Te Tai o Poutini West Coast

Mental Health, Addiction and Wellbeing System Stepped Care Approach

West Coast Health
Community Wellbeing Services

POUTINI WAIORA

Te Whatu Ora
Health New Zealand

Referrals and Care Connection

Community-based access, stepped care coordination and collaboration

Triage, engagement, care coordination and care connecting

5

LEVEL FIVE: TERTIARY AND SECONDARY SUB-SPECIALTY MENTAL HEALTH AND ADDICTION SERVICES

Accessed off the West Coast, mainly in Christchurch

- Sub-specialty assessment, treatment, therapies, advice and consult
- Inpatient secure, extended stay, rehab, detox and other care

4

LEVEL FOUR: SECONDARY SPECIALIST MENTAL HEALTH AND ADDICTION SERVICES

West Coast District-wide and locality-based services:

- Crisis response and assessment of urgent or acute need; medical attention; safe transport and spaces; access to DAO; access to acute inpatient care or respite; access to medical detox
- Psychological therapies; rehab and recovery.
- Specialist community assessment, treatment and care coordination; access to medication, support and oversight incl OST; Māori cultural support and interventions; shared care

3

LEVEL THREE: PRIMARY, KAUPAPA HAUORA AND COMMUNITY-BASED MENTAL HEALTH AND ADDICTION SERVICES

Non-government organisations providing mobile services and in local community non-health settings

- Care connection, linkage and brokerage; services and system navigation; community, cultural and peer support; group programmes; counselling, therapies and brief interventions; family/whanau support
- Access to residential care and respite incl AoD; social and home detox
- Collaborative care and transition planning; rehab and recovery; shared care

2

LEVEL TWO: SOCIAL SERVICES AND COMMUNITY TRUSTS

- Non-government organisations providing social wellbeing, mental health promotion and pther services;
- Community resources and supports; connections with people and places for connecting; social clubs and special interest groups
- Education, training, courses and classes; group programmes
- Schools and workplaces; faith-based organisations; cultural groups and communities of identity

1

LEVEL ONE: WELLBEING, SELF HELP AND SELF MANAGEMENT OPTIONS

- Five ways to wellbeing and community connections
- Physical health and wellbeing services
- Whanau and family, friends, peers and social networks
- Self-management apps and digital tools

Services can be accessed across multiple levels at the same time. People can move up and down these levels depending on their needs.