

HE WAKA TAPU

MAURI ORA EXPERIENCE

————— NGĀ TAPUWAE

HE WAKA TAPU

Me mahi tahi tātou mo te oranga o te whānau



Introduction

Mauri Ora Experience is an 8-week intensive kaupapa Māori alcohol and drug residential program. It offers a safe, therapeutic, mana-enhancing environment to facilitate recovery processes. Whaiora live onsite and engage in a structured program to achieve social, behavioural, and psychological change. The phases of the program include pre-entry whanaungatanga, pōwhiri (welcome), primary treatment and aftercare support.

The program operates from 7am to 10pm Monday to Sunday, with arranged activities or program work which takes place during the evenings and weekends. Whaiora participate in all aspects of the program, including the running of the whare (facilities) supported by kaimahi 24/7. There are currently 12 supported accommodation beds with residents being a mix of both male and female. The program is closed group, also offering a 1-2-week detox bed with availability.

Program content

Mauri Ora Experience uses a holistic focus to treatment, incorporating Te Whare Tapa Whā health model throughout the program. This requires a balance of tinana (physical), hinengaro (psychological), whānau (family) and wairua (spiritual) to create a platform for fulfilling one's potential.

Content is delivered in group settings and will include:

A range of culturally related activities are threaded throughout the program and include an introduction to Māori beliefs, values, and concepts. This is delivered through karakia, pepeha, waiata, kapa haka, raranga, waka ama, mahi toi, te reo Māori, mau rākau, māra kai and noho marae.

- Alcohol and other drug information
- Cultural connection
- Mood management
- Assertive communication
- Relations and whānau wellbeing
- Relapse prevention
- Pathway planning
- Health and fitness
- Developing social support systems
- One-to-one's
- Psychoeducation
- Process group



Admission criteria

- 18 years or over
- A valid discharge address as support for housing is not provided during treatment
- Moderate to severe alcohol and/ or drug problems
- Mental health issues managed
- Physically able to attend all aspects of the program
- Low risk to self and others
- Motivated to make changes
- Have completed detoxification before admission into the program
- We accept whaiora with co-existing disorders
- We accept whaiora on Methadone maintenance
- Whaiora on medications regimes are expected to comply with the requirement during treatment
- Development of a healthy whānau and extended social support system is actively encouraged
- Reside or have whānau who reside in the South Island
- It is expected that whaiora from out of the region will receive follow-up (from referral source) upon discharge.



Referral process

Referrers can submit a referral on behalf of a whaiora online at www.hewakatapu.org.nz and should include an AOD Comprehensive Assessment.

Whaiora can also self-refer by visiting He Waka Tapu during business hours to speak with a kaimahi. You may be encouraged to attend community groups until an assessment appointment can be arranged with an AOD Clinician.



When a referral is received it will be presented at a multi-disciplinary meeting to discuss eligibility for the Mauri Ora Experience. If successful, the next available tentative bed date will be provided. If a whaiora is not eligible, alternative options will be recommended.

Pre-entry requirements must be completed before a bed date is confirmed. Whaiora will also remain on a waitlist and if an earlier bed date becomes available, this will be offered.

Pre-entry requirements

1. Confirmation of discharge address. If this changes, the referrer and whaiora are responsible for arranging alternative accommodation. (If with Corrections, approval must be obtained).
2. Transfer to and from He Waka Tapu is to be arranged by the referrer. In acceptance of the bed date, the referrer accepts responsibility for payment of transport back to the place of residence for the whaiora. We do not have a holding facility, nor do we provide financial support to travel home.
3. The referrer must provide medication requirements (prescription), medical certificate for WINZ, information about medication conditions, covid test results and urine drug screen results.
4. Advise He Waka Tapu of any legal requirements such as court hearing/s, Community Probation Reporting requirement, conditions, and any other legal requirements before attending the program.
5. Whaiora and or referrer must ensure that all WINZ requirements if any, are sorted before arrival, such as medical certificates. He Waka Tapu administration kaimahi will support the completion of the WINZ residential support subsidy on the day of your arrival. You will need to bring personal documentation if you require rent and other payments to continue during your stay with us. (Refer to 'What to Bring' list).
6. If the whaiora has any debts that require payment such as via automatic payments, and because their income will cease whilst they are here, then the whaiora and the referrer should work together to sort these before arrival, such as contacting creditors and informing them of the change of living circumstances. This again is most important as whaiora will not have the time or means whilst on the program to sort.
7. Whaiora or referrer must inform us before their arrival (at least 3 weeks ahead) of their dietary requirements if any e.g., vegetarian or food allergies e.g., gluten-free.



What to bring:

- Personal clothing
- Exercise clothing
- Swimming gear
- Running shoes
- Sun hat
- Water bottle
- Toiletries
- Reading material
- Eftpos card
- Identification (18+ card, passport, driver's license)
- Bedding and towels are provided, however, can bring a favourite blanket

What not to bring:

- Alcohol or drugs
- TV, gaming devices or tablets
- Stereo
- Large amounts of money
- Valuables including jewellery
- Sexually explicit material or gang insignia – (colours, gang patches)
- Clothing advertising alcohol, drugs, or use of profanity
- Weapons of any sort
- Property that requires

WARNING
No smoking



WINZ residential subsidy application information:

WINZ will subsidise whaiora stay in Supported Accommodation and will continue to support with out-goings such as rent and some bills (community costs). It is important that whaiora bring with them on admission:

- Rental agreement
- Letter from the landlord if you are in a boarding arrangement
- 3 months bank statements
- Vehicle repayment agreement
- And any other repayment agreements (e.g., hire purchase)
- Childcare agreements

NOTE: WINZ will not pay debts or fines. You will need to make arrangements with debtors and the court will either suspect or make further arrangements. We will support you as much as possible in this process as will your referrer.

Medication and medical requirements

The whaiora must get a prescription from their doctor for all regular medications and including PRN paracetamol and ibuprofen. Request for this to be blistered packed. Whaiora should also get a medical certificate from their GP to support their WINZ application.

The prescription and medical certificate should be provided to He Waka Tapu and our preferred pharmacy:



Eastern Pharmacy Aranui
03 388 8700

Kaimahi or the nurse will not administer any medication that is not prescribed.

After-hours care from whānau workers

The Mauri Ora Experience is staffed 24/7 with on-call support available. Additionally, whaiora are supported by kaimahi across all aspects of the program including off-site outings.

Social responsibility

Abuse or violence of any sort is not tolerated, e.g., threats, intimidation, and coercion. These may result in early discharge from the program. Supported accommodation whaiora and kaimahi will always treat each other respectfully.

Manuhiri | visitors

Any visits must be pre-approved by the management of the service, these visits are not held at the residence. External supports such as counsellor appointments are encouraged to continue.



Our upper most concern is the wellbeing of each whaiora and their whānau.

Mauri ora experience activities

Activities may include Alcohol and other Drug Rehabilitation meetings such as Narcotics Anonymous and Alcoholics Anonymous. These meetings are compulsory. Recreational events may occur in weekend activities; these are pre-arranged and budgeted accordingly. Weekly hui will take place; this is a forum where you can discuss any residential issues, provide suggestions and feedback in a positive and safe environment.

Mobile phones

Mobile phones are permitted, however, whilst whaiora are in groups pertaining to their treatment schedule i.e., group sessions, and group activities all phones are to be handed into MOE kaimahi.

Smoking

Smoking and/or vaping are to be used in the allocated areas only. Whaiora will be informed of He Waka Tapu Smoking Cessation Programme, if whaiora wish to seek support from our Smoking Cessation Practitioner, Mauri Ora kaimahi will support them with this process.

Health & safety information

- There will be arranged trips for everyone to travel together to the supermarket for personal purchases.
- Laundry facilities are available for supported accommodation whaiora use. It is an expectation that whaiora will be responsible for their own laundry.
- Supported accommodation whaiora will not enter each other's bedroom or interfere with individual property.
- Sexual relationships between whaiora are not to take place and will result in discharge.
- Supported accommodation whaiora are to be clean and appropriately dressed, e.g., daily showering and neutral clothing.

CONFIDENTIALITY

- Our uppermost concern is the wellbeing of each whaiora and their whānau.
- All information disclosed during treatment will be treated in the utmost confidence however if there are any safety issues for primary whaiora and/or others e.g., suicide/homicide or risk to tamariki, kaimahi are required to discuss this information with the clinical team and management which may include disclosure to the necessary authorities.

CLIENT RIGHTS

He Waka Tapu will do everything possible to ensure client rights as listed in the Code of Health and Disability Services Consumers Rights are upheld.

ADVOCACY

- Whaiora can contact someone independent to talk to, if you are unhappy about anything that takes place during their involvement with He Waka Tapu.
- There will be information freely available on the premises on how to contact an advocate; whaiora will also be introduced to an advocate during the first two weeks of the Experience.
- This person can represent the whaiora point of view to the organisation and give whaiora information about their options.

COMPLAINTS

- Whaiora and whānau are entitled to make a complaint at any time. Complaints are a way of us getting feedback about how we are doing things. They provide opportunities for improving our service so are welcomed. If whaiora wish to make a complaint, they can do so by contacting the AOD Manager or Operations Manager. Whaiora may be asked to put the complaint in writing if this is possible. The complaint will be acknowledged by He Waka Tapu within 5 working days. A small group of people will be put together to investigate the complaint.
- Whaiora will be notified within 2 weeks of the outcome of the investigation and if anything will be done differently in future. If the matter is unresolved after 2 weeks, the whaiora will be contacted with an update at least weekly until a final outcome is achieved.



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Free Phone **0800 HE WAKA (43 9252)**

Phone **03 373 8150** | TXT **027 2 HE WAKA (43 9252)**

161 Pages Road, Wainoni, Christchurch, New Zealand, 8061

He Waka Tapu

161 Pages Rd, Wainoni, Christchurch 8061, Ph 373 8150, www.hewakatapu.org.nz

- I have read and fully understand the welcome pānui
- I am aware of what to bring and what not to bring
- I am aware that cell phones are permitted but handed into Mauri Ora kaimahi before participating in group activities
- I have provided a discharge address for either the region I have been referred from or in Christchurch and that is acceptable to corrections (if applicable)
- I am aware that WINZ costs apply to the supported accommodation service
- I am aware that no visitors are allowed unless agreed by management
- I am aware that a urine drug test will be conducted at the beginning of the program.
- I am aware that no drug or alcohol use is permitted at anytime on the premises.
- I am aware that no gambling is permitted during treatment, this includes scratch tickets and lotto tickets
- I accept that there will be further kawa to agree to at orientation of treatment
- I am aware that the referrer will make contact with the organisations registered nurse to advise of any significant medical issues and/or medications

Whaiora: _____ Date: _____

Referrer: _____ Date: _____

Referrer, please email or fax to intake coordinator 10 days prior to start date of programme, failure to do so will result in the cancellation of treatment bed.

Email: referrals@hewakatapu.org.nz

Fax 03 381 3207

Discharge address is: _____

Person to contact at this address is: _____

Contact number is: _____

Dietary needs: _____

(must be verified by GP note)