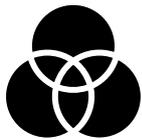


29/02/2020

Wild Side Charitable Trust > Arapohue Rural Retreat

Programme Philosophy for Stage 2



Once the respite facility is established, we will be looking at more intensive addiction recovery programmes and employing staff with the necessary skills and qualifications

(1) INTRODUCTION

It is the intention of Wild Side Charitable Trust to base their care on a holistic understanding of addiction healing and recovery which incorporates **Te Whare Tapa Whā. This concept understands that health and wellbeing are underpinned by four cornerstones: taha tinana (physical health), taha hinengaro (mental health), taha wairua (spiritual health) and taha whānau (family health)*.**

Regarding **physical and mental health**, we intend to connect all residents with (a) the [Kaipara Health Centre](#), which incorporates Dargaville Hospital and the Dargaville Medical Centre, as well as the Iwi (tribe) provider, Te Ha O Te Oranga, and (b) The Northland DHB [Mental Health and Addictions Service](#) in Dargaville.

Regarding **spiritual health**, we intend to be mindful of the cultural or religious beliefs of each resident, while at the same time we will be giving them the **option** to learn about the basic Christian understanding that we are all created with a spirit, mind and body. There are proven Christian programmes that help individuals to make positive changes in their lives and we intend to work alongside organisations that specialise in spiritual healing like, for example, the Salvation Army Bridge Programme for those with addiction problems.

Regarding **family health**, it is our intention to provide outworker personnel to communicate and visit family members where possible to improve understanding of the healing and recovery processes and to link family with whatever services can best meet any needs they might have. This will include helping, where possible, to find employment for the resident and family members and emergency financial assistance, if needed.



(2) MAORI HEALTH AND WELLBEING

**Walking together, co-constructing positive behavioural change*

A cursory glance at the **He Ara Oranga report of the Government Inquiry into Mental Health and Addiction** (see the WSP summary of this report – under Needs Analysis) indicates that the current health system is failing Maori big time:

“We were told that the Western model of mental health, enshrined in the health system and legislation, is based on beliefs that are not shared by all Māori and are not always helpful – for example, the separation of mental health from oranga (health and wellbeing) is contradictory to holistic understandings of health.”

With this in mind we are working toward introducing an adaptation of the Mana Potential Framework into the programme at Arapohue using a local gifted and passionate Maori facilitator.

Mana Potential is a framework which upholds first and foremost the core value and absolute uniqueness of the individual. It is based on recognising and respecting the wisdom and integrity of the individuals as they reflect on their world, their whakapapa/genealogy and their innate gifts and family traits. As such, it is by its very nature, constantly emerging and evolving.

While using elements of the best research and practice from overseas such as the ‘Positive Behaviour for Learning’ strategy currently promoted by the Ministry of Education, the Mana Potential framework incorporates metaphors, pedagogies, philosophies and practices that are unique to Aotearoa/New Zealand, thus addressing a cultural context that international frameworks cannot capture.

The key element to achieving this framework lies in the process and commitment to co-construction. This process led to the realisation that similar results could be achieved for other cultures. By ensuring the structure is embedded in the language, stories and metaphors of the culture, the framework is able to resonate and be effective with the people who have written the script.

Mana Potential programmes contain:

- A ‘Whole of organisation / agency’ approach
- A programme framework and logic
- Effective delivery
- Relevant, inclusive, safe and culturally sustainable practice
- Evaluation of programme impact within an ‘Action Research’ framework

Mana Potential programmes have been piloted, evaluated and refined in selected New Zealand schools and help organisations since 2009. It operates within a bi-cultural framework and honours Te Tiriti o Waitangi as Aotearoa/New Zealand’s founding document. It provides a culturally appropriate response to effective and sustainable management of challenging behaviours.

At the centre is ‘Mana’, the tapu inherited core value of your unique being. No-one has ever been created just like you and no-one will ever replicate who you are again and what you bring to this world. Who you are and what you do will impact on others a leave a legacy that will be woven into eternity, aka ake tonu atu.

“The core in the centre encapsulates all that you are; your heritage, our genealogy, the ancient wisdom of your people, your knowledge, your creativity, your personality, your gifts and talents, your divine spark (Pere, R. 1982), your potential. It is the very essence of what makes you who you are, your Wairua, and if we took that away, it wouldn’t be you anymore, it would be someone else”.



(3) ADAPTING THE SALVATION ARMY BRIDGE PROGRAMME

**Caring for people, transforming lives and reforming society*

Because of their proven success record in providing a quality service to those affected by the misuse of drugs and/or alcohol we are consulting with the Salvation Army in Whangarei as to how we can work with them and adopt aspects of their programmes for the Arapohue Rural Retreat.

In addition, we will be offering the Salvation Army Bridge Programme access to our facility for residential beds and respite.

The Wild Side Charitable Trust has much synergy with [The Salvation Army's Bridge Programme](#)'s vision to "support, challenge and encourage people experiencing the negative impact of drug and/or substance use to make positive changes in their lives."

One of our centre directors, Janet Curle (nee Balcombe) occasionally shares her journey of recovery from meth and alcohol addiction at the Salvation Army Recovery Churches in Dargaville, Whangarei and Auckland.

The WSCT (directors of the Arapohue Rural Retreat) is in total agreement with the [mission statement](#) and [values](#) of The Salvation Army in every respect.

Likewise we identify with the [bicultural statement](#) of the Salvation Army: The Salvation Army is firmly committed to honouring the principles of partnership, protection and participation inherent in Te Tiriti o Waitangi.

Salvation Army 12 Step Programme

The Twelve Steps Workshop uses the Steps, the Bible's truth and a wealth of psychological principles to help you understand your own development, needs and behaviours.

- Steps 1-4: Examine the 'management systems' we adopt for life, and how this has affected our beliefs, behaviour and relationships.
- Steps 5-12: Learn the 'how to' of transformation, in your relationship with God and with others.

The 12 Steps have been around for over 60 years and offer tools, not just for addicts, but for anyone who wants greater personal and spiritual freedom for themselves or those they minister to. The model is based on the successful Alcoholics Anonymous programme but specifically developed to be applicable to a range of life issues.