



Day Programme Services in Southern FAQs

What is happening?

There is a project to improve mental health and addiction Day Programmes in the Southern area. The Southern area includes Otago and Southland.

Why is this happening?

In 2021 there was a review of the mental health and addiction system in the Southern District. This resulted in a report called Time for Change – Te Hurihanga.

One of the findings of the [2021 Time for Change - Te Hurihanga independent review](#) was that community-based Day Programmes in Southern could be reviewed to make sure they are providing a service that tāngata whaiora (a person seeking health) wants and needs.

An extensive review by Alliance South called Southern DHB (District Health Board) Mental Health & Addiction Day Activity & Living Skills and Vocational Support Services Review also found a need to review day services to better suit service users' needs.

What is a Day Programme?

Day Programmes means mental health and addiction services that people go to during the day, to do activities and spend time with other people. Day Programmes aim to improve people's wellbeing. They also help people to get involved in community activities.

The Day Programmes we are looking at are **non-clinical community-based programmes**.

Who are currently providing Day Programmes in Southern?

There are eleven non-clinical community-based day services who receive funding from Te Whatu Ora, Te Whatu Ora is a government organisation that was created by joining together all the District Health Boards/DHBs.

Te Whatu Ora Southern community-based day services:

- PACT - The Apartment 420 Dunedin
- PACT - Link Centre Balclutha
- Creative Arts Trust (Artsenta) - Dunedin
- Creative Arts Trust (Artsenta) - Outreach Programme various locations
- Able Charitable Trust - Alexandra Activity Centre
- Presbyterian Support Otago – Family Works and Stepping Stones
- The Oamaru Mental Health Support Charitable Trust
- Volunteer South (Volunteering Otago Trust)
- Bainfield Gardens – Southland
- Rata House – Invercargill
- Welcome In - Gore

What are your thoughts on Day Programmes?

We want to find out what you think the best Day Programme should look like. We would really appreciate your help with this as a service user. To do this we are beginning a discussion about a new model of care for Day Programme services. A “model of care” is a way of describing what type of services we need, and how they should work) across the Te Whatu Ora Southern district.

How can I get involved?

There are a few ways you can get involved:

- Take our survey. An electronic copy will be circulated via day programme providers and a paper copy is also available from the day service you attend. The survey closes on 12 February 2023
- Email your ideas to Michelle – michelle.barron@southerndhb.govt.nz
- Attend a group listening session to share your ideas
- Call Virginia Irving on 022 494 0327

What happens at a group listening session?

At the group listening session you'll be able to let us know what you think a good Day Programme includes.

The sessions are drop in and informal.

You'll be able to provide your feedback in a number of ways including:

- completing a survey
- writing suggestions on post it notes
- sharing your ideas in a group session

What are the benefits of discussing what Day Programmes should look like?

This is an opportunity to structure our Day Programmes to provide:

- a more flexible and varied programme of activities determined largely by your needs as a service user
- A safe environment where people support each other, share experiences and knowledge, and spend time together

What does this mean for my current Day Programme?

- Your current day service will continue to run as usual. Nothing will change at the moment.
- Once we have all the feedback from the survey, forums, emails, and phone calls we will put all the information together and develop an updated model of care.
- The organisations who provide community Day Programmes will also be involved in giving their views during this process.

- Once the model is agreed we will be encouraging all our contracted Day Programme providers to make any changes needed to move to the new model of care.
- We will keep you updated about what is happening.
- There will be no changes made to your service before June 2023
- We will support and work with all the organisations that provide Day Services as we update the model of care from recommendations from the survey, forums, and other feedback.

How are these changes happening?

These changes are happening through the [Time for Change - Te Hurihanga Programme](#).

The programme was set up to address the findings in the [Time for Change – Te Hurihanga independent review](#), including Day Programmes.

It is a focused Te Whatu Ora Southern led programme to address:

- health
- equity
- location
- social and systemic issues
- and put people at the centre of care.

Change is underway to bring mental health and wellbeing care closer to home and make it easier to access - for everyone in the Southern region.