

Improving Day Programmes

This document is about responding to the Time for Change – Te Hurihanga recommendation to improve day programmes in the Southern area.

We'd like to know what you think about this document.

You can give us feedback in four ways:

- Complete a survey – this will be sent in the coming days
- Email michelle.barron@southerndhb.govt.nz
- Attend a listening session – times and locations to be communicated in coming days
- Call Virginia Irving 022 494 0327

1.0 Introduction

There is a project happening to improve mental health and addiction day programmes in the Southern area. The Southern area includes Otago and Southland.

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.

There are 11 day programmes. Some are run by community organisations and some are run by Te Whatu Ora. Te Whatu Ora is a government organisation that was created by joining together all of the District Health Boards/DHBs.

This project to improve day programmes is happening because of a review that happened in 2021 called Time for Change.

2.0 Time for Change - Te Hurihanga

Time for Change said that:

- Day programmes need to update how they work. Some have been working the same way for a long time.
- Most people going to day programmes do not have an individual plan. An individual plan includes goals that people would like to achieve, and what is important to them.
- None of the day programmes measure outcomes (a way of measuring progress).

Time for Change suggested that day programmes could be reviewed, to make sure that they:

- Update how they are working and use more modern approaches to provide support
- Are effective and accessible
- Meet the needs of the community

Time for Change also commented that:

- Day programmes should be:

- easy to access
 - close to people's homes
 - offer a range of health and social support services.
- Day programmes should work with whānau to address the causes of people's distress.
- Having a community wellbeing hub that includes day programmes could be a good idea.
- There should be a focus on improving day programmes in Invercargill. This is because there was strong feedback from people with lived experience of mental distress and/or addiction that this was needed.
- There was support to have a peer-governed day programme. This means a peer support service run by people with personal lived experience of distress and/or addiction.

3.0 Alliance South Review

Before the Time for Change review, there was another review of day programmes in 2017 by Alliance South.

The Alliance South review recommended:

- That a new model for day programmes should be developed across the Southern district. This model should be based on:
 - Art-based recovery services
 - Volunteering services
 - Connecting service users with other community-based services.
- That a new model be developed for vocational (work, employment) support services. That this model should:
 - Provide individualised/tailored support for people to get a job or do a training course

4.0 This project

There is a new project about improving day programmes.

The project is based on what the Time for Change review and the Alliance South review said about day programmes.

We want to have a discussion about:

- How day programmes could better meet the needs of our community
- How day programmes can be developed so they are sustainable

Your thoughts and experience are really important and we'd like to hear from you.

If we make changes to day programmes, the changes will:

- Be made to improve the health and wellbeing of people
- Be made to help services be more sustainable in the future
- Align with what international and local research tells us is the most effective way to support people.

5.0 Wider issues

Time for Change made some recommendations about day programmes, which were covered in section 2.0 Time for Change.

It also made some comments about wider issues, that we need to consider when thinking about future day programmes.

These are:

- Including whānau will help tāngata whaiora to access support and stay connected to their support system and community.
- There is a need to move some funding from government providers to community organisations. Community organisations are closer to their community.
- Community organisations can be more focused on achieving outcomes (progress).
- Government services (Te Whatu Ora) can have strict rules about funding, that don't always put the needs of people accessing services first.
- Some people believe that Te Whatu Ora can favour its own services, rather than community organisations.

6.0 A possible future

We have an opportunity to improve day programmes so they better support people's wellbeing, and help them to be included in the community.

We have an opportunity to be more responsive to the needs of Māori and Pacific peoples, and to support Māori and Pacific people to work in day programmes.

There is another Time for Change project about peer services. It is a good time to think about whether we should include peer support in day programmes.

We need to think about how day programmes:

- Can provide a flexible programme, so people can choose activities that fit with their goals
- Can provide a safe environment where people:
 - support each other
 - share experiences and knowledge
 - spend time together
- Can support the strengths of people accessing the service and whānau
- Can support staff to work together to reach good outcomes

Benefits

There are many possible benefits from improving day programmes.

The possible benefits are that people:

- Could get better support when they access day programmes. They might get better outcomes (make more progress)
- Could have better routines
- Could feel more connected to other people and feel like they belong
- Could feel able to express themselves through activities, like arts activities.

Other possible benefits are that it might be possible to:

- Include peer support workers

- Continue to make more improvements to services
- Have more services delivered by community organisations.

7.0 Next steps

- Electronic and physical copies of a survey will be sent for people to contribute to and share their thoughts.
- We will communicate times and locations for lived experience and whanau to attend listening sessions, where you can express your thoughts and feedback on how day services can improve.
- Feedback will be collated to help us refresh and improve the way in which day services are delivered for you.
- If any changes need to be made to current day services based on your feedback, this will be communicated to you.

No changes will be made to any services before June 2023.

If changes need to be made to any day services, this will be clearly communicated and support provided.