

HWT

Alcohol and Drugs

ME MAHI TAHI TĀTOU
MŌ TE ORANGA Ō TE
WHĀNAU

WORKING TOGETHER
FOR THE WELL-BEING
OF FAMILY



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OUR SERVICES

KIA ORA NAU MAI HAERE MAI

We tautoko whānau who are interested in their health and well-being.

*Below is a short description of the services we offer, if you would like further information please contact us on **0800 HE WAKA (43 9252)***

*All Referrals can be made at www.hewakatapu.org.nz/referrals or download the print option and email to **reception@hewakatapu.org.nz***

NGĀ MIHI HE WAKA TAPU

MAURI ORA

Mauri Ora Experience is an intensive outpatient alcohol and drug day Experience which has rolling access throughout the year. The Experience operates from 7.00am to 9.00pm Monday to Sunday, with arranged activities and/or programme work during the evenings and weekend.

The programme content will be delivered in a group setting and will include;

- Alcohol and other drug information
- Mood management
- Assertive communication
- Relationships and whanau wellbeing
- Identity
- Relapse prevention
- Aftercare planning
- Nutrition advice
- Health & Fitness
- Te Reo & Waiata
- Developing social support systems
- Family support
- Needs assessment

A range of culturally related activities overseen by Kaumatua including an introduction to Maori beliefs, values and concepts, whakapapa, pepeha, waiata, karakia, raranga, waka ama and support in linking with Te Reo and Kapa Haka organisations.

TE ARATIATIA

Te Aratiaia is for assessment and treatment planning for co-existing alcohol and drug and mental health related problems.

TAKAHI TE TANIWHA

Relapse Prevention, Te Whare Tapa Wha (Life Balance), AOD Education, Spirituality and Addiction, Connection vs Addiction, Harm reduction, Healthy behaviours and informed decision making.

Takahi Te Taniwha (Nights) is a 6 session brief intervention programme

MOTIVATIONAL ENHANCEMENT

The Motivational Enhancement Programme provides brief alcohol and drug education whose intent is to evoke a degree of motivation to consider the possibility of addressing any alcohol & drug issues and consider change. This programme is primarily for those with probation sentence conditions.

*For more detailed information regarding intake process and criteria please contact
AOD Team Leader
norman@hewakatapu.org.nz*