



Springhill Residential AOD Treatment Centre

Back to the Future

... CARE ... COOPERATE ... DELIVER ... LEARN ...

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HAWKE'S BAY
District Health Board

Presentation Questions

- ◆ What are we?
- ◆ Who are we?
- ◆ Who comes here?
- ◆ How do they come?
- ◆ What do we do?
- ◆ What resources do we use?
- ◆ What results do we expect?
- ◆ What changes are happening now?
- ◆ What change is anticipated in the future?
- ◆ How can we serve the region better?

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What are we?

- ◆ Springhill Residential Alcohol and Drug Treatment Centre
- ◆ In sunny South Napier near the beach
- ◆ 18 beds (15 funded – 12 Central Region)
- ◆ Private clients possible
- ◆ Eight weeks stay (4 weeks extra possible)
- ◆ DHB run (only one in the country)
- ◆ Building leased from Springhill Trust.
- ◆ Recently refurbished character building

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Who are we?

- ◆ Margaret Manuka-Sullivan Manager
- ◆ Andrew Raven Psychologist
- ◆ Dr Tim Bevan Dr, trustee
- ◆ Des Foley Work therapy
- ◆ Elke Kraft Office Administrator
- ◆ Four Hostel supervisors After hours

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Who are we?

- ◆ Fran Lowe Clinical Coordinator
Psychologist
- ◆ Otto Mengedoht Therapist
- ◆ Faye Petersen Therapist
- ◆ Jenny Meares Therapist
- ◆ Ata Wikaire Therapist

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Who comes here?

- ◆ Men and women over the age of 18 with:
 - Alcohol and or other drug addiction (any)
 - Motivation for abstinence
 - Stabilised dual diagnosis (mental health)
 - Manageable medical issues
 - Manageable physical disability
 - Minor justice issues (this has changed)

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How do they come?

- ◆ A DHB funded addictions counsellor completes a Springhill assessment, including the checklist and the client declaration.
- ◆ In most instances Springhill will ask for a letter of engagement and other documentation.
- ◆ Detoxed prior to entry
- ◆ Informed of rules, programme
- ◆ Once paperwork complete, one month wait at present.

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What do we do?

- ◆ Process groups
- ◆ Family work
- ◆ Taha Maori awareness
- ◆ Men's and women's issues
- ◆ Life skills
- ◆ Education – health and safety
- ◆ Exercise
- ◆ Healthy eating
- ◆ Structure/ discipline/ responsibility
- ◆ AA, NA, Relapse prevention

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What resources do we use?

- ◆ Detoxification nurse
- ◆ Hastings gambling services
- ◆ Nga Punawai Aroha kaumatua/kuia
- ◆ Community speakers – health and safety
- ◆ Peace dancers
- ◆ Core energetics practitioner
- ◆ Supported accommodation
- ◆ WINZ clinic, budget advice, disability services
- ◆ Access to Mental Health and hospital services

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What results do we expect?

- ◆ Good if:
 - Motivation high
 - Supports good
- ◆ Poor if:
 - Complex personality disorders esp ASPD
 - Ambivalent about attending
 - Few positive supports
 - Develop relationship in tx or soon after
 - Use while in treatment
 - “Cruise” while in treatment (fail to change)
 - Don’t engage with agencies after discharge

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What Changes have happened?

- ◆ Smoking cessation is now encouraged
- ◆ More beds funded for Central Region
- ◆ A detoxification nurse attends weekly
- ◆ Introducing some mind/body work
- ◆ Psychologist on staff
- ◆ Justice policy
- ◆ Letter of engagement
- ◆ Building refurbished
- ◆ Gambling
- ◆ Increased Flexibility – alternatives to discharge

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What Change in the Future?

- ◆ Increase mind/body work
- ◆ Increase opportunities for family work
- ◆ New admin block
- ◆ Additional beds will be available
- ◆ Review of the therapeutic programme

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How SH serve region better?

◆ Ideas please

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