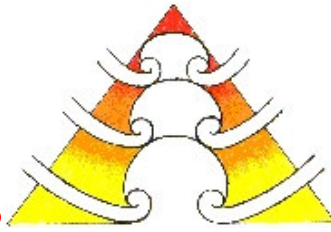


The Journey Forward

Update on STARs



This is a question and answer fact sheet to inform people in the Capital & Coast district about this exciting new mental health service development.

What is STARs?

STARs, *Short Term Assessment and Recovery services* will provide a new service for people in the Capital & Coast district who experience a mental health crisis. The model is aimed at minimising the distress and trauma people experience when they need to use mental health services. It intends to provide treatment and support in a more home-like environment than a hospital ward, thus supporting people to maintain many of their usual daily activities and connection to the community. Progress to recovery and return home can be expected to be smoother and perhaps faster than via the traditional hospital based acute services model.

Why do we need STARs?

In New Zealand and internationally, people who use mental health services have long been calling for this kind of acute treatment and support. It will form part of a significantly improved range of acute service delivery. This expansion in services is consistent with the principles and policies outlined within the Government's strategies and C&CDHB's strategic intent to develop a range of acute support and treatment options. It aims to promote choice for the person in regard to activities and environment, and to provide the least restrictive and least intrusive treatment and/or support possible. It will keep pace with international trends in acute care and increase the total number of acute places in the district. This is consistent with levels of inpatient and acute services for our local population recommended by the government's 1997 Blueprint for Mental Health Services report.

How will STARs fit with the other acute services?

STARs is part of a planned range of acute mental health services that will include:

- Developing Short Term Assessment and Recovery services (STARs) in both Wellington and Porirua with approximately 8 places each;
- Developing a 20 place Acute Assessment Unit (AAU) at Kenepuru, Porirua;
- The 3 already established Community Based Enhanced Mental Health Recovery Houses (commonly known as Recovery Houses).
- Crisis Respite houses
- Home Based Treatment
- Acute Day Services

The service involves a partnership between the C&CDHB local mental health service and Wellink Trust, a Non Government Organisation (NGO) based in Wellington. Why use a NGO to help provide the STARs?

The NGO sector has developed valuable experience in working with people to help maintain and develop their capacity to manage daily living activities and in introducing other therapeutic modalities that complement clinical mental health care. A fully collaborative partnership is being developed between C&CDHB and Wellink Trust, an organisation with an established record of providing safe, effective and innovative services. **For further information about Wellink Trust visit www.wellink.org.nz**

What will happen to Te Whare O Matairangi (Ward 27) whilst the STARs is trialled?

During the trial phase the current capacity of 29 beds in Ward 27 will be maintained but ideally not fully utilised as STARs is implemented. Maintaining both services allows us to test the new service and develop the STARs and Acute Assessment Unit (AAU) safely in three phases spanning three years.

- *Phase one:* Trial community STARs in Wellington
If successful this will reduce pressure on Te Whare o Matairangi and improve the accessibility and safety of services
- *Phase two:* Review and evaluation
Early evaluation of STARs outcomes will allow further refining of the service model and planning for the second STARs and the AAU including confirming numbers of places.
- *Phase three:* Build new facilities.
This includes the establishment of a second STARs facility in Porirua and the building of the new AAU at Kenepuru.

Is funding approved?

A rigorous financial plan has been completed to assure financial viability for the first year. Adequate resourcing has been committed to cover contingencies in proceeding with development of the service.

When will the first STARs open?

At this stage the first one is likely to be towards the middle of 2008.

Who will staff it?

Wellink Trust will employ its own staff including the nursing component of the multidisciplinary team as well as people who have experienced mental health issues. The DHB will continue to employ doctors.

How are we ensuring that all stakeholders are being consulted during development of this service?

The development of STARs is part of the overall Journey Forward (TJF) programme. TJF is a 5-year development programme of the spectrum of district mental health services. Information from all parts of the mental health sector feeds into the programme via separate 'workstreams' composed of stakeholders with expertise and experience in that speciality. STARs development is linked closely with TJF's Acute & Crisis Services workstream. This workstream includes solid representation from service users as well as clinical and allied staff from many parts of the mental health service and NGO service providers. The Adult Acute Redevelopment Steering Committee comprising similar representation is overseeing the project's development. The STARs Development Advisory Group (SDAG), also comprising a mixture of stakeholders, is working towards ensuring that a recovery-focussed service will be delivered. To find out more about the Journey Forward Programme go to: [C&C DHB - The Journey Forward](#)

How is the community participating?

There is service user membership of all Journey Forward workstreams and project steering groups. These consumer members are linked to or nominated by consumer networks in the Capital and Coast district.

How will people who use acute services benefit from STARs?

People will have a greater choice of options for acute treatment and support that will help minimize the trauma of mental health crisis. The STARs will provide more home-like accommodation than a hospital environment and will facilitate easier and more relaxed family and whanau involvement if desired. Progress to recovery and return home will be expected to be smoother.

Feedback

We welcome feedback and further questions. Please contact Robyn Priest (Project Manager) robypn@wellink.org.nz Phone (04) 801 8500.