



Mental Health, Addictions and Intellectual Disability

Te Whatu Ora
Health New Zealand
Southern

29 June 2023

Te Whatu Ora Southern
Mental Health, Addiction and Intellectual Disability
Services update

Kia ora e te whānau,

I'm subbing in for Toni Gutschlag while we recruit for her replacement and will look after the Mental Health, Addiction and Intellectual Disability Services (MHAIDS) portfolio until a new appointment is made. We'll keep you updated but in the meantime please contact me directly on Hamish.brown@southerndhb.govt.nz if you need assistance.



Read about:

- [Time for Change - Te Hurihanga – the journey so far](#)
- [Additional Child and Youth support from ADL](#)
- [Project update: Central Lakes Crisis Support Service](#)



[Time for Change - Te Hurihanga - the journey so far](#)

Time for Change – Te Hurihanga is very pleased to share its interim report which details the journey so far towards creating a people-focused, equitable, high quality, integrated mental health system with contemporary models of care. An incredible amount of mahi has gone into this project since it was established in 2021 but there's still a lot more to do.

Many of the projects are going through a collaborative design process to ensure cross-sector support. This input is invaluable and is helping us develop appropriate community solutions closer to home which ultimately aim to improve access to quality care for all and reflect the needs of people with lived experience and whānau.

A huge thank you to everyone involved for your passion, dedication and hard work! We're really proud of what we've collectively achieved so far and it's wonderful to see new initiatives coming to life and improvements being made to existing services.

[Click here to read the report.](#)

Additional Child and Youth support from ADL

ADL has been awarded temporary additional funding for a 12-month period to help address the current pressures and wait times in Southland and Central Otago for children and youth seeking support for moderate to severe mental health, alcohol and drug and/or co-existing issues.

This additional funding will support child and youth accessing this service whilst the Time for Change – Te Hurihanga project team completes the co-design process to implement a long-term sustainable solution that addresses the growing demand for these services.



Project update: Central Lakes Crisis Support Service



Clinical Manager Fiona Young (left) and General Manager Tina Mongston, Central Lakes Family Services

It's been three months since the [new Central Lakes crisis support service](#) launched in April and so far the provider, Central Lakes Family Services, is predominantly helping people who are experiencing a lot of stress and low mood anxiety due to situational factors - meeting basic needs, economic pressure, housing, family stressors and dynamics, and feeling isolated.

Clinical Manager Fiona Young says that the key benefit of the new service is being able to extend immediate wraparound support to someone in crisis.

“Seeing people at the point of crisis enables us to provide early intervention, support and strategies to minimise their distress.

“Having that layer of immediate support can make a lot of difference in reducing someone’s isolation and improving their wellbeing and coping mechanisms. It can also help reduce anxiety and depression.

“We’re working closely with the Specialist Mental Health service – we have daily team meetings with them as well as a weekly leadership meeting to track progress and discuss any issues.

“The next step is planning for a small crisis respite facility which we’re hoping to open later this year,” says Fiona.

For people in the Central Lakes area needing crisis support, the service can be accessed in one of two ways - via a referral from Te Whatu Ora Southern’s Specialist Mental Health and Addiction (MHA) team, which is available to call 24/7, or via a referral from their GP.

*Noho mai rā i roto ngā manaakitanga katoa
Stay well/take care.*

*Hamish Brown
District Director for Hospital and Specialist Services*
