

Arahura Supported Accommodation



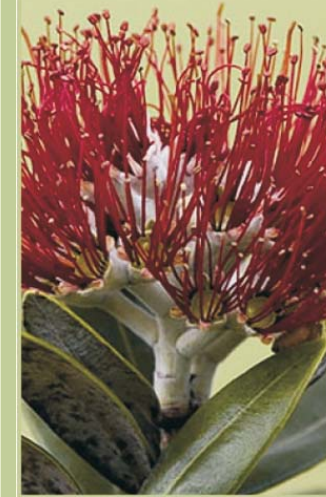
CROSSROADS CLUBHOUSE

393 Great North Road
Phone 09 3764267

9am to 5pm Mon to Thurs (9-3 Fri)
Donations to Arahura can be made to ASB Bank
Account No 12-3019-0568564-50
(Registered Charity)

ARAHURA CHARITABLE TRUST

Providing community based support for people
experiencing mental health difficulties
393 Great North Road
Grey Lynn
8.30 to 4.30 Mon to Fri
P.O. Box 47729 Ponsonby
Auckland
Phone (09) 3600745
Fax 3600746
www.arahura.org.nz
admin@arahura.org.nz



ARAHURA CHARITABLE TRUST

A Society Of Respect And Inclusion

Arahura has been involved with supporting people with mental illness for over 35 years. We provide recovery services through supported accommodation and through Crossroads Clubhouse a supportive work focused community.

We believe that each individual has a place in our society and the right to be treated with dignity and respect.

What working for Arahura Trust means to me :

Firstly, I'm thrilled to be working in the mental health field, but more specifically for Arahura. Mostly because I can use my life experience of living with a mental illness. This means I am valued for my experience in the same way someone may be valued for their study in their field.

Nicola

Arahura provides its supported accommodation through well appointed four bedroom houses with 24hr staffing. Situated in the outer Central Auckland areas. We have a fantastic team of people who work on an individual and group basis to help people achieve personal goals and quality of life.

We do this a number of ways-

- Encouraging and teaching daily living and life skills.
- Working on individualised plans, developed in consultation with the service user.
- Through the implementation of researched models of recovery—The WRAP Plan (Wellness Recovery Action Plan)
- The Strengths Plan
- Medication supervision, until such time as the person can manage their own medication.
- Medication education, which encourages people to the importance of ,types of, and reasons for their medication prescription.
- Service users are encouraged to take as much responsibility in their living situation as is practicable so that when they shift to independent living they do so with confidence.
- Staff work alongside people to ensure everyone has help and support at the level they need. Everyone is encouraged to be involved in some way along their path to recovery.

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Access To Supported Accommodation

The ADHB Community Mental Health Centres (CMHCs) have service co-ordinators who manage entry into contracted supported accommodation through a referral process.

Culture and Spiritual Expression

At Arahura we endeavour to provide and/or access services that will meet peoples' cultural needs. Staff have received Treaty of Waitangi and cultural awareness training, and have an ongoing investment in understanding the different cultures that make up our community. We recognise and welcome the cultural and spiritual diversity that exists among Arahura service users.

Arahura recognises the principles of the Treaty of Waitangi—partnership, participation, and protection—which must underpin any health strategies we develop. We acknowledge taha wairua (spiritual), taha hinengaro (mental), taha tinana (physical), and taha whanau (family), as the cultural basis for provision of services to Maori.

Consumer Rights and Responsibilities

Arahura respects and adheres to the rights of service users as outlined in our manuals and as outlined by the Health and Disability Commissioner. Should you wish to view these rights please do not hesitate to ask staff. All service users receive a brochure and wallet card on 'Your rights When Receiving a Health or Disability Service.' All consumers have the right to enforce this agreement , and are supported by Arahura to do so should they feel their rights have been breached.

Advocacy

All service users have the right to advocacy independent of Arahura. Community mental health centres have advocates available, as does The Health and Disability Commission and Grey Lynn Community Law Office. Contact details can be accessed through staff or Arahura manuals. Advocacy may also be accessed via www.mhc.govt.nz