

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

- The Recovery Model.
- Te Whare Tapa Wha
- The Medical Model
- Strengths Based Treatment
- Cycle of Change
- Evidence Based Practice
- The stress vulnerability model.
- Person centered empathic interaction.

What Do The Mental Health And Addiction Treatment Services Look Like?

There are six bed residential services in both the Midcentral and Hawkes Bay regions which are staffed twenty-four hours a day seven days a week. Whilst staying here you will attend a structured rehabilitation day treatment program during the week in a venue away from the residential site. This program consists of;

- Specific mental health and addiction education
- Lifestyle skills
- Physical activities
- Vocational activities and support
- Group work
- 1-1 interventions
- Support groups

You will receive regular reviews of your progress which your key-worker, family and community supports will be invited to. At the weekends activities will be based around the house or leisure activities in the community supervised by MASH staff.

How Do You Get Into The Service?

- entry criteria and referral process

You can be referred by your Psychiatrist, GP, key worker or other health professional who feels you may benefit from the service. If you feel yourself that you could benefit from the service please feel free to contact us, using the details on this pamphlet, and discuss this with a member of the team. Referral forms are available on request, please contact the office.

The services are open to;

- Anyone aged between 18 and 65 who have a diagnosis of mental health difficulties and

a drug and/or alcohol issues existing alongside this.

- Live in the Hawkes Bay, Whanganui or MidCentral DHB regions
- Wish to make changes in their life and would like support to do this.

Once a referral has been received a decision will be made whether it is appropriate for the service i.e. if it meets the criteria. You will then be contacted to arrange an appointment to carry out an assessment to determine your needs. You will be contacted within seven days of this and provided with further information regarding the outcome.

What Else Do I Need To Know?

- The first two weeks of your stay are a no contact period with friends or family. Exceptions may be made by prior arrangement if you have dependant children.
- The service is substance free. Please respect yourself and others on the program by not bringing substances with you.
- Once in the Service benefit will be transferred to a Residential Support Subsidy and will be paid to Mash Trust. Rent and bills will be deducted leaving you with approximately \$100. You will need to pay \$51 of this for food expenses.
- The house is run like a flat therefore you will be expected to help prepare meals and do the housework. Staff can assist you where necessary.