

MH&A Service Mapping & Directory 2018-2019



Unison

'Together we flourish' Whakapuawai tahi

Email: resourcesmhaa@midcentraldhb.govt.nz for more information



*‘Together we flourish’
Whakapuawai tahi*

Our vision

Meaning:

Whaka= action

puawai=flourish

tahi= together

**Established 2017*



Unison

Unison Logo

Meaning:

- Valuing our collective
- Growing capacity
- One stop shop by collaborating and partnering
- Innovation
- Equality for everyone ‘whole of health’

Logo designed by: Josh Ace



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Introduction & background

Mental Health and Addiction Services in MidCentral are community-based, providing treatment and care across all age ranges in all parts of the sector, including the primary sector. They are delivered by a diverse range of agencies including the public and private sectors, NGOs, and community groups.

To effectively deliver quality outcomes for service users and their families/whānau requires collaboration amongst providers and stakeholders in a number of different settings. Integration of services and establishing a continuum of care for clients and families is achieved by providers and stakeholders through communication, collaboration and efficient coordination of services.

The MidCentral Health Mental Health and Addictions Services Map and Directory is a resource designed to support this process by supplying providers and stakeholders with up-to-date information on who's working in the sector and what their activities include. Developing and documenting a map for mental health and addiction services is important for a number of reasons.

Developing and documenting a map for mental health and addiction services is important for a number of reasons:

- To identify the key providers and agencies delivering services (MidCentral District Health Board contracted and non-contracted) in the district. This creates a transparent level playing field.
- To update the levels of service being delivered by providers and stakeholders including where they are provided.
- To identify and analyse the needs of the population that will inform and support future service development decisions.
- To identify a range, and scope, of services that are configured to best meet the needs of the community.
- To grow our capacity to respond more flexibly and more effectively to increasing demand, acuity and complexity of need.
- To share information and promote a better understanding of mental health and addiction providers and the services they deliver.
- To acknowledge the important contribution made by stakeholder agencies and not-for-profit groups to the mental health and addiction sector.



The MidCentral Mental Health and Addiction Network, called Unison was established in 2017, and aims to deliver better services by providers for mental health and/or addiction service users and their families/whānau. It does this by:

Including Everyone:

Unison has members from all of the major health groups working in mental health and addictions including the MidCentral DHB Mental & Addictions, Government Agencies, NGOs (Non-Government Organisations), PHO (Primary Health Organisation), Health Promotion, Social Services, service users, families and whānau.

Sharing Ideas:

Unison provides the opportunity to share information, discuss ideas and concerns and to collaborate where appropriate.

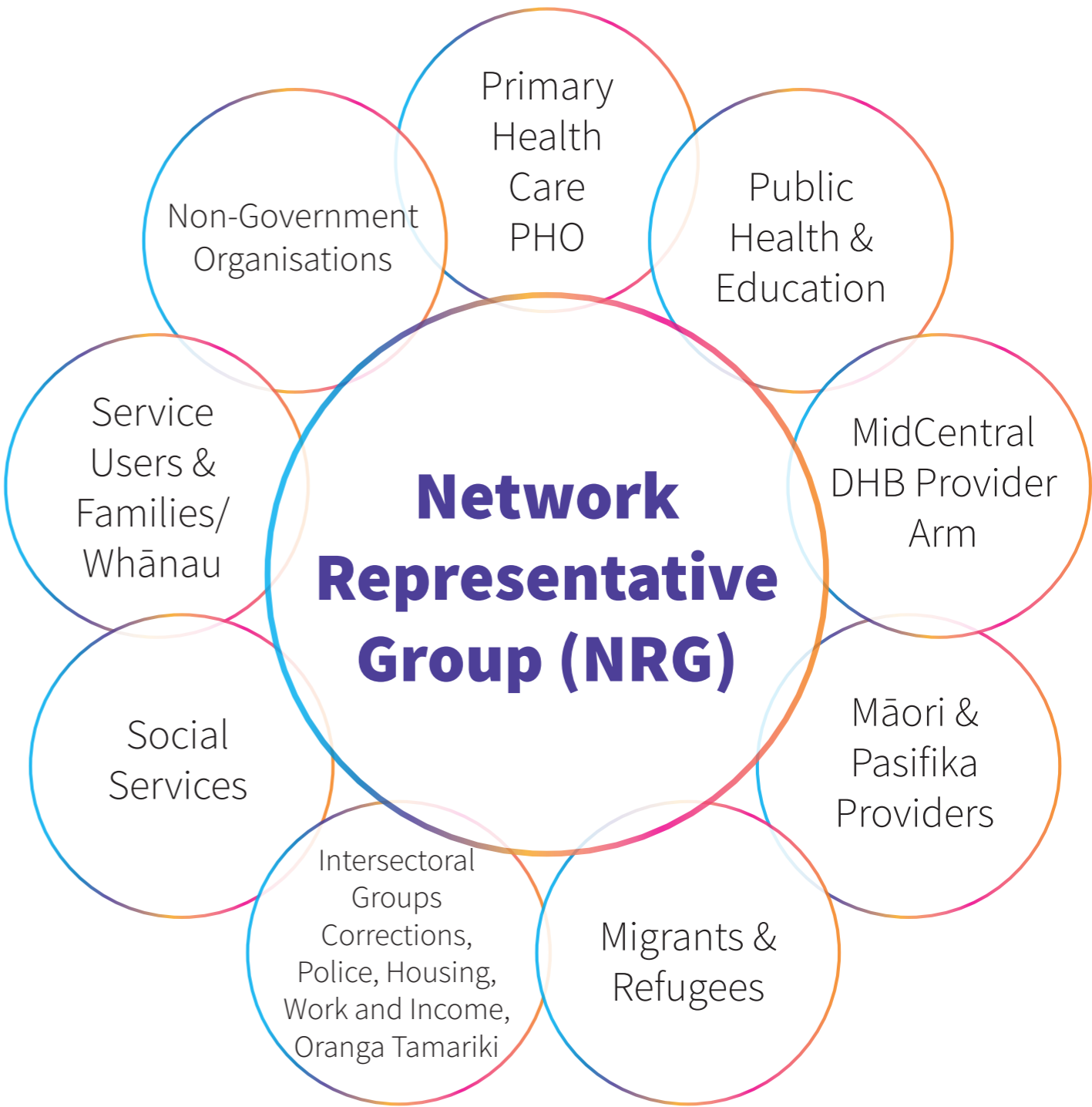
Taking Action:

The Network develops and implements projects on behalf of all providers, service users and their families/whānau.

Providing Feedback:

Members of Unison take ideas and information back to their own organisations in addition to providing feedback and advice to the MidCentral District Health Board.

In MidCentral there are nine sectors that represent service providers, service users and families on the Network Representative Group (NRG). The diagram illustrates the relationship, and each of them has representatives sitting on the NRG. The NRG meets every month to discuss mental health and addiction issues, develop and implement projects and to get updates on projects already running.



The information contained in this document will be updated annually to reflect changes in the mix of providers, contact details and the services provided.

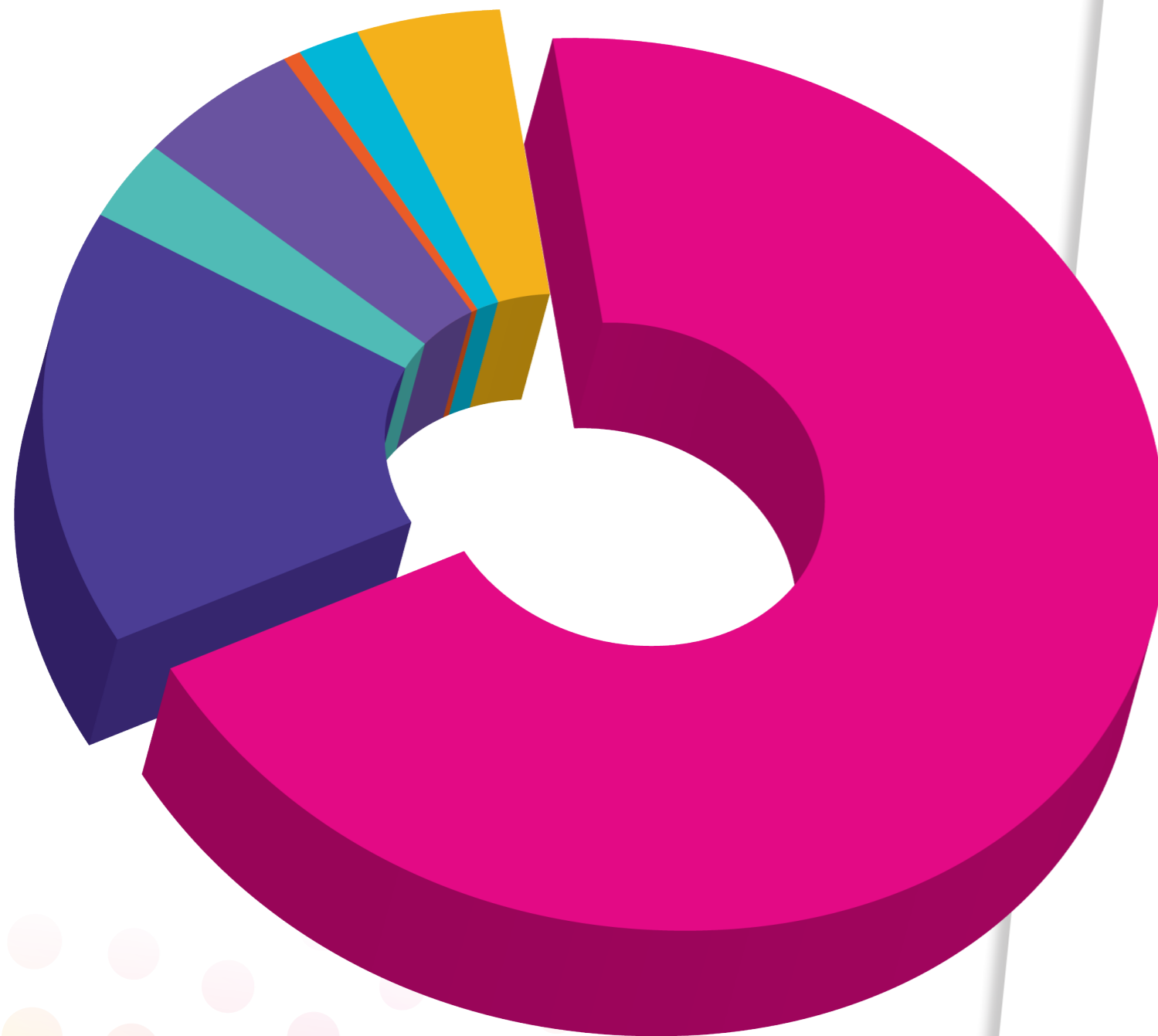
Representation - Service order

Rural Services	Communities	Margaret Millard
Oranga Tamariki – Ministry for Children	Intersectoral	Monica Miranda Gavin Smith
NZ Police	Intersectoral	Ross Grantham/Steven Crawford Ashley Gurney
Corrections	Intersectoral	Deon Rossouw
Ministry of Social Development (MSD)	Intersectoral	Katie Brosnahan
Health Promotion	Public Health	Sharon Vera
Youth, Education & Employment		Kelly Bevan
Education	Tertiary	Nicky Van DerBerg
GP Primary Mental Health & Addictions	Central PHO	Luke Rowe
Social Services		Graeme Munford
NGOs (Non Government Organisations)		Rodger McLeod Dean Chapman
Service Users	Service user voice	Leilani Maraku Chris Hocken
Family/Whānau	Families	Christine Zander-Campbell
Kaupapa Māori Providers	Best Care Whakapai Rangitane o Tamaki Nui a Rua Raukawa Whānau Ora Whaioiro Trust	Donna Cummerfield Oriana Paewai Liat Greenland Kelly Bevan
Acute Care Services	MidCentral Health	Chris Nolan (Chairperson) Dr. Marcel Westerland
Department of Internal Affairs Pacifika		James Etuale
Housing NZ	Intersectoral	Keith Hilson
PNCC	Intersectoral	Debbie Duncan
Education	Ucol	Nicky Van Derberg

“TRUE TEAMS
ARE MADE
WHEN YOU PUT
ASIDE
INDIVIDUAL
WANTS
FOR COLLECTIVE
GOOD”

All representatives have a mandate to be present at the network and ability to feed all information back to their networks. Pasifika, Migrants & Refugees are kept informed via email as requested then distributed amongst the various groups. See page 14 for Mental Health & Addictions Planning matrix.

Our profile - MidCentral DHB



In the 2013 census the MidCentral DHB population was assessed to be 162,564. District Health Boards (DHB) have responsibility for the health of the population within a defined geographic catchment area. The defined area is based on territorial authority and ward boundaries, and for MidCentral DHB these include Manawatu, Tararua, Horowhenua, a part of Kapiti district (Ōtaki Ward), and Palmerston North city.

The MidCentral region is geographically large covering an area from Te Horo in the south to Rangiwahia in the north, and from the western coast to the eastern coast including the settlements of Akitio and Herbertville (see map on the next page).

The gender split of the MidCentral population is 52% female and 48% male. Below highlights the range of ethnicities that comprise the total population. Please note that in the 2013 census people could nominate more than one ethnicity, so the total % exceeds 100.



Our district - MidCentral DHB



Four Iwi have manawhenua status (tribal authority) within the MidCentral district: Muaupoko; Ngati Raukawa; Ngati Kahungunu and Rangitaane. Muaupoko and Ngati Raukawa are located on the western side of the Tararua range, and Ngati Kahungunu Iwi is located on the eastern side. Rangitaane span both sides of the range within the district (Manawatu, incl. Palmerston North city, Pahiatua and Dannevirke).

The largest city is Palmerston North with a population of approx. 81,000 (49.3%). The other key regions within the district include:

- **Manawatu (incl. Feilding) with a population of 27,635 (17%)**
- **Horowhenua (incl. Levin & Otaki) population of 37,389 (23%)**
- **Tararua (incl. Dannevirke and Pahiatua) population of 16,562 (10%)**

Compared to the 2006 census MidCentral DHB population has increased but at a lesser rate than the New Zealand population (2.3% compared to 5.3%). MidCentral DHB (16.5%) has a higher proportion of older people (65+) compared to the NZ proportion (14.3%).

Our people - MidCentral DHB

MidCentral DHB has higher proportions of people who are known to have poorer health status than other New Zealanders. Groups of people with poorer health are:

- Those experiencing socio-economic disadvantage
- Māori
- Older persons

Horowhenua has higher proportions of older people, Māori and people experiencing socio-economic disadvantage (as does nearby Ōtaki).

Tararua also has a higher proportion of Māori, older people and those living in socio-economically disadvantaged areas.

Chart 1 compares the socio-economic deprivation distribution of the MidCentral DHB population with that of the NZ population.

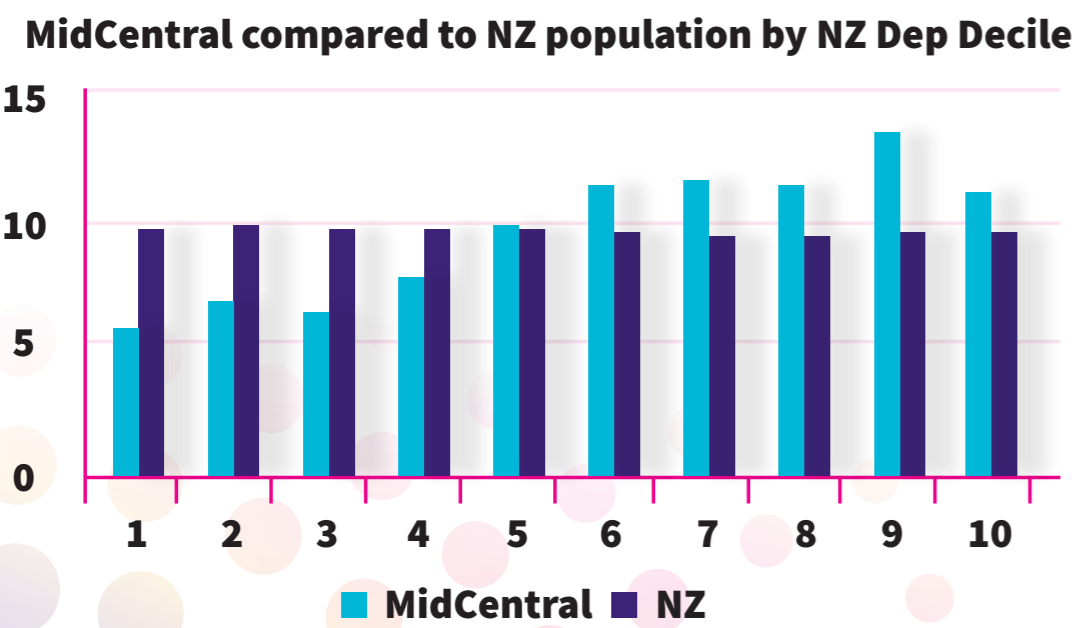


Table 1 – Ethnicity breakdown 2016

	MidCentral	NZ
Māori	17.4%	14.1%
Pasifika	3.5%	6.6%
Asian	5.8%	8.8%
Other	77.9%	75.4%

Table 1 compares MidCentral DHB population ethnicities with the NZ population using percentages e.g. 19.3% of the MidCentral DHB total population is Māori compared to 15.5% of the total New Zealand population identifying as Māori.

Table 2 – Total population 2016

	MidCentral	NZ
Children, adolescents and youth 24 years and under	34.43%	33.71%
Adults between 25 and 64 years	48.11%	51.2%
Older adults over 65 years	17.48%	15.09%

Table 2 compares proportions of the MidCentral population located within the three service age bands (Infant Child Adolescent & Youth; Adults; Older Persons) with those in the NZ population.

Table 3 – Māori population 2016

	MidCentral	NZ
Children, adolescents and youth 24 years & under	53.35%	51.24%
Adults between 25 and 64 years	40.94%	42.74%
Older adults over 65 years	5.8%	6.03%

Table 3 compares proportions of the MidCentral Māori population within the three main service age bands with those in the NZ population.

MidCentral DHB’s population along with that of all New Zealand has been ageing over time, with increasing proportions of older people and declining proportions of younger people and children. This is a long-standing trend.

The percentage of our population of other non-European, non-Māori ethnicities is lower than New Zealand overall.

Māori and Pacific populations have younger age balances than non-Māori, non-Pacific ethnicities. They have higher percentages of children and young people. This means they have higher need for health and social services associated with children and young people.

MidCentral DHB’s regular smoking proportion is slightly higher than New Zealand’s but shows a similar decline in this population from the 2006 census as that of the population overall.

Over the next ten years (2016-2026) our population profile is projected to change dramatically. The projected changes are useful pointers to how, what, where, why and when services may need to change to match with the needs of the changing population.

Table 4 describes the projected change between 2016 and 2026 for each of the ethnic groupings as a percentage of the total population, within the three service age bands.

“Other” is the largest ethnic grouping and includes those identifying as NZ European.

By 2026 the volume of people within the “Other” category eligible to access Older Adult mental health and addiction services is projected to have grown by 6,790, those eligible for Adult services reduced by 4,420, and within the Children, Adolescents and Youth age range it will have reduced by 3,050.

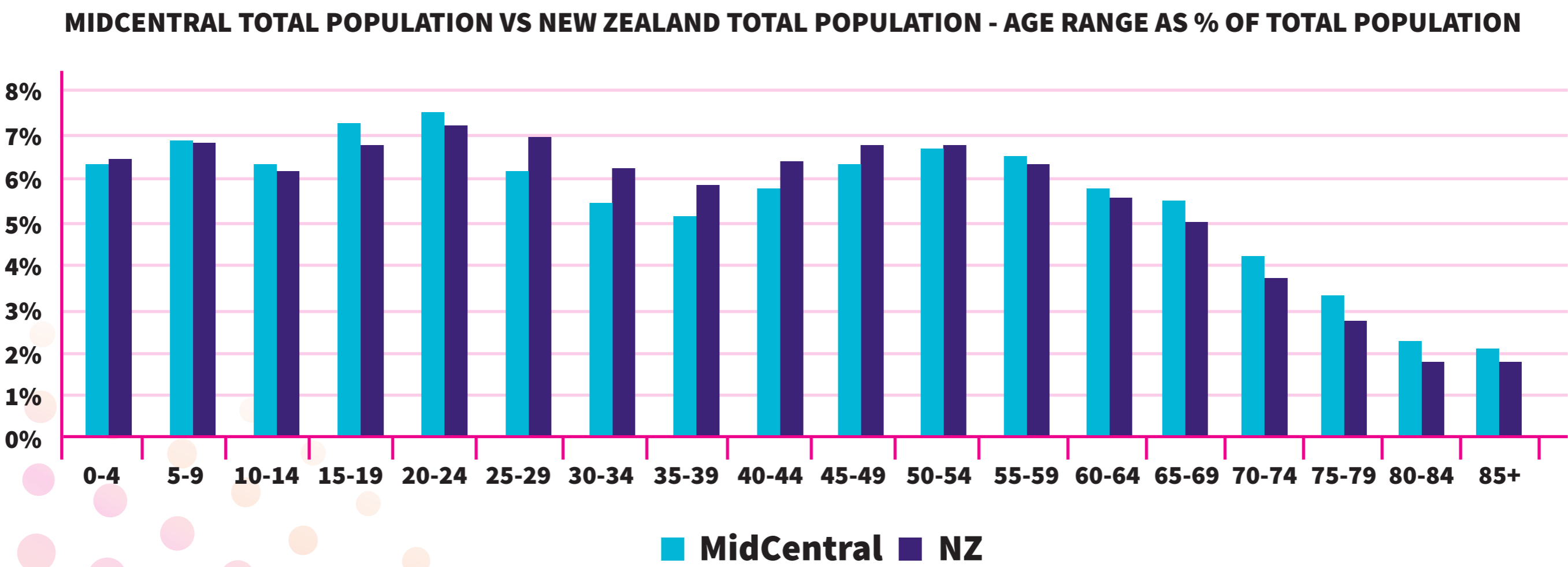
Information on the prevalence rates for mental disorders within the different age groups will further assist in planning services to be matching where changes to the burden of need are occurring.

Table 4 – Relative changes by service age bands

	Māori	Pasifika	Asian	Other
Children, adolescents and youth 24 years and under	-0.56	0.20	2.78	-2.45
Adults between 25 and 64 years	0.67	0.36	3.53	-3.81
Older adults over 65 years	0.68	0.14	0.55	3.21
Other	77.9%	75.4%		

MidCentral total population by age range

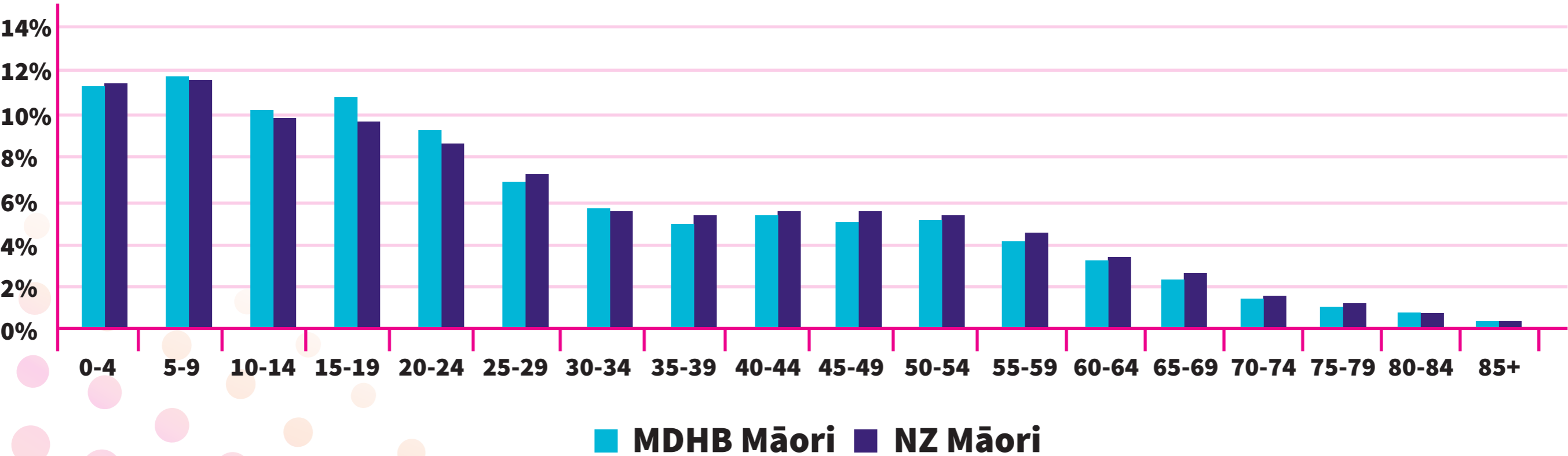
Age Range	0-4	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
Number	10,990	11,880	10,960	12,500	12,780	10,670	9,430	8,950	10,020	10,820	11,500	11,280	9,940	9,480	7,280	5,770	3,870	3,610



MidCentral Māori population by age range

Age Range	0-4	5-9	10-14	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
Number	3,770	3,910	3,350	3,530	3,100	2,230	1,910	1,660	1,830	1,720	1,740	1,380	1,080	770	510	340	190	110

MIDCENTRAL MĀORI POPULATION VS NEW ZEALAND MĀORI POPULATION- AGE RANGE AS % OF TOTAL MĀORI POPULATION



Mental Health & Addictions Service Planning Matrix

The Planning Matrix for Mental Health and Addictions is a planning tool which illustrates, in one diagram, the breadth of services available and how they link to their targeted populations from intersectoral services through to regionally provided tertiary care.

It also illustrates clinical pathways and the range of interventions available. The top row represents a continuum of service provision across sectoral boundaries, and the left hand column represents a continuum of need across all age ranges in a population health based model.

Intersectoral agencies provide a wide range of social services to the entire population including housing, education and income support.

Primary Sector health care is delivered to the majority of the population who will receive their health care, including mental health care, from General Practitioners and Brief Intervention Services.

For the three percent of the population who need specialist support for a mental health problem or illness, the Secondary and Tertiary health care sectors provide them with a broad range of specialist mental health and addiction services.



	Government & Councils	Intersectorial Agencies	Primary Sector		Secondary Sector				Tertiary Sector
			Health Promotion & Education	Primary Mental Health	Emergency/Crisis	Accommodation / Residential	Community Services	Acute Inpatient	Regional Specialist
Children, Adolescents & Youth 0-18 years Pop. 42,252	Housing and Community Development	Oranga Tamariki Open Home Foundation Education Justice, Corrections, NZ Police Barnados	Primary Care Prevention / Postvention Education Public Health	GP & Primary MH Practitioners Social Services Community Agencies Healthline	Acute Care Team	MASH Trust Planned Respite	Child Adolescent & Family Services Oranga Hinengaro Māori MH NGO's Early Intervention Psychosis Mobile Support and Emergency POC - MASH	Younger than 18 years Central Regions provider Rangatahi Unit Porirua Adolescent Inpatient Unit	Eating Disorders Alcohol & Drug Regional Detox. & Residential Adolescent Inpatient Unit
Target Pop.	All	All	3.8% pop = approx 1,605						
Adults 19-64 years Pop. 93,423	Housing and Community Development	Work & Income NZ, MSD Housing NZ Justice, Corrections, Police Migrant & Refugee agencies PNCC	PHO Prevention / Postvention Public Health	GP & Primary MH Practitioners Community Agencies Healthline Social Services	Acute Care Team DALCAM Crisis Respite	MASH Trust Planned Respite Housing and Recovery Packages of Care Co-existing Disorders Residential DALCAM Residential	Community Mental Health Localities Addiction Services (AOD) Intense Rehabilitation Team Needs Assessment NGO's Maternal Mental Health	Ward 21	Eating Disorders Alcohol & Drug Regional Detox. & Residential Medium Secure Forensic Inpatient
Target Pop.	All	All	3.8% pop = approx 3,550						
Older Person 65+ Pop. 26,886	Housing and Community Development	Work & Income NZ MSD Housing NZ Justice, Corrections, NZ Police Migrant & Refugee agencies	PHO Prevention / Postvention	GP & Primary MH Practitioners Social Services Community Agencies Healthline	Acute Care Team DALCAM Crisis Respite	Elder Health Housing NZ MSD PNCC Yaxley	Community Mental Health Addiction Services (AOD) Needs Assessment & Service Co-ordination NGO's Health of Older Person	Star 1	Alcohol & Drug Regional Detox. & Residential Medium Regional Psycho-Geriatric services
Target Pop.	All	All	3.5% pop = approx 1,021						

MidCentral providers continuum



Intersectoral Agencies

- Housing and Community development - Council
- Ministry of Social Development, Work & Income NZ
- Oranga Tamariki
- Youth Justice
- Probation
- Strengthening Families
- Ministry of Education/Schools/Tertiary Institutes
- Corrections
- NZ Police
- Housing New Zealand, Ministry of Social Development
- Palmerston North City Council
- Social Agencies e.g. Open Home Foundation, Barnados, Across Social Services, Manchester House, Salvation Army, Methodist Social Services, Agape etc.

Mental health & addiction promotion, education, public health services

- Public Health
- Best Care Whakapai Charitable Trust

Primary mental health & addictions services

- Central PHO Mental Health & Addiction Team 'Te Ara Rau'
- Youth One Stop Shop – YOSS

Adult Services - Mental Health & Addiction

- Acute Care Team – MCH Phone 0800 653 357
- Acute Inpatient Unit – MCH
- Community Mental Health Localities – MCH
- Māori, Pasifika Consult Liaison - MCH
- Dialect Behaviour Therapy
- Crisis Respite – DALCAM Trust
- Crisis Respite – MASH Trust
- Housing and Recovery – MASH Trust
- Housing and Recovery – DALCAM Trust
- Employment & Education
- Needs Assessment and Coordination – MCH

SUPPORT – Across Social Services, Best Care Whakapai Hauora, Mana o Te Tangata Trust, MASH Trust, Manawatu Supporting Families, Central PHO, YOSS (up to 24 yrs) Rangitane o Tamaki Nui Rua, Te Ara Whānau Ora, Whānau Ora Raukawa, Whaioro Trust

- Alcohol and Other Drugs – MCH
- Co-existing Disorders Residential
- Medical Detoxification and Residential Detoxification
- Problem Gambling – Problem Gambling Foundation of NZ

MidCentral providers continuum



Infant, child, adolescent and youth services

Mental health - children

- Child Adolescent and Family (CAFS)– MidCentral Health (MCH)
- Crisis Respite – MASH Trust – Te Matai House
- SUPPORT – YOSS, Life to the Max, MASH Trust, Mana o Te Tangata Trust, Across te Kotahitanga O te Wairua, Best Care Whakapai Hauora, Big Brother Big Sister, Central PHO, Highbury Whānau Centre, Manawatu Supporting Families, Rangitane o Tamaki Nui a Rua, Whaioro Trust, Life to the Max

Addiction - children

- SUPPORT – Central PHO, Te Waireka, Best Care Whakapai Hauora, Central PHO, Rangitane o Tamaki Nui a Rua, Whaioro Trust, Mana o te Tangata Trust, YOSS, Te Wakahuia Manawatu Trust

Specialist

- Acute Inpatient Porirua, Youth Forensics, ID/MH – Capital and Coast DHB (CCDHB)
- Eating Disorders, Conduct Disorders, Perinatal MH, Kaupapa Māori, Early Intervention/ First Time Psychosis – MCH
- Community Mental Health & Addictions

Specialist adults

- Intensive Rehabilitation and Treatment (ITRS), Regional Eating Disorders; Regional Personality Disorder Specialist, Regional Medical Detoxification, Salvation Army Bridge Programme, Spring Hill, Nova Trust, Nova Star, Odyssey House
- Forensic Psychiatry – Capital & Coast DHB
- Ward 21
- Community mental health – Horowhenua, Palmerston North, Feilding, Tararua.

Adult Services - Mental Health & Addiction

- Day Activity Centres
- Rehabilitation
- Education & Employment

- Crisis Respite – DALCAM Trust
- Crisis Respite – MASH Trust

Older persons services

Mental health

- Acute Inpatient Star 1 – MCH
- Community Mental Health Teams – MCH
- Service Co-ordination / Needs Assessments
- Regional Psycho geriatric
- Support
- Age Concern, Grey Power, Alzheimer's New Zealand, Enable NZ

Intersectoral agencies

The diagram gives an example of the sort of intersectoral services that are available and their populations of interest. Below are some of the services they deliver that support the Mental Health and Addictions Sector.

Intersectoral agencies play an important part in supporting the mental health and addictions sector. While they are not specialist providers of services, their clients are often made up of mental health and/or addiction service users and their families/ Whānau.

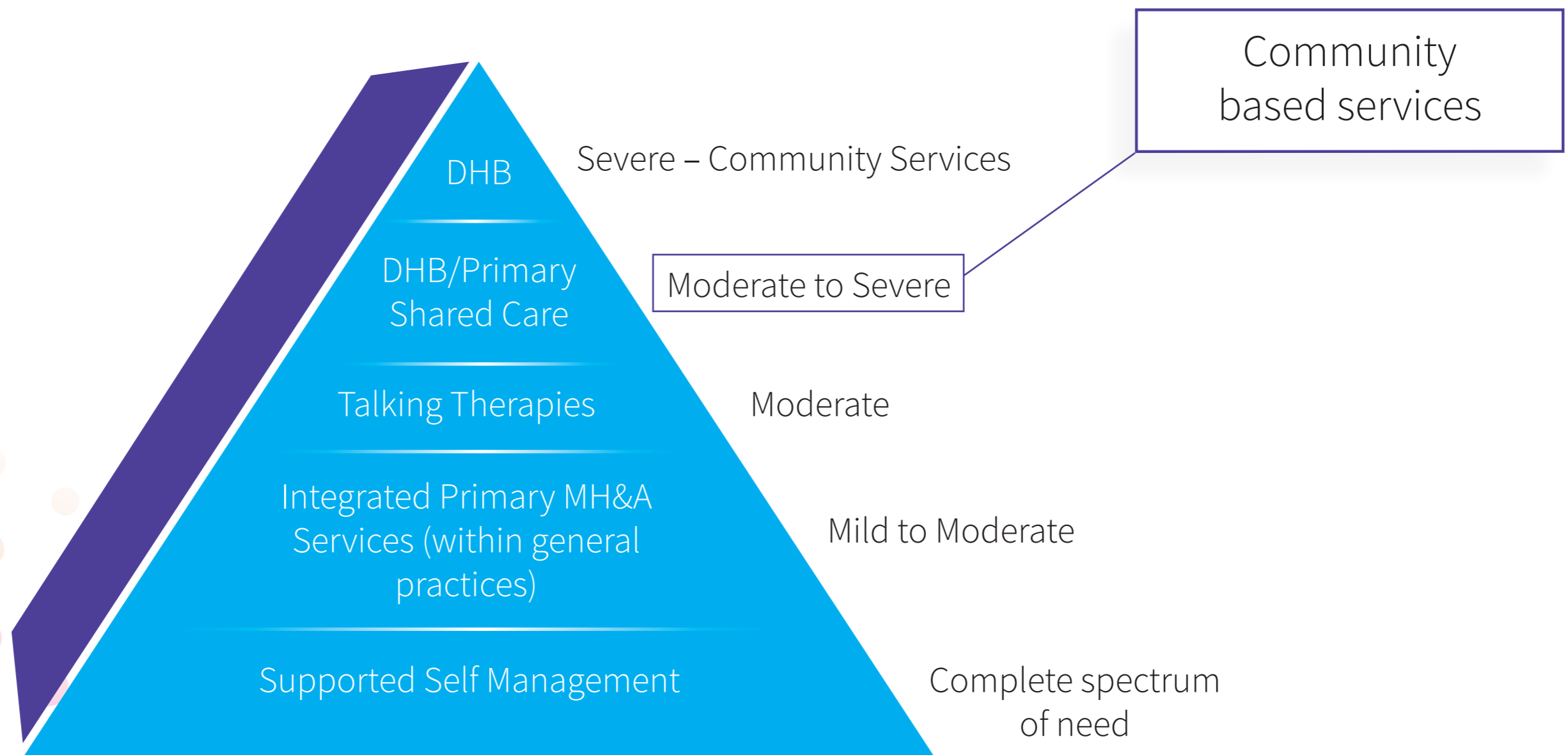
Service users and their families often come into contact with many of these organisations out of necessity and sometimes desperation. Intersectoral groups provide invaluable support to the mental health and addictions sector in their statutory roles and also as a provider of support and advocacy services.



Oranga Tamariki Contracted to provide support services to children and young people with high and complex needs.	Group Special Education (GSE) Contracted to provide assessment and early intervention services to children and young people and post-vention support to schools.	Work and Income NZ Provides income and employment services including in-work support and services to invalid and sickness beneficiaries.	Education Sector Secondary schools and Tertiary Providers provide counselling services to students. The Ministry of Education delivers mental health wellness training to teachers from decile 1 schools.	Housing New Zealand Contracted to provide community group housing to NGOs delivering Mental Health Services and support to clients with health and disability needs.	Police/Corrections Contracted to provide services including victim support, prison inmate counselling, addictions treatment, social work services, 'at-risk' units and suicide and self-harm prevention.
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Mental health and addiction services provide treatment and recovery for individuals experiencing mental illness or addiction issues. Mental health and addiction services also include support for families/whānau and increase society's awareness of the importance of mental health and well being. Services are delivered across the continuum of care, both regionally and locally. While some individuals are able to lead relatively healthy lives and manage their mental illness, others must rely on full time care within specially designed residential programmes that provide 24 hour, seven days a week services.

Level of mental health or addiction need among population served



Primary Health Organisation (PHO) Care Services

Primary sector health care is normally the first contact an individual has with a health professional, for example a visit to/from a doctor or nurse. It is professional health care in the community where people reside and work. Our key roles are to:

- **Develop Primary Healthcare capacity and capability in the MidCentral District**
- **Support the delivery of high quality Primary Healthcare through our contracted General Practices**
- **Work with local communities and enrolled populations**
- **Identify and remove health inequalities**
- **Offer access to comprehensive services to improve, maintain and restore people’s health**
- **Co-ordinate care across service areas**
- **Continuously improve quality using good information**

The PHO has contracts with health professionals and organisations in the community, such as General Practitioners and the wider GP teams to help deliver quality health services to you.

Primary Health Organisation (PHO)

MidCentral has one PHO delivering Primary Health Care services to a total enrolled **population of 162,564**. The PHO is primarily a grouping of General and Nurse Practitioners. Number of General Practitioners/Doctors: 126

Palmerston North: 22 practices, Feilding: 1, Levin: 5, Foxton: 1, Otaki: 1, Dannevirke: 2 & Pahiatua: 1.



MidCentral DHB-PHO Primary Solutions - Mental Health & Addictions ‘Te Ara Rau’

The MidCentral DHB-PHO Mental Health & Addictions Brief Intervention Service is available to GP patients with a mild to moderate mental health & addiction issue. Referrals are received from GPs, NGO’s & the social sector and the service is free. The service offers access to the Brief Intervention Team with up to six sessions of support, assessment, treatment or referral to appropriate agencies. The service includes: Strengths Assessment, Goal Setting, Cognitive Behavioural Therapy, Psychosocial Interventions, Crisis Resolution, Stress/Anxiety management, Education around illness and illness prevention for patients and/or family/whānau members and problem solving skills. Brief Intervention, counselling, extended consultations, packages of care & group therapy. Age range is 10-24 years mild – moderate. Adults 18+ Community Service Card, Low Income & Māori or Pasifika.

PHO FTE. staff 5.8	Number clients p/a 1200	Office(s) Otaki, Levin, Palmerston North, Pahiatua and Dannevirke	Close links with: GP’s, MidCentral DHB Mental Health & Addiction Services, NGOs
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Mental Health & Addictions Promotion & Education

Mental health promotion is a population based model that targets at-risk groups and the wider community. It attempts to influence and make positive change to the social, economic, cultural, political and physical environments that affect people’s mental health & addictions. Public Health is a specialised area of health that addresses the health and well-being of a population. Services are aimed at improving, promoting or protecting health, and/or preventing population-wide disease, disability or injury. Public health includes health promotion services, health protection and regulatory services, plus population-based disease prevention strategies such as the breast screening and cervical screening programmes.

Public health services are commonly clustered around the following activities: **Public Health promotion services, Public Health protection and regulatory services, Prevention and early detection services.** Health promotion is a population based model that works collaboratively to influence factors that affect people’s mental health and well being.

Public Health Service

The Public health Service works with populations and communities rather than individuals. We are committed to helping build strong communities, promoting individual resilience, reducing inequities, promoting social justice and showing respect for culture, and personal dignity. We advocate for policies to improve and maintain well being and the social determinants of health. A core health promotion principle is to enable people to increase control over, and improve their own health

Public Health offers:

- **Support to groups and agencies in the community to promote mental wellness**
- **Workshops and trainings for professionals**
- **Information and resources to the public on mental health , alcohol and drug harm reduction and wellbeing**
- **Support for workplaces to improve and maintain staff wellness**
- **Advocacy for organisational polices that support well being and improve the social determinants of health**

Contracted FTE staff
2

Number clients p/a
Promotion contract

Office(s)
Palmerston North. Services provided
across the region

Close links with:
MidCentral DHB, PHO, Governmental
organisations, NGOs



Best Care Whakapai Hauora Trust/Kia Piki Te Kaha Suicide Prevention

Best Care Whakapai is a district-wide provider who is contracted to deliver the Kia Piki Te Ora all age suicide prevention programme. The programme supports the New Zealand Suicide Prevention Strategy 2017-2020 and involves the delivery of community development projects and initiatives that focus on health promotion and suicide prevention. Best Care Whakapai provides suicide prevention coordination, our kaupapa is to provide tikanga based mental health and addiction services in a learning back to wellbeing environment within the Te Whare Tapa Wha model.

Other Services include: Sexual & reproductive health, whānau ora, Māori disability support services, reducing inequalities, outreach nursing service, Tamariki Ora – well child, iwi cancer control co-ordinator, Koroua and Kuia support services, kaupapa Māori community clinical support (non-clinical), community child, adolescent & youth services for co-existing problems (non-clinical), kaupapa Māori community clinical support, Kai Taipoto coordinator, chair & deputy chair funding (Manawhenua Hauora) lower north youth justice facility-Te Aurereate Tonga.

Contracted FTE staff
1.3

Number clients p/a
N/A awareness

Office(s)
Palmerston North. Services provided
across the region

Close links with:
MidCentral DHB, Public Health, PHO,
NGOs & community agencies



Mental Health & Addictions Child, Adolescent and Family Services

Child, adolescent and family services are traditionally delivered to young people aged 0-18 years of age. No service is delivered to a young person in isolation and families/whānau and carers are always included in the process of diagnosis, treatment and recovery planning. In MidCentral the MidCentral DHB provider arm is the main provider of secondary specialist services to this age group. Their service consists of a multi-disciplinary team delivering from three sites across the district and also includes outreach services to: **Dannevirke/Tararua, Horowhenua/Levin, Feilding.**

The MidCentral DHB contracts additional specialist services from a number of community based providers. These providers deliver a range of programmes and services from different locations and to specific at-risk individuals, families/whānau and communities. Many young people, who experience periods of mental un-wellness, also misuse alcohol and drugs. This is sometimes as an outcome of the mental illness/problem or can be one of the contributing factors.

Community based providers deliver specialised alcohol and drug services to young people. These services are available to any young person in the MidCentral district. Some of the most at-risk include adolescents, Māori, and young people who experience difficulties at school or at home.

Primary Health Care Services

Primary Health Care Services are typically the first and the most frequent point of contact the public has with the health service. These services are available in the community and are delivered in a variety of settings including schools, workplaces, community, pharmacies, general practice surgeries, on marae and in people’s own homes. Primary health care services are usually accessed by self-referral. A range of health professionals provide primary health care services.

- **Children under 13 years: free at all practices.**
- **Children over 13 years: DHB subsidy of \$20 per visit if parent/caregiver holds a Community Services Card, consumer pays remainder.**
- **Adults (18 years and over): DHB subsidy on visits visit if the person holds a Community Services card or a High User Health Card, consumer pays remainder.**
- **Practice Nurse Services: variable.**

Community cardiologist & technician, diabetes services including retinal screening, primary mental health services (shared care and primary mental health initiatives), palliative care community services, mobile nursing service, priority primary healthcare programme (Kere Kere), sexual & reproductive health services, youth justice facility health services, youth medical health services, community referred radiology, Pasifika maternal and child services, Zoledronic acid administration, Horowhenua IFHC, and after hours service as well as free for under 13s.

Child Adolescent & Family (CAF) Mental Health and Coexisting Disorder

The MidCentral DHB Mental Health CAF service is district-wide and delivers services to young people and their families aged 0-18. The service is delivered by multi-disciplinary teams in Palmerston North and Horowhenua. Specialist staff also travel to outreach clinics in Feilding, Dannevirke & Otaki. The service also provides educational support and resources. Referral to the service is via General Practitioners, paediatricians, schools, self, community agencies or Plunket. CAFs works with young people with serious mental health difficulties. Mild – Moderate is dealt with in the community. This service consists of:

- **Key worker**
 - **Occupational Therapists**
 - **Nurses**
 - **Psychotherapist**
 - **Child and Family Therapists**
- **Kai Awhina**
 - **Psychiatrists**
 - **Social Workers**
 - **Paediatricians**
 - **Psychologists**

Youth inpatient unit refer to Regional Specialist Services: Rangatahi Unit, Porirua.

No.FTE.	Number clients p/a	Office(s)	Close links with:
22.14	1617	Palmerston North & Horowhenua	YOSS, CPHO, MDHB Mental Health & Addictions Services, Manawatu Supporting Families, NGOs & schools

CAFS also supports families as a part of its role working with children and young people. Families/whānau and care givers are encouraged to be involved in most aspects of the care and treatment of their children. **Acute Care Service 24 hours a day, 7 days a week. Phone 0800 653 357**

Mental Health & Addictions Child, Adolescent and Family Services

elmpact – Early Intervention Management of Psychosis-Assertive Community Treatment

Specialist assessment and treatment for young people 14-25 years with an identified or suspected psychotic disorder. We aim to reduce the disruption to people’s lives by providing early intervention, community support and education about psychosis to individuals, families/whānau. We also provide consultation, liaison and education about the experience of psychosis to other services in the community. We link in with other community services such as; social, education and work-related support services. We also liaise with Māori mental health, alcohol and drugs and all other related services.

No.FTE. Staff 3.89	Number clients p/a 67	Office(s) Palmerston North	Close links with: CAFS, Oranga Tamariki, Manawatu Supporting Families, Police, NGOs, schools & Central PHO
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ACROSS – te Kotahitanga O te Wairua

Primary Care Triple ‘P’ Positive Parenting

ACROSS te Kotahitanga O te Wairua, is a social service provider which focuses predominantly on work with children and families. Its vision and mission statement clearly reflects its Christian tradition. Triple ‘P’ Positive Parenting Program suggests simple routines and small changes that can make a big difference to your family. It helps you understand the way your family works and uses the things you already say, think, feel and do in new ways that: create a stable, supportive and harmonious family, encourage behaviour you like, deal positively, consistently and decisively with problem behaviour, build positive relationships with your children & plan ahead to avoid or manage potentially difficult situations. Take care of yourself as a parent.

No.FTE. N/A	Number clients p/a Programmes	Office(s) Palmerston North	Close links with: MDHB, CAFS, Oranga Tamariki, NGOs, schools & Central PHO, Home based group parenting programmes counselling, suicide bereavement support group, Post-natal depression programme, Anxiety group for children 8-12
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Mental Health & Addictions Child, Adolescent and Family Services

Best Care (Whakapai Hauora) Charitable Trust

Provides Kaupapa Iwi Services, Community Clinical Support, Community Child, Adolescent and Youth services for co-existing problems. Whakapai Hauora also delivers:

- **Whānau services – GP and nursing services, social service counselling and social work support, whānau ora navigation services, cancer coordination services, Pou Hakinakina services, Te Ohu Auahi Mutunga smoking cessation services, Kāumatua services, Tamariki Ora nurse, mobile primary health care nurse (Foxton, Foxton Beach & Shannon) problem gambling & awareness, Māori disability services, educational courses with UCOL.**
- **Public Health Services –nutrition and physical activity services (including marae schools programmes, breast screening health promotion and support to screening, suicide intervention coordination service and suicide health promotion).**

Whakapai Hauora sits under the umbrella of Rangitane o Manawatu and operates in Palmerston North, the wider Manawatu, parts of the Horowhenua and Rangitikei areas. On site is also located Te Hotu Manawa o Rangitane o Manawatu Marae, Kia Ora FM 89.9 (through which weekly health shows are broadcast), Te Ao Turoa Environmental Centre, Tanenuiarangi Manawatu Incorporated and Rangitane Māori Women’s Welfare League. Whakapai Hauora Services are available to all ages and cultural ethnicities. They will visit any other community venue where whānau feel comfortable and safe.

No.FTE. Over 37	Number clients p/a Varies	Office(s) Palmerston North or visits in the community, marae, your home	Close links with: Te Ohu Auahi Mutunga, Te Tihi o Ruahine Whānau Ora Alliance Charitable Trust, Central PHO, Iwi and Māori Providers, MDHB, CAFS, Oranga Tamariki, NGOs, schools, Police, BreastScreen Coast to Coast, education, MSD, probation, Corrections etc.
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Big Brother Big Sister

Big Brother Big Sister is a mental health mentoring programme for children in schools. Our vision is that ‘all young people achieve their potential in life’. The community-based programme takes children from 7 years and most are matched from 7-13 years. Once matched, young people can remain in the programme until they turn 18 years old. In our school-based programmes children may be accepted from 6 years.

No.FTE. Programme	Number clients p/a N/A	Office(s) Palmerston North	Close links with: MDHB, Police, Oranga Tamariki, NGOs, schools & Central PHO
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Central PHO

Central PHO offers service for mild – moderate ages 10-24 years. Priority is for low income, Māori & Pasifika. We offer extended GP or nurse consultations, brief intervention, individual packages of care – counselling and group therapy. Under 20 don’t need to be enrolled. Over 20 need to be enrolled in the service. Other services include: education and training courses, GP referral & fee for service.

No.FTE. 5.8	Number clients p/a tbc	Office(s) Palmerston North, Levin & Dannevirke	Close links with: MDHB, CAFS, Oranga Tamariki, NGOs, schools, Police
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Mental Health & Addictions Child, Adolescent and Family Services

Mana o te Tangata Trust

Delivers a range of peer support to young people aged 10+ affected by mental health and/or addictions. In school resilience programmes available. We offer peer support to individuals and parent/ family whānau. Young people are eligible for this service via self-referral, family, schools, GPs, Government Departments, community agencies & CAFs. See our webpage for referrals: www.manaotetangatatrust.org.nz Other services include: activity based recovery support service adult (non-clinical), AoD services for community based offenders, living skills and adult peer support including a cultural kaupapa Māori peer support.

No.FTE. 1	Number clients p/a tba	Office(s) Palmerston North	Close links with: MDHB, CAFS, Oranga Tamariki, NGOs, schools & Police
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Manawatu Supporting Families (MNSF)

Manawatu Supporting Families provides resiliency based programmes for children who live with parents in the presence of mental illness. MNSF also provides therapeutic programmes for those with depression & anxiety. We offer family/whānau support for children & young people affected by mental health and addictions. Other services include: for adults: consumer & family advisory & peer support. Activity based service day programme. MNSF employs family/whānau workers & peer support workers. Self-referrals accepted.

No.FTE. Unfunded	Number clients p/a programmes	Office(s) Palmerston North, Levin & Dannevirke	Close links with: MDHB, CAFS, MVCOT, NGOs, schools & Police
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MASH Trust – Te Mati House & Tararua AOD Youth Services

Child Adolescent and Youth Crisis Respite provides a range of crisis respite options for young people in crisis requiring an alternative to inpatient setting with short term care in supervised accommodation in an age appropriate environment. Referrals can be made by health providers that have a clinician working with and on behalf of the young person and family. Tararua Health Group contracted services to support young people with AoD challenges and how they operate and function with a particular focus around schools, and a focus on Tararua College. Referrals can be made by self or school staff.

Other services include: planned adult respite, adult community support services (non-clinical) medication management, activity based recovery support service (non-clinical), LUCK venue, housing and recovery services daytime/ awake night support, housing and recovery services daytime/responsive night support, supportive landlord service, co-existing disorders with accommodation, alcohol and other drug community support service (nursing, non-clinical and allied health), alcohol and other drug day treatment day programme (nursing and allied health staff), mental health flexi fund.

No.FTE. .6	Number clients p/a 6 beds (2,190 bed nights p.a.)	Office(s) Palmerston North	Close links with: MDHB, CAFS, PHO, NGOs, Self, Tararua College, Police & other youth providers & other health providers
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Mental Health & Addictions Child, Adolescent and Family Services

Raukawa Whānau Ora

Activity based recovery support service (non-clinical). We provide group activities to promote socialisation and education for individuals 17+ years who have either a mental health diagnosis or suspected diagnosis. The service delivery utilises a kaupapa Māori framework for anyone who wishes to utilise the service within the area of Manawatu, Bulls, Palmerston North, Horowhenua & Otaki. Transport is provided for this service. Raukawa Whānau Ora also provides: Whānau/Tamariki Ora Well Child services including immunization, mother & pepe support, car seat rentals & layby scheme, adult mental health, alcohol & drug support, Toitu Te Ora alcohol & drug support (community probations), children, adolescent & family support, cervical screening, disease state management, disability support services, cancer control coordinated service, community based respiratory service & Te Ohu Auahi Mutunga (smoking cessation). In addition, we have other internal sectors: Whānau Ora navigators, social services (Toira Whānau), Family Start (Hikinga Manawa); Tikanga Ririki & Puna Kohangahanga.

No.FTE. 1	Number clients p/a 30 Plus	Office(s) Levin & Feilding	Close links with: MDHB, NGOs, children’s teams, Police and community agencies
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Te Wakahuia Manawatu Trust

Provides holistic support for rangatahi/youth including alcohol & drug health promotion, whānau ora navigators, whānau ora counsellor, violence intervention and prevention co-ordinator. Other services include: whānau care & support service and cancer support. Our aim is to reduce health inequalities for whānau through improved access to community services.

No.FTE. 1	Number clients p/a varies	Office(s) Palmerston North	Close links with: MDHB, CAFS, Oranga Hinengaro, Oranga Tamariki, NGOs, Iwi providers, schools, Police & Tamariki Ora.
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Mental Health & Addictions Child, Adolescent and Family Services

Whaioro Trust

Is a kaupapa Māori mental health and addictions service:

- **AoD early intervention counseling: assisting rangatahi (youth) to overcome alcohol and drug issues**
- **Alternative education for students from Manawatu, Horowhenua and Waiopehu Colleges.**

Referrals can be made direct to this service. Other services include: Vocational supported employment/training (Adult –3 FTE)

No.FTE. 3	Number clients p/a tbc	Office(s) Palmerston North & Levin	Close links with: MDHB, CAFS, Oranga Hinengaro, Oranga Tamariki, NGOs, Iwi providers, schools, Police & Tamariki Ora.
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YOSS – Youth One Stop Shop

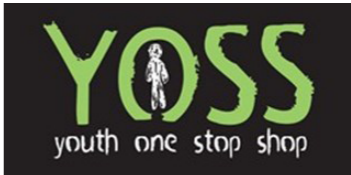
YOSS delivers a range of health and social services to young people aged 10-24 affected by mild mental & addiction health issues in Palmerston North and Horowhenua. This includes an early intervention alcohol and drug service in Palmerston North and a clinical psychology service in Palmerston North and Horowhenua.

- **GP service**
- **Clinical psychologist**
- **Social worker**
- **Registered nurse**
- **Youth workers**
- **Counselling**

Additional services are contracted through Central PHO including a comprehensive youth health service and school based health services and social services that are funded by Ministry of Social Development. Young people are eligible for services via self-referral, or referral from family/whānau, a GP, government departments, community agencies and statutory services. List of service exclusions are available on the website www.yoss.org.nz (generally based on age, residential address, scope and service type).

We are funded another 15 FTE through non-mental health and MSD contracts.

No.FTE. 1.5	Number clients p/a 954	Office(s) Palmerston North & Levin	Close links with: START, secondary schools, Oranga Tamariki, Central PHO, MDHB CAFS, NGOs & Highbury Whānau Centre
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Mental Health & Addictions - Adult Services – MDHB



Adult services are delivered in the MidCentral district mainly to the 18-65+ age group. This group makes up the majority of the client group seen by mental health services in MidCentral district and in recent years has increased in size. A wide range of secondary specialist mental health services and resources are available to adults. The MidCentral DHB provider arm is the main provider of services and also contracts with a number of community based organisations. These providers deliver a diverse range of specialist services across the district from a number of different venues and locations.

Crisis respite

MidCentral Health provides planned and unplanned respite care for mental health or addiction service users. A needs assessment is required by the service co-ordinator or the afterhours the Acute Care Team. MidCentral Health Region - including Palmerston North, Feilding, Ashhurst, Dannevirke, Pahiatua, Levin and also the rural areas of Manawatu, Tararua and Horowhenua. To be effective services are delivered by multi-disciplinary teams providing a wide range of clinical and non-clinical specialties. The goal of mental health services is to provide continuity of care and a seamless transition for consumers and their families between services and on their journey to recovery. 'Providing community services for severe mental health & addictions'.

MidCentral DHB Acute Care Team (ACT)

The MidCentral DHB Mental Health provider arm delivers a diverse range of services across the whole region to adults aged 18-65+ in both community and in-patient settings. The services are delivered by multi-disciplinary teams. The MidCentral Acute Care Team (ACT) provides a 24 hours a day, 7 days a week mental health & addiction crisis intervention service accessed on 0800 653 357. Note afterhours this service takes ALL emergency MH&A calls.

Contracted FTE Staff 15.02	Number clients p/a 2513	Office(s) Palmerston North	Close links with: MidCentral DHB Mental Health & Addictions services, Police, NGOs, GPs & community agencies
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MidCentral DHB Inpatient Mental Health Unit

The MidCentral DHB Inpatient Mental Health Unit consists of a 24 bed unit. 21 acute beds and 3 high needs beds. This multi-disciplinary team provides acute services for those persons requiring treatment in an inpatient setting. The team consists of 53 FTE staff, on site, social workers and occupational therapists.

No. Beds 24	Number clients p/a 747	Office(s) Palmerston North	Close links with: NGOs, Police & MDHB services
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MENTAL HEALTH & ADDICTIONS

Acute Care Team
If you already use our service please contact your key worker in the first instance.

Specialist assessment and treatment for people of all ages experiencing a psychiatric crisis.

TEL: 0800 653 357

Mental Health & Addictions - Adult Services – MDHB



STAR 1 – Older Adult Inpatient Unit

The MidCentral DHB Older Persons Inpatient Mental Health Unit consists of a 15 bed unit. This multi-disciplinary team provides acute services for those persons requiring treatment in an inpatient setting. The team consists of 20 FTE staff. This unit works with first episodes of MH&A.

No. Beds 15	Number clients p/a Approx 146	Office(s) Palmerston North	Close links with: NGOs, Police, MDHB services, Supportlinks & community agencies
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Alcohol & Other Drug Services (AoD)

The Alcohol and Other Drug Service are committed to working in partnership with people whose lives are affected by alcohol and other drugs. The service offers a professional and quality service which aims to reduce alcohol and other drug related harm. Moderate to severe alcohol & other addictions. Age range 18+. They offer assessment, treatment and referral to residential AoD services. Opioid Substitution Treatment programme. (currently 412 clients).

Contracted FTE 20.31	Number clients p/a 1523	Office(s) Palmerston North, Horowhenua & Dannevirke	Close links with: NGOs, Police, MDHB services
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Tararua Community Mental Health Team

This service provides culturally appropriate assessments and treatment for adults from 18 years plus years suffering from a moderate to severe level of mental illness. The Tararua team is a multi-disciplinary team that aims to provide quality recovery focused service. Supportive care/treatment during acute phases of un-wellness, individual therapies and relapse prevention planning. Recovery focused work with individual clinicians. Covering: Dannevirke, Woodville, Pahiatua & outlying rural areas. Multi-disciplinary team consisting of Psychiatrist, Registered Nurses, Social Worker & Psychologist input.

Contracted FTE 8	Number clients p/a 429	Office(s) Dannevirke/Pahiatua	Close links with: NGOs, Police & Community agencies
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**MENTAL HEALTH
& ADDICTIONS**

Acute Care Team
If you already use our service please contact your key worker in the first instance.

Specialist assessment and treatment for people of all ages experiencing a psychiatric crisis.

TEL: 0800 653 357

Mental Health & Addictions - Adult Services – MDHB

Feilding Community Mental Health

This service provides culturally appropriate assessments and treatment for adults from 18 years plus suffering from a moderate to severe level of mental illness. The Feilding team is a multi-disciplinary team that aims to provide quality recovery focused service, medication prescribing and monitoring, supportive care/treatment during acute phases of unwellness, individual therapies and relapse prevention planning. Recovery focused work with individual clinicians. Covering Feilding, Sanson & outlying rural areas. Multi-disciplinary team consisting of Psychiatrist, Registered Nurses, Social Worker, Key Worker & Psychologist input.

Contracted FTE 3.78	Number clients p/a 357	Office(s) Feilding	Close links with: NGOs, Police & Community agencies
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Horowhenua Community Mental Health Team

This service provides culturally appropriate assessments and treatment for adults from 18 years plus, suffering from a moderate to severe level of mental illness and addictions. The Horowhenua team is a multi-disciplinary team that aims to provide a free, quality, recovery focused service. Supportive care during acutely unwell period, medication prescribing and monitoring, individual therapy e.g. Dialect Behaviour Therapy (DBT), Cognitive Behaviour Therapy (CBT), relapse prevention planning, recovery focused work with the individual Covering: Otaki, Foxton, Shannon & Levin.

Contracted FTE 11.93	Number clients p/a 814	Office(s) Horowhenua & Otaki	Close links with: NGOs, Police & Community agencies
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I.R.T.S – Intensive Rehabilitation Treatment Service

The service provides individualised engagement and treatment options to those with severe and enduring mental health disorders, and for whom generic mental health teams are not in a position to meet the needs. The focus is on collaboration between individual, the team and the community for creative solutions to achieve recovery milestones. Age range 18+ covering all of the MDHB area.

Contracted FTE 4.5	Number clients p/a 56	Office(s) Palmerston North	Close links with: NGOs, Police, MDHB services & Community agencies
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Mental Health & Addictions - Adult Services – MDHB

Consumer & Family Whānau Advisors

The MidCentral DHB Mental Health & Addictions Service employs one full-time adult consumer advisor and one full time family/whānau advisor. Advisors have important internal and external roles. Internally they review and comment on in-house policies, procedures and day-to-day operational issues. Advisors sit on interview panels and are involved in planning and priority setting activities. They also advise on behalf of service users at in-house meetings, forums and hui. Externally, advisors play an important role in liaising with local consumer & family groups and networks - sometimes taking a lead role. They also sit-on and attend district, regional and national forums and committees.

Contracted FTE 2	Number clients p/a varies	Office(s) Palmerston North	Close links with: MDHB Services, NGOs, Police & community agencies
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Older Adult Mental Health

Specialist assessment and treatment of older adults in a supportive and caring environment which focuses on maintaining and strengthening existing skills and abilities. Star 1 ward is for those adults who are experiencing a first presentation of moderate to severe mental distress after the age of 65. We have links with all other mental health services and with the Supportlink assessment team. We also offer an older adult community nursing service providing assessments and follow up after discharge.

Contracted FTE 4.4	Number clients p/a 460	Office(s) Palmerston North & Horowhenua	Close links with: NGOs, Police, MDHB Services, Supportlinks & community agencies
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Mental Health & Addictions - Adult Services – MDHB

Oranga Hinengaro (Māori Mental Health)

Oranga Hinengaro is a culturally designed service for Māori by Māori. We provide assessment, treatment and care to tangata whaiora/consumers of all ages and their whānau. The service is made up of trained medical professionals, including kaumatua, consultant psychiatrist, community psychiatric nurses, social workers and a clinical psychologist. Our clients include family/whānau - disability - Māori - Pacific - youth - general - senior citizens. All ages. This service includes a 1 FTE Pasifika mental health consult liaison role.

Contracted FTE 9.80	Number clients p/a 802	Office(s) Palmerston North & Horowhenua	Close links with: NGOs, Police, MDHB services, Ward 21 & community agencies
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Palmerston North Community Mental Health

This service provides culturally appropriate assessments and treatment for adults from 18 years old suffering from a moderate to severe level of mental illness residing in the Palmerston North region. Supportive care/treatment during acute phases of un-wellness, medication prescribing and monitoring, individual therapy e.g. DBT, CBT, relapse prevention planning. Recovery focused work with individual clinicians. This service includes: Perinatal mental health & eating disorder services.

Contracted FTE 20.50	Number clients p/a 1271	Office(s) Palmerston North	Close links with: NGOs, Police, GPs, community agencies
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Perinatal Mental Health

Covering the whole of the MidCentral region. Maternal Mental Health is a service for expectant mothers or those up to one year following birth who are experiencing difficulties with mental health and/or addictions issues. “Maternal/Perinatal Mental Health’s aim is to support women and family/whānau experiencing such difficulties to return to optimum wellbeing”. Referrals are treated on a case by case basis. Self referrals can be made to this service, along with other providers, eg; LMCs, GP, NGOs, Well Child.

Contracted FTE 2	Number clients p/a 150 referrals 2016	Office(s) Palmerston North	Close links with: NGOs, Police, GPs, Community Agencies, LMCs, Women and Child Health Services
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Mental Health & Addictions - Adult Services – Community Based

Support for families is an important part of mental health & addictions in MidCentral District Health Board. As well as delivering quality services, the primary and secondary sectors have a responsibility to ensure that families/whānau are involved in the planning, development and delivery of mental health services in the district. The MidCentral DHB does this through the employment of a Family/Whānau Advisor and by supporting the activities of other local family led forums and groups. Family representation is also a priority for the MidCentral Mental Health and Addictions Network.

The MidCentral DHB also supports families by contracting with service providers who deliver education, advocacy and support programmes and services to families. The misuse of alcohol and drugs often has a compounding effect on any adult who has a mental illness. This misuse is sometimes an outcome of the mental illness/ problem or can be one of the contributing factors. A wide range of secondary specialist mental health alcohol and drug services and resources are available to adults. The MidCentral DHB’s provider arm is the main provider of alcohol and drug services and also contracts with a number of community based organisations. These providers deliver a diverse range of specialist services across the district from a number of different venues and locations. These services are available to any adult in the district FREE of charge. Give us a call:

ACROSS – te Kotahitanga O te WairuaTeam

Counselling, bereaved by suicide support group, foster care, Incredible Years Parenting, strengthening families & friends for life. ACROSS te Kotahitanga O te Wairua, is a social service provider which focuses predominantly on work with children and families. Its vision and mission statement clearly reflects its Christian tradition. Other services include: Triple ‘P’ Positive Parenting Program.

No. FTE N/A	Number clients p/a Programmes	Office(s) Palmerston North	Close links with: MDHB, CAFS, Oranga Tamariki, NGOs, schools & Central PHO
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Best Care (Whakapai Hauora) Charitable Trust

Provides Kaupapa Iwi services, community clinical support, community child, adolescent and youth services for co-existing problems, suicide intervention coordination service & suicide health promotion. Whakapai Hauora also delivers: Whānau Services – GP and nursing services, social service counselling and social work support, Whānau Ora navigation services, cancer coordination services, Pou Hakinakina services, Te Ohu Auahi Mutunga smoking cessation services, kaumatua services, Tamariki Ora nurse, mobile primary health care nurse (Foxton, Foxton Beach, Shannon) problem gambling counselling & awareness (including outreach clinics in Shannon, Foxton, Levin and Feilding), Māori disability services, educational courses with UCOL.

Public Health Services –nutrition and physical activity services (including marae schools programmes, breast screening health promotion and support to screening. Whakapai Hauora sits under the umbrella of Rangitane o Manawatu and operates in Palmerston North, Manawatu, Horowhenua and Rangitikei areas. On site is also located Te Hotu Manawa o Rangitane o Manawatu Marae, Kia Ora FM 89.9 (through which weekly health shows are broadcast), Te Ao Turoa environmental centre, Tanenuiarangi Manawatu Incorporated and Rangitane Māori Women’s Welfare League. Whakapai Hauora Services are available to all ages and cultural ethnicities. We will visit any other community venue where whānau feel comfortable and safe.



No. FTE Over 37	Number clients p/a Varies	Office(s) Palmerston North or visits in the community, marae or your home	Close links with: Te Ohu Auhai Mutunga, Te Tihi o Ruahine Whānau Ora Alliance Charitable Trust, Central PHO, Iwi and Māori providers, MDHB, CAFS, Oranga Tamariki, NGOs , schools, Police, BreastScreen Coast to Coast, education, MSD, probation, corrections, schools etc.
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Mental Health & Addictions - Adult Services – Community Based

Central PHO

We offer extended GP or nurse consultations, brief intervention, individual packages of care – counselling and group therapy. Under 20 don't need to be enrolled. Over 20 need to be enrolled in the service. Education and training courses, GP referrals & fee for service. Other services include: Central PHO offers service for mild – moderate services for mental health & addictions ages 10-24 years. Priority is for low income, Māori, Pasifika.

No. FTE 3.6	Number clients p/a 900 tbc	Office(s) Palmerston North, Levin & Dannevirke	Close links with: MDHB, CAFS, Oranga Tamariki, NGOs, schools & Police
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Mana o te Tangata Trust

Peer support, activity based recovery, day activity - living skills, vocational & rehabilitation programmes. We provide information, education, programmes, activities and support to all individuals who have mental health & addiction issues. Self-referral or via any agency. See webpage for referral form: www.manaotetangata.org.nz

No. FTE 5	Number clients p/a tba	Office(s) Palmerston North & Levin	Close links with: MDHB, NGOs, Police, community agencies
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Manawatu Supporting Families (MNSF)

Supporting Families (MNSF) provides information, education and support to families/whānau & individuals who have dependants with mental health & addiction issues. They also provide a therapeutic programme for those with depression & anxiety (10 weeks). MNSF also have a therapeutic day activity programme. Family/whānau workers based in three locations.

No. FTE 2.5	Number clients p/a tba	Office(s) Palmerston North, Levin & Dannevirke	Close links with: MDHB, NGOs, Police & community agencies
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Mental Health & Addictions - Adult Services – Community Based

MASH Trust

- **Alcohol and other Drug Community Support service providing interventions based on need, related problems and readiness for change to adults who experience significant life challenges due to their substance use/abuse issues and/or co-existing mental health challenges. Interventions can include support groups, educational groups, one to one support and the Monarch Programme (residential and community based). Referrals can be made direct to this service.**
- **Adult Community Support Services provide flexible community based support services for people with mental health and addiction issues who live independently in their community. Support is person centred and unique to the needs of each person and/or whānau. Whānau/community connection and participation is a key aspect of this service using natural community resources as part of a person’s recovery journey. Activities in this service include, walking groups, coffee group, rugby trips, creative expression, exploring our backyard, sports and much more. People have access to MASH Friendly Landlord Accommodation through this service. Support covers the Palmerston North, Horowhenua, Tararua and Feilding areas. Maternal Mental Health support via the MDHB service co-ordination.**
- **Referrals can be made by self, whānau or GP supported by needs assessment process.**

Other services include: planned adult respite, child adolescent and youth crisis respite, medication management, activity based recovery support service (non-clinical), LUCK venue, housing and recovery services daytime/awake night support, housing and recovery services daytime/responsive night support, supportive landlord service, mental health flexi fund, Tararua youth alcohol and other drug services (Tararua Health Group funded).

No. FTE 11.5	Number clients p/a varies	Office(s) Palmerston North	Close links with: MDHB, CAFS, Oranga Tamariki, NGOs, schools, Police
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Rangitane o Tamaki Nui a Rua – Dannevirke

Offer services for other mental health & addictions, these include: alcohol & other drugs community support (non-clinical), community support for individuals (of any age) and their whānau affected by alcohol & or drugs. Service delivery is mobile to the home, any community venue, clinic base, marae or any venue deemed suitable, utilising kaupapa Māori framework for anyone wishing to utilise the service within the area of Manawatu, Bulls, Palmerston North, Horowhenua & Otaki. (1 FTE) Alcohol and other drug services for community offenders – Tiotu Te Ora (clinical) offering community rehabilitation support for individuals and their whānau affected by substance abuse, providing support in identifying and practising successful life choice. We utilise a Kaupapa Māori framework and the service is delivered in the Horowhenua and Otaki regions. Referrals are directed from Community Probation to a single point of entry. (1 FTE)

Kaupapa Māori adult mental health (non-clinical) support is provided for those 17 years and over who have a suspected issue or mental health diagnosis. Our community support workers work with individuals, whānau (if needed), other health professionals and agencies that are involved in the individual care, to support them to continue living independently in their home or in the community. This contract covers Otaki, Horowhenua, Manawatu, Palmerston North and outskirts (Te rohe o Ngati Raukawa ki te tonga). (4FTE) Raukawa Whānau Ora also provides: Whānau/tamariki ora well child services including immunisation, mother & pepe support, car seat rentals & layby scheme, children, adolescent & family support, cervical screening, disease state management, disability support services, cancer control coordinated service, community based respiratory service & te ohu auahi mutunga (smoking cessation). In addition, we have other internal sectors: Whānau Ora navigators, social services (toira whānau), Family Start (hikinga manawa), Tikanga Ririki & Puna Kohangahanga.

No. FTE 6	Number clients p/a Over 200	Office(s) Dannevirke	Close links with: MDHB, NGOs, Police & community agencies
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Mental Health Adult Services – Accommodation including Crisis Respite and Residential

For mental health consumers who experience a long-term or acute illness, intensive support is often required. Residential and accommodation services provide consumers with short and long-term options for care at different levels of intensity. The MidCentral DHB contracts these services from community based providers. Respite care, which is normally always planned, provides consumers with short-term relief. Those who are more dependent and acute will often receive care in level three or four homes. These services are based in the community and attempt to provide many of the norms and routines that most people are used to.

For those aged over 65, care is often provided by rest homes. These consumers also receive additional support from secondary care specialist services. Needs Assessment, Service co-ordination MHA Phone: 06 350 8035

DALCAM – St Dominics

Dalcam provides residential recovery and respite services to the MidCentral district for those living with mental illness who are 18 and over. Eligibility for residential recovery services, enhanced packages of care, transition housing, and respite requires referral from the MidCentral DHB Mental Health Needs Assessment service or for respite only, a health professional. Supporting people to have a better day, St Dominics Centre is based rurally on the outskirts of Feilding set across 25 acres surrounded by tranquil farmland and includes: The Homestead, Kauri Cottage, The Lodge and the Yaxley Centre. All the facilities are geared to giving people an active, supportive and spacious environment in which to live their lives and reach their full potential. St Dominics Centre has proudly provided supported residential recovery accommodation for people living with mental illness since 1991. The Yaxley Centre was built in 2008 to provide specific semi-secure supported residential environment for the elderly or those with higher needs due to disability or living with mental illness.

We also provide crisis respite, planned respite services and enhanced packages of care services to MidCentral DHB. St Dominics Centre provides a residential option for people with mental illness who are on their pathway to recovery. Support is provided to assist people to grow their confidence, skills, connections, health and wellbeing. In addition to this some people come for regular stays of up to a week to give themselves or those they live with a rest. We have a holistic, therapeutic, community based approach to mental health support and recovery. We take an individualised, tailored approach to caring for our clients and assisting them to recovery. The aim is to support every individual back into the community. We therefore work closely with community-based services to ensure the links and pathways for our clients provide freedom of choice and independence from the outset. Such an approach makes the transition back into the community a natural progression.

- The Homestead: 8 beds and 1 suite
 - St Dominics Lodge: 19 beds and 6 suites (soon to be replaced with 20 single bed apartments and 5 suites)
 - Yaxley Centre: 12 beds (secured environment for the elderly)
 - Kauri Cottage: 4 beds
- 27 beds residential accommodation and recovery services with awake support 24/7
8 beds residential accommodation and recovery services for the older person with awake registered nursing staff 24/7
6 beds crisis respite services (FTE funded)
Enhanced packages of care



No. FTE	Number clients p/a	Office(s)	Close links with:
	49	Feilding	MDHB & Community agencies



Mental Health Adult Services – Accommodation including Crisis Respite and Residential

MASH Trust

Housing and recovery residential services for people who experience significant challenges living independently without support as a result of mental health and/or addiction symptoms. The service provides 24/7 support designed to meet individual needs and reduces their need to utilise more intensive services. 18 beds (6,570 bed nights p.a.) & 16 beds (5,840 bed nights p.a.)

- **Supportive Landlord Services provide recovery focused residential accommodation for people who experience challenges living independently as a result of mental health and/or addiction symptoms. The service is person centred and people are supported to develop strategies that promote Mauri ora (well-being), whānau, community connectedness and participation, how this looks is unique for each person. People are supported each day and have access to 24-hour support as required. 22 beds (8,030 bed nights p.a.)**
- **Recovery Support: short term intensive community support that works in partnership with the treatment team to support a person and/or whānau in times of increased need (examples of this are; first presentation, when early intervention is required to minimise risk or discharge from an acute setting). The support is person/whānau-centred and focuses on connecting people with natural community supports, developing strategies that assist with managing the impacts of mental health and addiction issues and working toward personal and whānau goals.**
- **Medication Support as part of the recovery service supports people's medication compliance as one aspect of the recovery journey. Medication support is short term and can support a person to remain at home or discharge from a hospital setting. All plans are developed with the key-worker and reviewed regularly.**
- **All referrals are via needs assessment, service co-ordination MHA.**

Other services include: adult community support services (non-clinical), medication management, activity based recovery support service (non-clinical), housing & recovery services day time/awake night support, alcohol & other drug community support service (nursing, non-clinical and allied health), alcohol & other drug day treatment programme - nursing & allied health staff, mental health flexi fund (Luck venue drop in centre). Referrals can be made direct to this service.

Number clients p/a

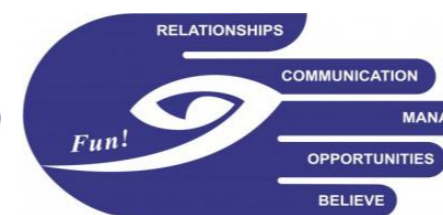
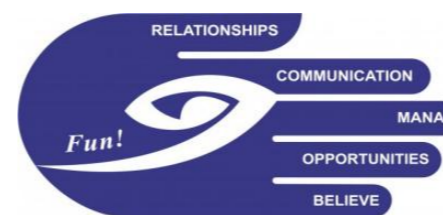
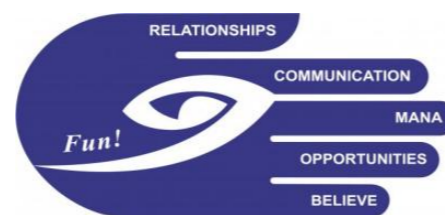
56 total beds

Office(s)

Palmerston North

Close links with:

MDHB, CAFS, Oranga Tamariki, NGOs, schools, Police



Mental Health & Addictions - Adult Services – Consumer Support

It goes without saying that service users are an integral part of the Mental Health and Addictions sector. As well as delivering quality services, the primary and secondary sectors have a responsibility to ensure that service users are involved in the planning, development and delivery of mental health services in the district. The MidCentral DHB does this through the employment of Consumer Advisors and by supporting the activities of other local consumer led forums and groups. Consumer representation is also a priority for the MidCentral Mental Health and Addictions Network. The MidCentral DHB also supports service users by contracting with consumer led providers who deliver education, advocacy and support programmes and services to other consumers and their families/whānau. For more information email: resourcesmhaa@miscentraldhb.govt.nz

Mana o te Tangata Trust

Peer support, Kaupapa Māori peer support and day activity based recovery support (non-clinical). All ethnicities welcome. We also offer education programme activities at both sites. Self-referrals welcome.

No. FTE 3.5	Number clients p/a tbc	Office(s) Palmerston North & Levin	Close links with: MDHB, NGOs, Police and community agencies
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Manawatu Supporting Families

Peer Support, information, education, day activities and support to families & individuals who have dependents with mental health & addiction issues. They also provide therapeutic program for those with depression & anxiety (10 weeks). Self-referrals welcome.

No. FTE 1	Number clients p/a tba	Office(s) Palmerston North	Close links with: MDHB, NGOs, Police & community agencies
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Mental Health & Addictions - Adult Services – Consumer Support

Raukawa Whānau Ora

Activity based recovery (non-clinical) based in Levin & Feilding. All ethnicities welcome. Self-referrals welcome. Other services include: Māori primary health Tamariki Ora –well child services, mobile Māori nursing, disease support services for mothers & pepe, Māori liaison, iwi cancer control coordinator, cervical smear, priority clinics, disability information, liaison and whānau support services, community child, adolescent & youth services for co-existing problems (non-clinical), alcohol & other drug community support service (non-clinical), Kaupapa Māori community clinical support (non-clinical), activity based recovery support service (non-clinical), alcohol and other drug services for community offenders.

No. FTE 1	Number clients p/a	Office(s) Levin & mobile services to Feilding	Close links with: MDHB, NGOs, Police, community agencies
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Whaioro Trust – Rehabilitation

Vocational support work and rehabilitation/employment and educational support. Providing Tangata Whaioro with the tools and opportunities to strengthen themselves to participate and engage in everyday life.

- **One on one advice**
- **Advocacy and support**
- **Job search workshops as part of the ‘Mahi Tu Ora’ programme.**

Other services include: provides rangatahi/young people youth AoD community based.

No. FTE 3.00	Number clients p/a	Office(s) Palmerston North & Levin	Close links with: MDHB, NGOs, WINZ, Prison, Police, Iwi providers and community agencies
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Mental Health & Addictions Adult Services – Activity, Rehabilitation & Education

An important component of any recovery from a period of mental un-wellness is rehabilitation and activity. No two people will experience the same journey to recovery. For some, the journey is made easier by receiving ongoing support in the community. For others, activity and work related programmes facilitate their recuperation and recovery. Activity programmes can, for some, also provide a stepping stone to further educational and employment opportunities. Facilities and programmes are provided in Manawatu by the MidCentral DHB provider arm and community based providers in Levin, Dannevirke & Palmerston North (3 locations). ALL SERVICES ARE FREE.

Mana o te Tangata Trust – Day Activities & Education

Peer support, vocational support, cultural peer support, activity based recovery support, cultural peer support, day activities & living skills. The activities are free to attend and available to all Tangata whaiora identifying with mental health and addiction. The centres provides a safe, supportive environment with an emphasis on strengths, self-determination, wellbeing and recovery. Levin is open from 10.30am – 2.30pm, Monday to Friday, Palmerston North 9.00am – 5.00pm Monday to Friday, please register your interest. Activities include: cooking classes, WRAP plans, in house gym, anxiety support group (Palmerston North), community gym and garden, music room, menz shed workshops & computer suite.

No. FTE 3.5	Number clients p/a	Office(s) Palmerston North & Levin	Close links with: MDHB, NGOs, Police, community agencies & GPs	 Mana o te Tangata Trust
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Manawatu Supporting Families (MNSF) – Day Activities & Education

The activity centre is free to attend and available to all consumers identifying with mental health and addiction. The Centre provides a safe, supportive environment with an emphasis on strengths, self-determination, wellbeing and recovery. Open from 9.00am-4.00pm, Monday to Friday. The activity centre delivers a diverse range of activities and resources to utilise including:

Resources:

- Telephone
- Sewing machine
- Photocopier
- Computer
- Cuttle bug
- Art space
- Laminator

Activities:

- Art lessons
- Scrapbooking
- Card games
- Ezi cooking
- Card making
- Gardening
- Board games
- Shared lunches

Supporting Families (MNSF) provides information, education and support to families & individuals who have dependants with mental health & addiction issues. They also provide a therapeutic program for those with depression & anxiety.

No. FTE 1	Number clients p/a	Office(s) Palmerston North	Close links with: MDHB, NGOs, Police, community agencies	
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Mental Health & Addictions Adult Services – Activity, Rehabilitation & Education

Luck Venue (Love-Aroha, Unity-Kotahitanga, Connection-Whanaungatanga, Knowledge-Matauranga) – Day Activity & Living Skills

LUCK Centre is a recovery service based in the heart of Palmerston North City. LUCK provides a place of whanaungatanga (connection) for people and whānau who experience mental health and addiction issues and for vulnerable members of our community. The whānau ora approach meets the diverse needs of people, inclusive of all ages. There are a range of activities that support people and whānau to engage in fun, healthy and safe experiences that increase opportunities and promote community connectedness and participation. The LUCK Resource Centre provides free resources in an attempt to remove the financial barriers people and whānau often face, resources include, food, furniture, household & personal items & clothing etc. People can self-refer to this service.

Activities include:

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> • Free breakfast Mon-Wed-Fri • Computers/Internet training (free internet access) • Pool table • Table tennis • Kids days • TV/Sound system • Karaoke | <ul style="list-style-type: none"> • Kai kitchen • Healthy low-cost lunches and takeaway meals • Morning & afternoon tea & coffee • Pamper days • Family/whānau fun days • Swimming afternoons • Housie | <ul style="list-style-type: none"> • Rugby trips • Resource Centre – free resources • Free shower/laundry facilities • Community celebrations • Vocational coaching • Friendship • Creative expression |
|---|--|---|

No. FTE .66	Number clients p/a N/A	Office(s) Palmerston North	Close links with: MDHB, PHO, NGOs, Police, other health providers
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Rangitane o Tamaki Nui a Rua – Dannevirke

The activity centre is free to attend and available to all consumers identifying with mental health and addiction. The centre provides a safe, supportive environment with an emphasis on strengths, self-determination, wellbeing and recovery. Open from 9.00am-4.00pm, Monday to Friday. The activity centre delivers a diverse range of activities and provides support and education to enable consumers to be active members in the community. Located at 6 McPhee St (behind the Caltex Station), Dannevirke.

No. FTE 2	Number clients p/a varies	Office(s) Dannevirke	Close links with: MDHB, NGOs, Police & all community agencies
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Mental Health & Addictions Adult Services – Activity, Rehabilitation & Education

Raukawa whānau Ora – Day Activity & Education

Activity based recovery support services (non-clinical): We provide group activities to promote socialisation and education for individuals 17 years and over who have either a mental health diagnosis or a suspected diagnosis. The service delivery utilises a kaupapa Māori Framework for anyone who wishes to utilise the service within the area of Manawatu, Bulls, Palmerston North, Horowhenua and Otaki. Transport provided.

Raukawa Whānau Ora also provides: whānau/tamariki ora well child services including immunisation, mother & pepe support, car seat rentals & layby scheme, children, adolescent & family support, adult mental health, alcohol and drug support, toitu te ora alcohol & drug support (community probations), cervical screening, disease state management, disability support services, cancer control coordinated service, community based respiratory service & te ohu auahi mutunga (smoking cessation). In addition, we have other internal sectors: whānau ora navigators, social services (toira whānau), family start (hikinga manawa), tikanga ririki & puna kohangahanga.

No. FTE 1	Number clients p/a varies	Office(s) Levin	Close links with: MDHB, NGOs, Police and community agencies
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Mental Health & Addictions Adult Services – Employment & Education

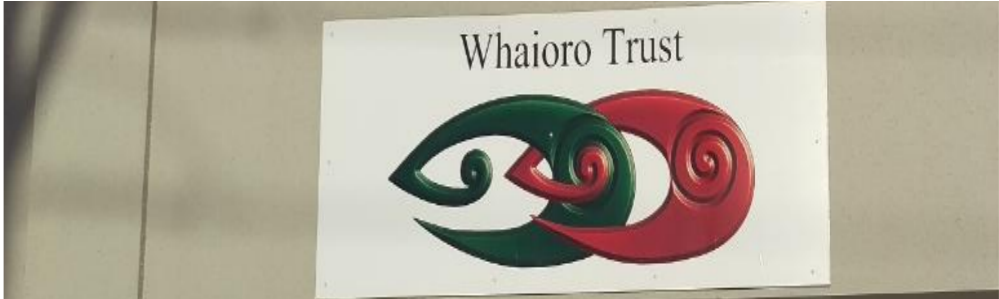
Whaioro Trust – Rehabilitation

Vocational support work and rehabilitation/employment and educational support.

Providing Tangata Whaiora with the tools and opportunities to strengthen themselves to participate and engage in everyday life.

- **One on one advice**
- **Advocacy and support**
- **Job search workshops as part of the ‘Mahi Tu Ora’ programme.**

Other services include: Provides Rangatahi/young people Youth AoD Community-based. Early intervention alcohol and other drug service, initiative targeting at-risk youth. Referrals can be made direct to this service. Early intervention alcohol and other drug service, initiative targeting at risk youth. Referrals can be made direct to this service.



No. FTE 3.00	Number clients p/a	Office(s) Palmerston North & Levin	Close links with: MDHB, NGOs, WINZ, prison, Police, iwi providers and community agencies
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Mental Health & Addictions – Regional Specialist Services

Regional Early Intervention Services (EIS)

Provider	Capital & Coast DHB, 21 Hania Street, Mount Victoria, Wellington, 6011 – Referrals Via MDHB eImpact Team
Local DHB contact	Each local DHB should have a liaison person with in-depth knowledge of the service.
Main target group	Young Adults 13-25 years with a first time psychosis presentation.
Service coverage	All Central Region DHBs and Tairāwhiti DHB (Note: services provided to DHBs vary).
Brief description	<p>The EIS aims include:</p> <ul style="list-style-type: none">• Early detection of young people experiencing psychosis, shortening the course of psychosis and decreasing illness severity – thereby minimising potential complications.• 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.• To improve services for young adults who experience psychosis for the first time.

Regional Personality Disorder Speciality Service

Provider	Capital & Coast DHB – Referral via Community Mental Health Teams
Location	Pipitea House, Level 1, 61-63 Thorndon Quay, PO Box 1729, Thorndon, Wellington 6140
Main target group	All ages
Service coverage	All Central Region DHBs
Brief description	<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. The objectives of the specialist service in the Central Region are to:</p> <ul style="list-style-type: none">• Increase the levels of specialist clinical expertise in community mental health teams and inpatient services across the locality.• Increase community mental health teams' access to specialist advice to improve services for those severely affected by personality disorder.

Mental Health & Addictions – Regional Specialist Services

Regional Rangatahi Adolescent Inpatient Unit – Child and Youth specialist inpatient – No. beds = 730 bed nights

Provider	Capital & Coast DHB - Rangatahi Unit – Referrals via MDHB Child & Adolescent Service
Location	Ratonga rua o Porirua
Main target group	Youth 12-17 years who require acute mental health inpatient treatment.
Brief description	<p>The Rangatahi Unit is a 13 bed acute mental health unit that provides a service for adolescents aged between 12 -17 years of age who have a serious mental health disorder (as defined in the DSM 1V).</p> <ul style="list-style-type: none">• The young person will be requiring intensive treatment, investigation or observation (24 hours per day) that cannot safely or adequately be provided in a community setting.• 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.

Central Region Eating Disorders Service– No. beds = 365 bed nights (CREDS)

Provider	Hutt Valley DHB – Referral via MDHB Eating Disorder Specialists
Location	Johnsonville, Wellington (Residential service address is not made public but is available to referrers as appropriate.)
Main target group	<p>Clients with an eating disorder as per DSM IV:</p> <ul style="list-style-type: none">• Bulimia Nervosa.• Anorexia Nervosa & eating disorder not otherwise specified (NOS).
Service coverage	All Central Region DHBs
Brief description	<p>CREDS is a regional provider of the following eating disorder services:</p> <ul style="list-style-type: none">• Consultation/liaison/assessment/treatment planning to Central Region DHB mental health and general medical and paediatric services for all age groups.• Education to all Central Region DHB staff and community organisations as appropriate.• Residential service provision for clients >16 for all Central Region DHBs.• Liaison and treatment for clients <18 within paediatric services at HVDHB and CCDHB. Day programme and outpatient services for clients within the HVDHB and CCDHB service area.

Mental Health & Addictions – Regional Specialist Services

Specialist Maternal Mental Health Service– No beds = consultation service only

Provider	Capital & Coast DHB, 21 Hania Street, Mount Victoria, Wellington
Location	Each local DHB should have a liaison person with in-depth knowledge of the service. – contact the MDHB Perinatal Team
Main target group	Women who are pregnant and have a mental illness and professional staff working with this client group.
Service Coverage	All Central Region DHBs and Tairāwhiti DHB. Note: services provided to DHBs vary.
Brief description	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.

**MidCentral has three representatives on the Mental Health & Addictions Regional Leadership Group:
This group is known as the ‘MHARLG’.**

Chris Hocken – Consumer Advisor
Chris Nolan – Service Director
Claudine Nepia-Tule – Portfolio Manager Funding

Mental Health & Addictions – Regional Specialist Services

MidCentral DHB Mental Health, Addictions Service has access to a range of specialist alcohol and drug services throughout the country. The services are youth and adult de-tox programmes and residential care treatment programmes in centres including Hawkes Bay, Wellington, Auckland & Christchurch. Providers that are available for referrals include:

PROVIDER	LOCATION	CAPACITY	MidCentral DHB ACCESS
Nova Trust – Chronic AoD over 20 under the AoD Act	Christchurch	11	730 bed nights
Odyssey Trust, Residential alcohol and drug service includes gambling	Auckland		730 bed nights
Regional Medical Detoxification Medical detox complicated history of withdrawal	Wellington	4	0
Regional Rehabilitation and Extended Care Mental Health complex needs	Porirua	65	730 bed nights
Spring Hill – intensive 8 week programme years over 18	Napier		730 bed nights
Te Waireka – youth aged 14-19 years	Otane, Hawkes Bay	13	1036 bed nights
The Salvation Army – residential and day programme includes Methamphetamine social detox	Wellington		1460 bed nights

The services outlined here are the mental health and addiction services regional services funded by the Central Region DHBs.

Appendices MidCentral Community - Support Groups & Forums

A range of community support groups and forums exist in MidCentral DHB.

They provide invaluable support services and resources to the people who use them. Often run and organised by volunteers, family/whānau members and service users, these groups provide fellowship and peer support to many of their members.

All of the groups are free to attend and most meet monthly. The Moving Forward Advisory Groups form an integral part of the One Team Unison Mental Health and Addictions Network.

NOTE:

The contact details for all of these groups can be found in this directory under Community Groups.

AGE CONCERN

Age Concern is a nationwide organisation that provides support services, information and advocacy on behalf of older people.

ALCOHOLICS ANONYMOUS

Alcoholics Anonymous is a nationwide organisation that provides fellowship and support to anyone who has a drinking problem and/or addiction.

AL-ANON

Al-anon provides information and support to the families of alcoholics. They deliver the 12 step programme and hold regular meetings.

ALZHEIMERS SUPPORT GROUP

The Manawatu Alzheimer's Support Group provides support and information to people with dementia and their families and friends.

ANXIETY SUPPORT GROUP

Meets fortnightly at Mana o Te Tangata Trust.
10 week workshop available at Manawatu Supporting Families

DEPRESSION SUPPORT GROUP

Meets weekly at Manawatu Supporting Families. A 10 week workshop is available here also.

EATING DISORDERS SUPPORT GROUP - MIDCENTRAL

A group of family members who have a loved one with an eating disorder. They meet monthly with telephone or email contact between meetings if needed.

HEAD INJURY SOCIETY

The Head Injury Society is a nationwide organisation that supports head injury victims and their families.

ACROSS SOCIAL SERVICE - GRIEF SUPPORT FOLLOWING SUICIDE

Across offers support to friends and family/whānau members who have lost a loved one to suicide.

LIFELINE

Lifeline is a nationwide service providing a free 24/7 0800 telephone service to anyone feeling distressed, anxious and wanting advice and support.

YOUTHLINE

Youthline is a nationwide service providing a free 24/7 0800 helpline and online services and resources available to young people and parents.

PEER SUPPORT NETWORK- CONSUMER CONSULTATION GROUP

There are DHB quarterly consumer forums. This group is to be established. Email: chris.hocken@midcentraldhb.govt.nz if you would like to be part of this.

YOUTH CONSULTATION GROUP

The Youth Consultation Group is run by and for, youth who are Mental & Addiction Health Service Users. This group is to be established.

MENTAL HEALTH FAMILY ADVISORY GROUP

The Family Advisory Group is open to anyone with a family member with a mental illness. The group advises the MidCentral DHB & Manawatu SF. To be established.

Mental Health & Addictions - Service Providers

ACROSS te Kotahitanga O te Wairua	Contact: Graeme Munford Phone: 06 356 7486	Email: admin@across.org.nz 294A Church Street, Palmerston North	PO Box 1140, Palmerston North Web: www.across.org.nz
Best Care (Whakapai Hauora) Charitable Trust	Contact: Danielle Harris Phone: 06 353 6385	Email: danielle@rangitaane.iwi.nz 140-148 Maxwells Line, Palmerston North	PO Box 1341, Palmerston North Web: www.whakapaihauora.māori.nz
Central PHO Primary Health Organisation	Contact: Luke Rowe Phone: 06 354 9107	Email: luke.rowe@centralpho.org.nz 575 Main Street, Palmerston North	PO Box 2075, Palmerston North Web: www.centralpho.org.nz
Dalcam Healthcare Manawatu	Contact: Dean Chapman Phone: 06 324 0557	Email: dean@dalcam.co.nz 35 Campbell Road, Feilding	PO Box 455, Feilding Web: www.dalcam.co.nz
LUCK Venue	Contact: Christine Hemmingsen Phone: 06 355 7200	Email: c.hemmingsen@mashttrust.org.nz Berryman's Lane, Palmerston North	PO Box 157, Palmerston North Web: www.mashttrust.org.nz
Mana o te Tangata Trust	Contact: Leilani Maraku Phone: 06 358 5444	Email: leilani@manaotetangata.org.nz 601 Featherston Street, Palmerston North	PO Box 5569, Palmerston North Web: www.manaotetangata.org.nz
Manawatu Supporting Families	Contact: Christine Zander-Campbell Phone: 06 355 8561	Email: christine@manawatusf.org.nz 160 Cuba Street, Palmerston North	PO Box 5010, Palmerston North Web: www.manawatusf.org.nz
MASH Trust	Contact: Dave Robinson Phone: 06 355 7200	Email: drobinson@mashttrust.org.nz 602-606 Main Street, Palmerston North	PO Box 157, Palmerston North Web: www.mashttrust.org.nz
Rangitane o Tamaki nui a Rua	Contact: Oriana Paewai Phone: 06 374 6860	Email: oriana.paewai@rangitane.co.nz 10 Gordon Street, Dannevirke	PO Box 62, Dannevirke Web: www.rangitane.co.nz
Raukawa Whānau Ora Ltd	Contact: Liat Greenland Phone: 06 368 8678	Email: liatg@rwo.org.nz 3 Keepa Street, Levin	PO Box 586, Levin Web: rwo.iwi.nz
Te Whakahuia Manawatu Trust	Contact: Delwyn Te Oka Phone: 06 357 3400	Email: delwyn@tewakahuia.org.nz 56 Pembroke Street, Highbury	PO Box 4564 Manawatu Mail Centre Web: www.tewhakahuia.co.nz
Whaioro Trust	Contact: Kelly Bevan Phone: 06 355 7201	Email: kbevan@whaioro.org.nz 74 Grey Street, Palmerston North	PO Box 157, Palmerston North Web: www.whaioro.org.nz
YOSS Youth One Stop Shop	Contact: Trissel Eriksen Phone: 06 355 5906	Email: trissel@yoss.org.nz 31 Princess Street, Palmerston North	PO Box 575, Palmerston North Web: www.yoss.org.nz

MidCentral DHB - Provider Type

Iwi and Māori Providers

There are six Iwi and Māori providers that provide Mental Health and Kaupapa Māori Alcohol and Drug services in the district. They are located in Dannevirke, Horowhenua, Manawatu and Palmerston North city. Best Care (Whakapai Hauora) Charitable Trust.

(Note: Iwi Māori health providers deliver services to the population but in their main programmes target Māori because of their high morbidity and mortality rates and health inequalities. Many of the programmes provided are described as Kaupapa Māori because they incorporate Māori beliefs and understandings, and are delivered by Māori.)

Mental Health and Addictions

Mental health and addiction services provide treatment and recovery for individuals experiencing mental illness or addiction issues. Mental health and addiction services also include support for families and increase society's awareness of the importance of mental health and well being.

Services are delivered across the continuum of care, both regionally and locally. While some individuals are able to lead relatively healthy lives and manage their mental illness, others must rely on full time care within specially designed residential programmes that provide 24 hour, seven days a week services.

Mental Health & Addictions & Intellectual Disability Contacts

DEPARTMENT	ADDRESS	PHONE	NAME	EMAIL
CEO	Private Bag 11036 Palmerston North 4424	06 356 9169	Kathryn Cook	Kathryn.cook@midcentraldhb.govt.nz
OPERATIONS EXECUTIVE MH&A	As above		Vanessa Caldwell	Vanesaa.caldwell@midcentraldhb.govt.nz
SERVICE DIRECTOR	As above	06 356 9169	Chris Nolan	Christopher.nolan@midcentraldhb.govt.nz
ACUTE CARE TEAM – ACT	As above	06 350 9169	Richard Atkinson	Richard.atkinson@midcentraldhb.govt.nz
ALLIED HEALTH DIRECTOR	As above	06 356 9169	Gabrielle Scott	Gabrielle.scott @midcentraldhb.govt.nz
CHILD ADOLESCENTS AND FAMILIES SERVICE (CAFS)	As above	06 350 8373	Bev Huttley	Bev.huttley@midcentraldhb.govt.nz
CLINICAL EXECUTIVE	As above	06 356 9169	Marcel Westerlund	marcel.westerlund@midcentraldhb.govt.nz
COMMUNITY MENTAL HEALTH TEAM – Manawatu	As above	06 350 8184	Richard Barrass	Richard.barrass@midcentraldhb.govt.nz
COMMUNITY MENTAL HEALTH TEAM: Horowhenua	As above	06 366 0047	Richie McLeavey	Richie.mcleavey@midcentraldhb.govt.nz
COMMUNITY MENTAL HEALTH TEAM: Tararua	As above	06 374 7734	Jill McElwee	Jill.McElwee@midcentraldhb.govt.nz
CONSUMER ADVISOR	As above	06 356 9169	Chris Hocken	Chris.hocken@midcentraldhb.govt.nz
CULTURAL ADVISOR	As above	06 350 9155		
DAMHS	As above	06 350 8184	Richard Barrass	Richard.barrass@midcentraldhb.govt.nz
ALCOHOL & OTHER DRUGS	As above	06 350 9130	Renee Dennis	Renee.dennis@midcentraldhb.govt.nz
EIMPACT – Early Intervention Team	As above	06 3508184	Brent Cooper	Brent.cooper@midcentraldhb.govt.nz
ENABLE NZ	69 Malden Street	06 353 5800	Scott Ambridge	Scott.Ambridge@enable.co.nz
FAMILY / WHĀNAU ADVISOR	As above	06 350 8170	Joanne Henare	Joanne.henare@midcentraldhb.govt.nz
INPATIENT MENTAL HEALTH UNIT – Ward 21	As above	06 350 8160	Monica Barnes	Monica.barnes@midcentraldhb.govt.nz
IRTS – Intensive Rehabilitation Team	As above	06 353 8990	Brent Cooper	Brent.cooper@midcentraldhb.govt.nz
MENTAL HEALTH EDUCATION AND TRAINING COORDINATOR	As above	06 356 9169	Michela Fox	Michela.fox@midcentraldhb.govt.nz

Mental Health & Addictions & Intellectual Disability Contacts

DEPARTMENT	ADDRESS	PHONE	NAME	EMAIL
NEEDS ASSESSMENT/SERVICE COORDINATION	Private Bag 11036. Palmerston North 4424	06 350 8035	Sue Fitzpatrick	Sue.fitzpatrick@midcentraldhb.govt.nz
NURSING DIRECTOR	As above	06 356 9169	Barry Keane	Barry.Keane@midcentraldhb.govt.nz
ORANGA HINENGARO – Māori & Pasifika	As above	06 350 9155	Aroha Whakamoe Noema	Aroha.whakamoenoema @midcentraldhb.govt.nz
PAE ORA MĀORI SERVICES	As above	06 350 8210	Stephanie Turner	Stephanie.turner@midcentraldhb.govt.nz
PLANNING & FUNDING	As above	06 356 9169	Claudine Nepia-Tule	Claudine.Nepia-Tule@midcentraldhb.govt.nz
QUALITY MANAGER	As above	06 356 9169	Andrew Silver	Andrew.silver@midcentraldhb.govt.nz
SPECIALIST MENTAL HEALTH OLDER PERSON SERVICE	As above	03 350 8492		

A-Z Primary Community Organisations

Abuse & Rape Crisis (ARCS)
Accident Compensation Corporation
Across Social Services – Palmerston North
Adult Education – REAP – Tararua
Adult Literacy Palmerston North
Agape - Palmerston North
Age Concern
Al-Anon
Albinism NZ – Levin
Alcoholics Anonymous
Alzheimer's Palmerston North
Anxiety Trust
ARCS Manawatu (Abuse & Rape Crisis Support)
Asian Problem Gambling
Autism New Zealand
Barnados Family Support
Brain Injury Central Districts
Budget Advisory Service
Camellia House
CanTeen
Central Health Addictions
Child, Youth & Family Services now MVCOT
Chinese Mental Health Consultant
Citizens Advice Bureau

Community Connections
Community Law Centre
Community Probation
Consumer Advisory
Court Services for Victims
Deaf Mental Health
Department of Corrections
Depression Helpline
Disabilities Resource Centre
Disability Information & Equipment – Otaki
Disabled Persons Assembly (DPA)
District Inspector Mental Health
Driving Miss Daisy
Eating Disorders Support Group
English Language Partners
Epilepsy New Zealand
Family Advisory Group
Family Planning New Zealand
Foxton Beach Community Health
GP Liaison
Green Prescription
Grey Power
Health and Disability Advocacy
Healthline

Hearing Association NZ
Help n Hand – Pahiatua
Highbury Whānau Resource Centre – Palmerston North
Housing Advice – Palmerston North
Housing New Zealand (MSD)
Idea Services
Immigration New Zealand
Inland Revenue Service
Interpreter Services
KidsLine
Kina Trust – Families & Addictions Levin
Life to the Max – Horowhenua
Lifeline
Literacy Tamaki Nui a Rua – Tararua
MALGRA Manawatu Lesbian & Gay Rights Association
Manawatu Budgeting Service
Manawatu Community Law
Manawatu Multi-Cultural Centre Incorporated
Manawatu Multiple Sclerosis (MS)
Manawatu Stewart Centre (Brain Injury)
Manawatu Tenants Union
Manchester House Social Services – Feilding
Manchester House Senior Centre
Manline

A-Z Primary Community Organisations

Māori Problem Gambling
Māori Wardens
Māori Women's Refugee Te Roopu Whakaruruhau
Methodist Social Services – Palmerston North
Ministry of Social Development (MSD)
Oranga Tamariki – Ministry for Children
Muaupoko Tribal Authority (MTA) - Horowhenua
Multicultural Council
Narcotic Anonymous
Nationwide Health & Disability Advocacy
Needle Exchange
NZ Police
Open Home Foundation
Options Community Living
Otaki Food Bank
Otaki Women's Collective
OUTLine – Gender Orientation
0800 What's up – Children's Service
Pacifika Health (CPHO)
Pahiatua Community Service Trust
Palmerston North Electorate Office
Palmerston North Street Vans

Palmerston North Women's Health Collective
Palmerston North Women's Refuge
Parent to Parent
Parentline Manawatu
PFLAG – Parents, Family, Friends, of Lesbian & Gay, Bisexual and Transgendered
Phoenix Supported Employment – Palmerston North
Prisoners Aid & Rehabilitation (PARs)
Problem Gambling Foundation
Quit Smoking
Rainbow Youth
Rape and Abuse Support Centre
Raukawa Māori Wardens
Red Cross
Rural Trust Support
Salvation Army
Salvation Army Detox
Samaritans Manawatu
Skylight Trust
SeniorNet
Senior Citizens Association
Settlement Support Manawatu
Strengthening Families
Stroke Foundation

Suicide Prevention Helpline
SuperGrans
Support Links Aotearoa
Supporting Parents Health Children – information
Taratua Health Group – Older Persons Service
Taratua Strengthening Families
Te Aroha Noa Community Services
Te Manawa Family Services
Te Ohu Auahi Mutunga
Te Roopu Whakaruruhau
Te Tihi o Ruahine Whānau Ora Alliance
The Lowdown
The Nutters Club
The Pregnancy Centre
Translation Services
Virtue Training MH&A
Victim Support
Whānau Ataahua Beautiful Families Trust
Women's Health Collective
Work and Income NZ (MSD)
Workbridge
Youthline
ZEAL Education – Otaki
Zilch Foodbank – Palmerston Nth

“Over 140 places to go in our community”

Mental Health & Addictions - A-Z Primary Community Organisations

AGENCY	LOCALITY	ADDRESS	PHONE	WEB PAGE/EMAIL ADDRESS
Abuse & Rape Crisis (ARCS)	ALL	PO Box 673, Palmerston North 4440	06 356 5868 - 0800 883 300	www.arcmanawatu.org.nz Email: admin@arcmanawatu.org.nz
Accident Compensation Corporation - ACC	ALL	547 Main Street, Palmerston North	0800 101 966	www.acc.co.nz
Adult Education – REAP - Taranua	TARARUA	15 Gordon St, Dannevirke	06 374 6565	www.taranuareap.co.nz
Adult Literacy Palmerston North	PN	Square Edge, The Square, Palmerston North	06 359 2615	www.alpn.org.nz Email: alpn@inspire.net.nz
Agape	PN	Methodist Church, 264 Broadway Ave, Palmerston North	06 359 0729	Email: agape@inspire.net.nz
Age Concern Manawatu	ALL	51 Waldegrave St, Palmerston North 4440	06 355 2832 - 027 356 0510	www.ageconcern.org.nz Email: Robyn.baker@ageconcern.org.nz
Age Concern (Horowhenua) Incorporated	LEVIN	538 Queen Street, Levin	06 367 2181	www.ageconcern.org.nz
Albinism NZ	LEVIN	7 Earl Street, Levin	06 367 5900	www.albinism.nz albinism@inspire.net.nz
Al-Anon	ALL	Plunket Rooms, 177 Vogel St Palmerston North 4414	0508 425 2666 - 06 355 2693	www.al-anon.org.nz Email: nz-al-anon-gso@xtra.co.nz
Alcoholics Anonymous	ALL	PO Box 2062, Christchurch	0800 229 6757 - 06 356 3215	www.alcoholicsanonymous.org.nz
Alzheimer's Palmerston North	ALL	PO Box 527, Palmerston North	06 357 9539	www.alzheimers.co.nz
Anxiety NZ Trust	ALL	77 Morningside Drive, St Lukes, Auckland 1025	0800 269 4389	www.anxiety.org.nz
ARCS Manawatu	ALL	Linton Court, 10 Linton St, Palmerston North 4440	06 356 5867	www.arcsmanawatu.org.nz Email: admin@arcsmanawatu.org.nz
Asian Problem Gambling	ALL	PO Box 6506, Marion Square, Wellington, 6141	0800 862 342	www.asianproblemgambling.co.nz
Autism New Zealand	ALL	248 Broadway Ave, Palmerston North	06 355 7846	www.altogetherautism.org.nz

Mental Health & Addictions - A-Z Primary Community Organisations

AGENCY	LOCALITY	ADDRESS	PHONE	WEB PAGE/EMAIL ADDRESS
Barnados Family Support	ALL	160 Grey St, Palmerston North	06 358 9429	www.barnados.org.nz
Brain Injury Central Districts	ALL	77 King St, Palmerston North	06 354 3540	www.brain-injury.org.nz
Budgeting Advisory Service	ALL	77 King Street, Palmerston North	0800 228 343	www.familybudgeting.org.nz
Budgeting Services	Pahiatua Dannevirke Otaki	42 Main Street, Pahiatua 15 Gordon Street, Dannevirke 5 Main Street Otaki	06 376 6759 06 374 5211 06 364 6579	www.pahiatua.familybudgeting.org.nz www.cab.org.nz www.otakifamilybudgeting.co.nz
Camellia House	ALL	Confidential location	06 357 7056	www.camelliahouse.org.nz
CanTeen Manawatu	ALL	PO Box 5044, Terrace End, Palmerston North	06 355 5052	www.canteen.co.nz
Central Health Addictions	ALL	PO Box 12052, Palmerston North	0800 288 222	Email: reception@centralhealth.co.nz
Chinese Mental Health Consultant Service	ALL	134 Pah Road, Royal Oaks Auckland	09 624 4639	www.healthpoint.co.nz
Citizens Advice Bureau	Dannevirke Levin Palmerston North Otaki	Gordon Street, Dannevirke 21 Durham Street, Levin Community House, 77-85 King St, Palmerston North 65 Main Street, Otaki	06 368 9521 06 357 0647 - 0800 367 222 06 364 8664	www.cab.org.nz www.cab.org.nz www.cab.org.nz - email: cab.palmn@xtra.co.nz www.otakicab.org.nz
Community Connections	Disability	1/7 Hinemoa Street, Paraparaumu	04 298 7703	www.ccslt.org.nz
Community Law Centre	ALL	Level 2, 12 The Square, Palmerston North	06 356 7974	Email: mancomlaw@xtra.co.nz
Consumer Advisory Group	ALL	MidCentral DHB - Chris Hocken	06 356 9169 - ext 7941	mhaaresources@midcentraldhb.govt.nz
Court Services for Victims	ALL	District Court, 486 Main St, Palmerston North	0800 650 654	www.victimsinfo.govt.nz Email: vapalmerstonnorth@justice.govt.nz
Deaf Mental Health	ALL	PO Box 9392, Wellington	04 567 1934	Email: deafheantalhealth@kites.org.nz
Department of Corrections	ALL	3-15 Donnington Street, Palmerston North	06 350 9600	www.corrections.govt.nz

Mental Health & Addictions - A-Z Primary Community Organisations

AGENCY	LOCALITY	ADDRESS	PHONE	WEB PAGE/EMAIL ADDRESS
Depression Helpline	ALL	PO Box 74010, Market Rd, Remuera, Auckland	0800 111 757	www.depression.org.nz
Disabilities Resource Centre	ALL	PO Box 528 Whakatane	0800 227 363	www.drct.co.nz
Disability Information & Equipment	Otaki	110 Rimu Road, Paraparaumu	0800 6933 42	Email: sarah@well-able.org.nz
Disability Support All (DPA)	ALL	Ground Floor, Community House, 77-85 King St, Palmerston North	06 357 9877	Email: dpapn@xtra.co.nz
District Inspector Mental Health	ALL	PO Box 15 – 114, Otaki	0800 118 393	Email: michellewoods@xtra.co.nz
Driving Miss Daisy	ALL	Manawatu franchise	0800 948 432	www.drivingmissdaisy.org.nz
Eating Disorder Support Group	ALL	P.O Box 128 020 Remuera, Auckland 1541	0800 2 EDANZ	www.ed.org.nz
English Language Partners	ALL	120 King street, Palmerston North	06 359 2332	www.englishlanguage.org.nz
Epilepsy New Zealand	ALL	PO Box 284, Napier, Hawkes Bay	0800 374 537	Email: hawkesbay@epilepsy.org.nz
Family Planning New Zealand	ALL	CCS Building, 248 Broadway Ave, Palmerston North	06 359 3899	www.familyplanning.org.nz Email: healthpromotionpalmerstonnorth@familyplanning.org.nz
Family Start				
Family Works Manawatu		9 Russell Street, Palmerston North	021 249 2332	kat.steenken@psc.org.nz
Foxton Beach Community Health	Foxton Beach	108 Seabury Ave, Foxton	06 363 8387	www.foxton.org.nz
Green Prescription	ALL	50 Queen street, Palmerston North	06 357 5349	www.sportmanawatu.org.nz
GP Liaison	ALL	Central PHOs	06 356 1107	www.centralpho.org.nz
Grey Power	ALL	309 Grey Street, Palmerston North	06 357 1930	Email: Fed_office@xtra.co.nz
He Puna Hauora – Māori Services	Palmerston North	Unit 5-160 Grey Street Palmerston North	06 356 7037	Email: hepunahauora9@hepunahauora.org.nz
Healthline	ALL	Nationwide service	0800 611 116	www.health.govt.nz/your-health/services
Health and Disability Advocacy (HDC)	ALL	Nationwide service	0800 555 050	www.advocacy.hdc.org.nz/
Hearing Association NZ	ALL	435 Church Street, Palmerston North	06 357 8708	www.hearing.org.nz

Mental Health & Addictions - A-Z Primary Community Organisations

AGENCY	LOCALITY	ADDRESS	PHONE	WEB PAGE/EMAIL ADDRESS
Help n Hand	Pahiatua	42 Main St, Pahiatua	06 376 6759	
Highbury Whānau Resource Centre	Palmerston North	Monrad Park, Highbury Avenue, Palmerston North 4412	06 358 0504	Email: Highbury.whānau.centre@inspire.net.nz
Housing Advice	Palmerston North	Community House, 77-85 King St, Palmerston North 4410	06 358 4875	Email: housingadvice@clear.net.nz
Housing New Zealand	ALL	117 Broadway Ave, Palmerston Nth	0800 801 601	www.hnzc.co.nz
Idea Services	ALL	2nd Floor, TSB Tower, Fitzherbert Ave, Palmerston North	06 350 9372	Email: Manawatu@idea.org.nz
Immigration New Zealand	ALL	State Insurance Building, Level 5, 65 Rangitikei St, Palmerston North	0508 558 855	www.immigration.govt.nz
Inland Revenue Service	ALL	47 Ashley Street, Palmerston North	0800 775 247	www.ird.govt.nz
Interpreter Services	ALL	Language Line	0508 468 377	www.interpret.org.nz
Kids Line	Youth ALL		0800 543 754	www.kidsline.co.nz
Kina Family & Addiction Trust	Levin	Telephone service	0800 787 797	www.kinatrust.org.nz
Life to the Max	Horowhenua	12a Exeter St, Levin	06 368 8005	www.lifetothemax.or.nz
Lifeline	Tararua	3 Hall St, Dannevirke	06 374 6717	www.literacy.org.nz
Literacy Tamaki nui a Rua	ALL	50 Queen Street, Palmerston North	06 357 5349	www.sportmanawatu.org.nz
MALGRA Manawatu Lesbian & Gay Rights Association	ALL	Jersey Lane, PO Box 1491, Palmerston North	06 358 5378	www.malgraclubq.org.nz
Manawatu Abuse Intervention Network	ALL	10 Linton Street, Palmerston North	06 351 3633	www.pncsc.co.nz
Manawatu Budgeting Service	ALL	Community House, 77-85 King St, Palmerston North	0800 228 343 06 358 2279	www.familybudgeting.co.nz Email: mhbs@xtra.co.nz
Manawatu Community Law	ALL	Level 2, 12 The Square, Palmerston North	06 356 7974	Email: mancomlaw@xtra.co.nz
Manawatu Multi-Cultural Centre incorporated	ALL	Community House, 77-85 King St, Palmerston North	06 358 1572	www.mmcnz.org.nz Email: info@ecmpn.org.nz

Mental Health & Addictions - A-Z Primary Community Organisations

AGENCY	LOCALITY	ADDRESS	PHONE	WEB PAGE/EMAIL ADDRESS
Manawatu Multiple Sclerosis	ALL	Carnation House, 51 Waldegrave St, Palmerston North	0800 675 463 06 357 3188	www.mscentral.org.nz Email: mmss@inspire.net.nz
Manawatu Stewart Centre (Brain Injury)	ALL	38 West St, West End, Palmerston North	06 354 6728	www.stewartcentre.org.nz Email: admin@stewartcentre.org.nz
Manawatu Tenants Union	ALL	Community House, 77-85 King St, Palmerston North	06 358 1030	Email: info@mtu.co.nz
Manchester House Social Services (includes foodbank Feilding)	Feilding	68 Aorangi St, Feilding 4702	06 323 2410	www.mhss.org.nz Email: mhss@inspire.net.nz
Manchester House Senior Centre	PN, Foxton, Feilding	14 Bowen Street, Feilding	0800 118 393	www.mhss.org.nz
Manline	ALL	F7 Community House, 77-85 King St, Palmerston North	06 358 1211	www.manline.co.nz Email: manline@xtra.co.nz
Māori Problem Gambling	ALL	P O Box 101-30, Te Rapa Hamilton 3241	0800 654 656	www.raukawa.org.nz
Māori Wardens	Tararua	No address given	06 376 5582	www.maoricouncil.com
Māori Women's Refuge Te Roopu Whakaruruhau		PO Box 573, Palmerston North Central, Palmerston North 4440	0800 733 843 06 355 0626	www.womensrefuge.org.nz Email: trw@clear.net.nz
Methodist Social Services (includes foodbank Palmerston North)	Palmerston North	663 Main St, Palmerston North 4410	06 350 0307	www.methodistsocialservices.org.nz Email: nikki@methodistsocialservices.org.nz
Ministry of Social Development (MSD) -Work & Income New Zealand	ALL	Main Street, Palmerston North	0800 889 900	www.msd.govt.nz
Muaupoko Tribal Authority	Horowhenua	306 Oxford St, Levin	06 367 3311	www.muaupoko.iwi.nz Email: candyce@muaupoko.iwi.nz
Multicultural Council	ALL	77 King Street, Palmerston North	06 358 1572	www.mmcnz.org.nz
Narcotics Anonymous	ALL		0800 628 632	www.nanz.org.nz
Nationwide Health & Disability Advocacy	ALL	77 King Street, Palmerston North	0800 555 050	www.advocacyhdc.org.nz
Needle Exchange	ALL	81 Grey St, Palmerston North	06 353 5063	www.drugsproject.co.nz Email: palmerstonnorth@drugsproject.co.nz
Health and Disability Advocacy (HDC)	ALL	Nationwide service	0800 555 050	www.advocacy.hdc.org.nz/

Mental Health & Addictions - A-Z Primary Community Organisations

AGENCY	LOCALITY	ADDRESS	PHONE	WEB PAGE/EMAIL ADDRESS
NZ Police	Dannevirke	13 Gordon Street, Dannevirke	06 374 4500 111 - Emergency	www.police.govt.nz
NZ Police	Foxton	1 Main Street, Foxton	06 363 8084 111 - Emergency	www.police.govt.nz
NZ Police	Levin	Bristol Street, Levin	06 366 0500 111 - Emergency	www.police.govt.nz
NZ Police	Palmerston North	400 Church Street, Palmerston North 4410	06 351 3600 111 - Emergency	www.police.govt.nz
NZ Police	Feilding	Cnr Aorangi St & Kimbolton Road, Feilding	06 323 6363 111 - Emergency	www.police.govt.nz
NZ Police	Pahiatua	15 Main Street, Pahiatua	06 376 0130 111 - Emergency	www.police.govt.nz
NZ Police	Otaki	1 Iti Street, Otaki	06 364 7366	www.police.govt.nz
Open Home Foundation	ALL	Level 5, BNZ Building, The Square, Palmerston North	06 358 4024	www.openhomefoundation.co.nz
Options in Community Living	ALL	31 Princess St, Palmerston North	06 353 2256 06 353 2243	www.options.org.nz Email: mike@options.org.nz
Oranga Tamariki	ALL	303 Church Street, Palmerston North	0508 326 459	www.orangatamariki.govt.nz
Otaki Community Network	Otaki	Memorial Hall	06 364 6883	Email: Marg.andrews@xtra.co.nz
Otaki Foodbank	Otaki	43A Main Street, Otaki	06 364 0051	www.foodbank.co.nz/otaki-foodbank www.outline.org.nz
Otaki Women's Health Centre	Otaki	186 Mill Road, Otaki	06 364 6367	Email: otakiwomenshealth@xtra.co.nz
OUTline – Gender Orientation	ALL	Nationwide	0800 688 5463	www.centralpho.org.nz
0800 Whats Up	Youth All		0800 942 8787	www.whatsup.org.nz
Pasifika Health (CPHO)	ALL	575 Main Street, Palmerston North	06 354 9107	www.centralhealth.org.nz
Pahiatua Community Service Trust	Pahiatua	43 Main Street, Pahiatua	06 376 7608	www.workandincome.govt.nz
Palmerston North Street Van (includes food parcels)	Palmerston North	82 King St, Palmerston North 4410	06 356 3337	www.pnsv.org.nz Email: pnsv@pnsv.org.nz

Mental Health & Addictions - A-Z Primary Community Organisations

AGENCY	LOCALITY	ADDRESS	PHONE	WEB PAGE/EMAIL ADDRESS
Palmerston North Electorate Office	Palmerston North	46 Princess Street, Palmerston North	06 356 5958	www.pncsc.co.nz
Palmerston North Women's Health Collective	ALL	53 Waldegrave Street, Palmerston North	06 357 0314	www.pnwomenshealth.org.nz Email: pnwhc@xtra.co.nz
Palmerston North Women's Refuge	ALL	PO Box 573, Palmerston North Central, Palmerston North	0800 733 843 06 356 5585	www.womensrefuge.org.nz Email: pnwr@inspire.net.nz
Parent to Parent	ALL	248 Broadway Ave, Palmerston North	0508 236 236 06 355 0787	www.parent2parent.org.nz Email: Manawatu@parent2parent.org.nz
Parentline Manawatu	ALL	Community House 77-85 King Street, Palmerston North 4410	0800 432 6459 06 355 1655	www.parentlinemanawatu.org.nz Email: admin@parentlinemanawatu.org.nz
PFLAG – Parents, Family, Friends of Lesbian, Gay Bisexual and Transgendered	ALL	AS@U Building, UCOL Campus, Palmerston North	Email only	Email: pflag@inspire.net.nz
Phoenix Supported Employment	Palmerston North	Unit 4, Northcote Office Park, 145 Queen St, Palmerston North 4410	06 354 7520	www.phoenixinc.org.nz
Plunket – Family Start	ALL	Various locations	06 357 4844	www.plunket.co.nz
Prisoners Aid & Rehabilitation (PARs)	ALL	Coronation House, 90 Broadway Ave, Palmerston North 4410	06 357 9218	Email: manawatupars@xtra.co.nz
Problem Gambling Foundation	Palmerston North	The Grand Building, 340 Church St, The Square, Palmerston North	0800 664 262	www.pgfnz.org.nz
Quitline – Quit Smoking Support	ALL	PO Box 12 605, Wellington	0800 778 778	www.quit.org.nz
Rape and Abuse Support Centre	ALL	PO Box 673, Palmerston North	09 360 4001	www.sexualabuse.org.nz
Raukawa Māori Wardens	PN	Highbury Ave, Palmerston North	06 355 5705	www.maoricouncil.com
Red Cross	ALL	162 Rangitikei Street, Palmerston North	06 358 0125	www.redcross.org.nz
Rural Trust Support	ALL		0800 787 254	

Mental Health & Addictions - A-Z Primary Community Organisations

AGENCY	LOCALITY	ADDRESS	PHONE	WEB PAGE/EMAIL ADDRESS
Salvation Army – Palmerston North (Includes foodbank)	ALL	431 Church Street, Palmerston North	06 357 7540	www.salvationarmypn.org
Salvation Army – Bridge Detox	ALL	TBA	06 356 6903	Email: palmerstonnorth_detox@nzf.salvationarmy.org
Salvation Army – Levin (includes foodbank)	Levin	11 Durham Street, Levin	06 368 8177	www.salvationarmy.org.nz
Samaritans Manawatu	ALL	Community House 77-85 King Street, Palmerston North 4410	0800 726 666 06 358 2442	www.samaritans.org.nz Manawatu@samaritans.org.nz
SeniorLine	ALL		0800 725 463	
SeniorNet	ALL	105 Princess Street, Palmerston North		www.seniornet.co.nz
Senior Citizens Association	ALL	309 Main Street, Palmerston North	06 357 8207	
Settlement Support Manawatu		Palmerston North Library	06 355 6971	www.newcomers.co.nz
Skylight Trust	ALL			www.skylighttrust.org.nz
Special Olympics	ALL	P O Box 797, Palmerston North		www.specialolympics.org.nz
Strengthening Families	Palmerston North Levin	ACROSS 294a Church St, Palmerston North Life to the Max 12a Exeter St, Levin	06 356 7486 06 368 8005	www.across.org.nz www.lifetothemax.co.nz
Stroke Foundation	ALL	Nationwide service	04 472 8099	www.stroke.org.nz
Suicide Prevention Helpline	ALL	Nationwide service	0508 828 865	www.lifeline.org.nz
Supergrans	Pahiatua Horo	42 Main Street, Pahiatua 28 Queen St West, Levin 5510	06 376 6759 06 367 0680	www.supergransaotearoa.org.nz Horowhenua@supergrans.net.nz
Supergrans - Mentoring	ALL	Level 2, 74 The Square, Palmerston North 4410	06 354 3804	www.sgmanawatu.org.nz Email: admin@sgmanawatu.org.nz
Support Links Aotearoa	ALL	Nationwide service		www.community.net.nz
Supporting Parents of Healthy Children	ALL	Contact Manawatu Supporting Families	06 355 8561	www.manawatusf.org.nz
Tararua Health Group – Older Persons Service	Dannevirke	Dannevirke Health Centre	06 374 5691	www.thg.org.nz

AGENCY	LOCALITY	ADDRESS	PHONE	WEB PAGE/EMAIL ADDRESS
Tararua Strengthening Families	Tararua	15 Gordon Street, Dannevirke	06 374 6565	www.tararuareap.co.nz
Te Aroha Noa Community Services	ALL	12-26 Brentwood Ave, Highbury Palmerston North	06 358 2255	www.tearohanoa.org.nz Email: tearohanoa@xtra.co.nz
Te Manawa Family Services	ALL	Corner Stafford and Fergusson Streets, Feilding 4702	06 323 8330	www.temanawa.org.nz Email: office@temanawa.org.nz
Te Ohu Auahi Mutunga (Smoking Cessation)	ALL	56 Pembroke Street, Palmerston North	06 357 3400	www.healthpoint.co.nz Email: toam@tewakahuia.org.nz
Te Roopu Whakaruruhau	ALL	<i>Confidential Address</i>	06 355 0626	Email: trw@clear.net.nz
Te Tihi o Ruahine Whānau Ora Alliance	ALL	575B Main Street, Palmerston North	06 357 3400	www.tetihi.org.nz
Te Whakahuia Manawatu Trust	Palmerston North	56 Pembroke Street, Highbury	06 357 3400	Email: venessa@tewakahuia.org.nz
The Lowdown	ALL	PO Box 74 010, Market Road, Remuera, Auckland	Free txt 5626	www.thelowdown.co.nz www.depression.org.nz
The Nutters Club	ALL	Face book “The Nutters Club”	0800 723 465	Face book “The Nutters Club”
The Salvation Army Bridge Detox	ALL	TBA	06 356 6903	Email: palmerstonnorth_detox@nzf.salvationarmy.org
The Pregnancy Centre	ALL	3 Amesbury Street, Palmerston North	06 354 2273	www.pregnancycentrepn.co.nz Email: pregnancycentrePN@xtra.co.nz
Translation Services	ALL	National phone service	0800 000 339	www.dia.govt.nz/Translation-Service
Victim Support	ALL	Central Police Station, Church Street, Palmerston North	0800 VICTIM SUPPORT 06 351 3873	www.victimsupport.org.nz
Virtue Training Mental Health & Addiction Education	ALL	Palmerston North Main office	022 699 0253	www.virtue.net.nz
Whānau Ataahua Beautiful Families Trust	Feilding	42 Fergusson Street, Feilding	06 324 0414	Email: wabft@hotmail.com
Women’s Health Collective	Palmerston North	53 Waldegrave Street, Palmerston North	06 357 0314 027 854 0918	www.pnwomenshealth.org.nz Email: pnwhc@xtra.co.nz
Work and Income NZ (MSD)	ALL	509 Main Street, Palmerston North 4410	0800 559 009 06 952 0968	www.workandincome.govt.nz
Workbridge	ALL	28 Queen Street, Palmerston North 4410	0508 858 858	www.workbridge.co.nz Email: palmerstonnorth@workbridge.co.nz
Youthline	ALL	Nationwide Service	0800 376 633	www.youthline.org.nz
ZEAL	Otaki	Inside schools	0800 3463 9325	www.zeal.nz
Zilch (Just Zilch) - Foodbank	Palmerston North	248 Featherston Street, Palmerston Nth	022 597 2569	www.justzilch.org.nz Email: Rebecca@justzilch.org.nz

Disability Services

Agape
Community
Group

Brain
Injury
Association

Community
Connections

Disabled
Person
Assembly

Enable
New Zealand

Epilepsy
New Zealand

IDEA
Services

Manawatu
Multiple
Sclerosis
(MS Society)

Manawatu
Stewart
Centre

Manawatu
Supporting
Families

MASH
Trust

NASC
Needs
Assessment
and Service
Coordination

Nationwide
Health &
Disability

Options
Community
Living

Special
Olympics

Strengthening
Families

Glossary

Central PHO	Funded by DHBs to provide essential primary health care services, mostly through general practices, to those people who are enrolled with the PHO.
Continuum	In this context, all health funded services that aim to improve outcomes for those with mental health and addiction issues. This includes community, primary, specialist and tertiary mental health and addiction services.
Cultural competence	An awareness of cultural diversity and the ability to function effectively, and respectfully, when working with people of different cultural backgrounds. Includes the attitudes, skills and knowledge needed to achieve this.
DHB	District Health Board. The 20 DHBs across New Zealand are responsible for providing or funding the provision of health services in their district.
FTE	Full-time equivalent staff.
Government departments	NZ Police, Oranga Tamariki Ministry for Children, Ministry of Social Development, Corrections department, Accident Compensation Corporation, Ministry of Health, Ministry of Justice.
Intersectorial agencies	Community agencies
Kaiāwhina workforce	Non-regulated workforce.
NGO	Non-governmental organisation. An organisation that is neither a part of a government nor a conventional for-profit business. Usually set up by ordinary citizens, NGOs may be funded by governments, foundations, businesses or private people.
Outcomes approach	An increased focus on measurable outcomes that matter to people and make a real difference to their lives. Measuring outcomes is part of measuring results and involves applying a balanced weighting to the three goals of the Triple Aim.
PHO	Primary health organisation. Funded by DHBs to provide essential primary health care services, mostly through general practices, to those people who are enrolled with the PHO.
Public sector	All public entities in central and local government.
Strengths-based practice	A client-led practice theory that focuses on the strengths and resources of the person. It involves working alongside people to identify what is working well and building on it rather than focusing on problems and symptoms.
Top of scope	Utilising the highest level of knowledge, skills and services health workers are competent and permitted to perform to support people's health, well-being and recovery.
Whānau	Extended family group. This concept includes physical, emotional and spiritual dimensions. It is based on whakapapa and can be multilayered, flexible and dynamic. Whānau is based on a Māori and a tribal world view.
Whānau ora	Healthy families – means Māori families supported to achieve their maximum health and wellbeing.

Additional information, feedback or amendments send to: resourcesmhaa@midcentraldhb.govt.nz



