

## Accessing Regional Bed Nights at Te Whare Mahana

This document provides guidance to Health New Zealand Mental Health, Addictions and Intellectual Disability Service clinical staff about access to and the referral process for the regionally funded bed nights at Te Whare Mahana, Golden Bay.

### **Associated policy**

None.

### **Te Whare Mahana**

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Te Whare Mahana, based in Golden Bay, provides a DBT inpatient treatment service for people with high and complex behavioural challenges. They offer a DBT-PTSD based treatment programme augmented with EMDR. Treatment periods can vary from 3-12 months.

There is funding available via Mental Health and Addictions Planning and Funding (Commissioning), for 365 bed nights per year to allow individuals under SMHS care with high needs to access the programme. This is a regional resource.

It is expected that this funding pathway is utilised for consumers who would not meet criteria for ACC funding or who have no means to enter the service without funded support.

There are two residential treatment options for DBT within Te Waipounamu: Ashburn Hall and Te Whare Mahana. These options should be discussed with the tāngata whaiora and their whānau to determine which programme best meets their needs.

### **Te Whare Mahana criteria for referral**

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These are:

- The consumer being referred is aged 18 or over (no upper age limit).
- The consumer is a high user of Specialist Mental Health and Addiction Services.
- The consumer would benefit from residential treatment.

Te Whare Mahana works well with consumers who have:

- Diagnoses of borderline personality disorder, PTSD or complex PTSD or other Dissociative Disorders.

### **Exclusion Criteria**

These are that the consumer has:

- Significant Intellectual disabilities
- Severe Autistic spectrum disorders
- Major hearing impairment
- Significant anti-social behaviour that prevents collective residential setting
- Acute psychosis
- Acute mania
- Unstable bipolar affective disorder

## Referral Process

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It is expected that the person being considered for access to a funded bed at Te Whare Mahana has engaged with specialist mental health services and has accessed treatment from within their local service prior to consideration of Te Whare Mahana as a treatment option.

Consideration of Te Whare Mahana as a treatment option should be discussed in the MDT, with the consumer, and if appropriate, their family/whanau.

If considered an appropriate next step, requests should be sent via email with a cover letter and attached clinical report to the General Manager and Clinical Director / Medical Director, of your district, for their consideration

The clinical report should include:

- Consumer demographics
- Current clinical presentation
- Past psychiatric history
- Developmental history, including current social circumstances and any history of trauma
- Alcohol and drug history
- Risk history and up to date risk assessment
- Attitude towards Te Whare Mahana referral
- Readiness for change and any potential barriers to engagement with treatment
- Experience of and attitude to talking therapies both individual and group

**Given the high cost of this treatment package, referrals to Te Whare Mahana must have the endorsement of the General Manager (GM) and the Clinical / Medical Director (CD) for the district.**

## Administration Process

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Once endorsed by the CD and GM, a referral should be made by the lead clinician from the clinical team, directly to Te Whare Mahana using this link: [Referrers / clinicians - Te Whare Mahana](#)

The GM or CD should advise the Te Waipounamu Mentally Well commissioning team of the supported referral.

Te Whare Mahana will consider the referral and, if accepted, will hold the wait list and arrange admission based on bed availability and need/mix of residents. Te Whare Mahana will liaise directly with the local treating team.

## Follow up and Support

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If accepted by Te Whare Mahana, liaison relating to admission to the residential treatment programme will occur between Te Whare Mahana and the district mental health service **that the person is known to**.

# Health New Zealand

Te Whatu Ora

Any ongoing mental health support whilst the person is receiving treatment at Te Whare Mahana will remain the responsibility of the individuals district service that has made the referral. Arrangements for any ongoing clinical support should be considered by the referring team.

In the event of someone residing at Te Whare Mahana requiring specialist mental health services, there will be initial consultation between Te Whare Mahana and the referring team.

If an urgent inpatient admission is needed, contact will be made with the Golden Bay Community Mental Health Team, and an agreed referral pathway to Wahi Oranga Mental Health Admission Unit in Nelson will be followed. Dependent on presentation and clinical needs, there may be a request to transfer the person back to the referring district.

Upon such request it is the responsibility of the referring district to liaise and arrange transfer back to district via inpatient to inpatient transfer.