



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.

Te Matai House Child/Youth Crisis Respite Service

For further information contact:

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Te Matai House Child/Youth Crisis Respite Service





Introduction

Te Matai House (Child/Youth Crisis Respite) is a new service established by MASH Trust.

This Service provides respite for people aged between 5-19 years who are experiencing mental health and/or addiction issues.

We offer a short-term, voluntary residential programme with a maximum of a 7 day stay.

The goals of Te Matai House are safety, stabilisation and ongoing treatment.



The Referral Process

All client's are referred under the umbrella of Child, Adolescent and Family Mental Health Services or Oranga Hinengaro (MidCentral District Health Board) and therefore need to meet the criteria of these services.

Once an initial assessment has taken place and the young person meets the eligibility criteria, access into this service can be immediate if there is a vacancy available.

For further information contact the Te Matai House Team, contact details can be found on the back page of this brochure.



Te Matai House Programme

Te Matai House provides a programme that is based upon Te Whare Tapa Wha model of practice *Durie, M. (1994). Whaiora: Maori Health Development (2nd Ed). Oxford University Press: Auckland.*

Te Whare Tapa Wha helps us look at key areas of our life, health and wellbeing.

The Whare (house) as a whole represents our wellbeing. Each tapa (wall) represents an aspect of our wellbeing which helps to support the structure of the house.

The four areas of wellbeing in Te Whare Tapa Wha are:

- 1) Te Taha Whanau (*family wellbeing*)
- 2) Te Taha Tinana (*physical wellbeing*)
- 3) Te Taha Wairua (*spiritual wellbeing*)
- 4) Te Taha Hinengaro (*emotional, mental wellbeing*)

The team provides a youth-friendly supportive home environment.

We are committed to providing a quality service to meet the needs of young people who experience mental health and/or addictions issues.



Programme Goals and Objectives

- Provide a short-term safe and secure home environment.
- To develop the concept of total health (physical, psychological, social and spiritual wellbeing) for young people in treatment.
- Provide a youth-friendly atmosphere with positive daily structure.
- Enable young people to learn responsibility, reliability, accountability and consistency (where age appropriate)
- To ensure equal opportunities for young people during treatment.
- Provide preventative and supportive alcohol and other drug education.
- To reduce criminal offending related to substance abuse.
- To engage families/whanau and keyworkers (where possible/appropriate) in the programme.
- To meet the needs of the local community to support young people with substance abuse and mental health problems.
- To provide an integrated approach with agencies and services in the community, maximising the resources available in the treatment of young people with related alcohol and other drug use and mental health issues.