**SPRINGHILL INFORMATION SHEET**

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**Clients in employment**, the residential cost for your stay is $142.18 per week.

Clients receiving any MSD benefit need to know that MSD will deduct the amount needed for residential costs.

You will be left with $80.67 per week.

If you need to pay rent/mortgage and other day to day living costs you will need to complete a Community Costs Application, even if these payments are already set up through Work & Income. These forms are available on your arrival at Springhill. You will need to provide:

* Three months of bank statements (for all accounts in your name).
* A copy of Tenancy Agreement/Mortgage Agreement/Storage Agreement a letter if you are paying board.
* Copies of any invoices relating to other cost (e.g. Power bill).
* Even if MSD have this information you will need to provide it again.

**Smoke free**

Please be aware that Springhill is a smoke free programme – this includes no smoking when you are off the property. Vaping is not allowed at Springhill and while on the programme.

**Phone Contact**

* Cellphones and smart watches are allowed. They will be locked in the safe, and returned to you when you have weekend leave.
* There is a resident phone line available, the number is 06 835 1031.
* Please advise family or friends that they cannot call for your first two and a half weeks. You may have three supervised calls to dependent children in this time.
* Please inform callers that the best times for them to call are 10.30-11.00am, 12.30pm-1.00pm, 2.00pm-3.00pm, 4.00-5.00pm, 6.00-7.00pm and 8.30-10.00pm.

**What to Bring to Springhill**

* Toiletries
* Your community services card.
* Any prescribed medication.
* Pillow and duvet optional, hot water bottle optional.
* Personal clothing including some suitable for chores, exercise and leisure time, swim wear, dressing gown and pyjama’s, warm clothing (No clothing that exposes too much), walking boots or running shoes, wet weather gear. Please bring a towel for swimming. Women should bring a skirt for Marae visits if they have one available.

**Accommodation**

Clients may have to share a bedroom with another client.

Men’s and women’s bedrooms are in separate ends of the accommodation block.

**Springhill Programme**

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**Week One •** Complete letter to self.

**•** Orientate self to Springhill culture and routine.

**•** Address any detox/ sleeping/ health issues or other issues/ barriers with therapist that client is concerned about, i.e. social interaction, participation.

**•** Hand in letter to self to therapist.

**Week Two •** Client to start working on life story to be presented in week three. Access therapist

For support where required.

**Week Three •** Present life story to group and hand in written copy to therapist on same day to become a senior resident.

**•** Start to think about issues/ themes to be explored during stay at Springhill, from letter to self and life story (therapist and client meet to discuss this).

**Week Four •** Client and therapist start Go To Plan together if not already started. Client will actively be involved in this process by listing their ideas on the Go To Plan.

**•** Client starts to actively participate in groups by discussing issues relating to sense of self, or presenting written work that has been discussed with therapist.

**Week Five •** Therapist organizes a phone review for week six with client’s referrer. This is when the client and therapist discuss client’s progress with client’s referrer.

**•** Client starts to consider any ongoing goals for after Springhill.

**•** Client continuing to actively use group to explore issues and give feedback.

**Week Six •** Phone review with referrer occurs to discuss support after Springhill.

**•** Client investigates a bit more into plans and goals for after Springhill.

**Week Seven •** Final review of Go to Plan with therapist to see if anything needs adding.

**•** Client to work on discharge plan.

**Week Eight •** Final week at Springhill.

**•** Client will complete discharge plan and share with therapist.

**•** Client given final copy of Go to Plan.

**Daily Reminders •** Write in inventory book each evening, therapist will provide feedback each morning.

**•** Complete set chores each day before morning walk.

**•** Access therapist whenever support is required. Do not hesitate to do so.

**•** Doctor available Mondays and Thursdays if required.

**•** Access supervisors for support in the evening if required.

**•** Interact with the community as much as possible rather than isolate.

**SPRINGHILL INFORMATION PACK**

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