

#### The team includes:

- Occupational therapist
- Registered nurses
- Social worker
- Psychologist

All facilitate groups and provide individual work within their scope of professional practice.

- Administration officer  
Welcomes clients and is responsible for clerical work and reception duties.

#### Referrals:

We welcome referrals from all Southern DHB mental health teams. We also consider referrals from GPs, private counsellors and NGOs on an individual basis.

#### Feedback

If you have a complaint or compliment about the service you are receiving please contact:  
Your key worker or the Team Manager or

Patient Affairs (03) 470 9534 or  
[feedback@southerndhb.govt.nz](mailto:feedback@southerndhb.govt.nz)

Health & Disability Advocacy Service South Island  
Phone: 0800 377 766 or [www.advocacy.org.nz](http://www.advocacy.org.nz)

#### Contacts

### Community Programmes

**Address:** 2<sup>nd</sup> Floor  
Psychiatric Services Building  
Dunedin Hospital  
Dunedin

**Phone:** (03) 470 9262 or  
**Cell:** 027 232 4133

**Freephone:** 0800 44 33 66

**Facsimile:** (03) 470 9928

**Web:** [www.southerndhb.govt.nz](http://www.southerndhb.govt.nz)

If you are in a crisis and need urgent assistance please phone the Emergency Psychiatric Service (Otago) who provide 24 hour a day, 7 days a week service on:

**0800 467 846**

### Mental Health, Addictions and Intellectual Disability Service

### Community Programmes



Living well by taking an active role in your  
Recovery

*'Better Health, Better Lives, Whanau Ora'*

### Community Programmes

Community Programmes is a specialist mental health service, providing assessment, treatment and a recovery orientated group programme for individuals with a moderate – serious mental illness.

#### There are two parts to our service:

#### Full Morning Programme

Provides assessment, targeted treatment and individual work within a structured group programme (four mornings per week)

#### Recovery Groups

Orientated towards meeting the specific needs of the individual. Clients can attend the module(s) that will be the most beneficial to their recovery.

### Full Programme

The full programme runs from 9.30 am to 12 noon Monday, Tuesday, Thursday and Friday. Closed on statutory holidays. Participants are part of a therapeutic group environment which provides structure and socialisation. Targeted individual work occurs with the Community Programmes key worker before, during and after the programme.

#### Recovery Groups:

Recovery groups are closed, modular based groups which can run from 6 to 12 weeks. Attendance is negotiated between the client, case manager and Community Programmes Group Facilitators. Groups are held between 1 pm and 3 pm Monday, Tuesday, Thursday and Friday.

### Treatment Planning:

For clients attending the Full Morning Programme a clinical review occurs once a month. Team members review current goals and overall progress towards the treatment plan mutually set by the client/case manager and Community Programmes key worker. Discharge planning is also discussed. A copy of the review is given to client and/or significant others, if desired.

For individuals attending the Recovery Groups there will be no clinical review. Individuals will develop a plan for their attendance (which module(s) they wish to attend) with a Community Programmes staff member at their admission. This will be reviewed at the end of the module or if you have missed more than two groups in a row without informing Community Programmes staff.