



Provider Profile:

Provider: Marlborough Primary Health Organisation: Kimi Hauora Wairau

Title: SMART: Primary Mental Health Initiative

Philosophy: To assist people with a diagnosed mild to moderate mental illness who will benefit from short term interventions by sourcing and arranging, as appropriate, packages of care for each person.

Service Description:

- One extended and one follow-up consultation with a GP relative to mental health issues (funded)
- Access to the SMART co-ordinator will facilitate access to funded services for referred clients as suggested by the GP and agreed to by the client. Services accessed are usually counselling and may also include exercise, relaxation, life style education etc. Information and self help resources are also available from the co-ordinator.

Referral Process:

- Through GP's
- Through Maori Health Provider
- Through Work and Income (conditions apply)

Interventions Offered:

- Counselling
- Relaxation programmes
- Osteopathy
- Acupuncture
- Hypnosis
- Therapeutic massage
- Internet based CBT
- Psychotherapy
- Clinical psychology
- Nutritional advice
- Exercise programmes
- Music therapy

Links with other organisations:

- NZAC
- Various community groups
- Various allied health professionals

Location and contact details:

Level 4, Cavalier House

Corner Market/Alfred St

Blenheim

Contact: Alison Graham. Phone 03 578 3561



Kimi Hauora Wairau

Marlborough Primary Health Organisation

SEEKING WELLBEING IN MARLBOROUGH

Primary Mental Health Care:

What is it?

Primary mental health care services are predominantly delivered from a general practice base. For many people the primary health care sector will be their first point of contact with the health system. The term primary care can include a wide range of community-based health services including general practice, community nursing, community-based therapies and sometimes emergency services (Rosen & Jenkins, 2003)

“The role of a primary healthcare provider is to recognise that there is a mental health issue, provide self-help information, support appropriate treatment/therapy to assist a person to rapidly resolve the issue and to support them to maintain and build their links with their community resources” (Ministry of Health, 2004)

Who provides it?

General Practice Doctors may support and treat patients and also refer patients to services in the community. In Marlborough the **SMART** programme offers assistance for those with a mild to moderate mental illness who will benefit from short term interventions, whose mental health needs are **NOT** being met by another agency. GP's may also refer to Secondary Mental Health Services at Witherlea House. Private practitioners, for example counsellors, psychologists and other allied health professionals offer care in the Primary sector.

Where can I access it?

- General Practices,
- Maori health providers
- Work and income (conditions apply)

Role of PHO?

- PHOs are organisations set up to deliver the Government's Primary Health Care Strategy (<http://www.moh.govt.nz/primaryhealthcare>). PHOs contract local providers (General Practitioners) to deliver a range of services to meet identified community needs. They are run by a local board comprising representatives from the health providers, community and Iwi / Maori. Kimi Hauora Wairau, the Marlborough Primary Health Organisation (PHO) was established in January 2004.

Primary Mental Health Initiatives in Marlborough:

- SMART – Marlborough PHO
- PATHS – Work and Income/PHO/Community Agency project aimed at removing disabilities preventing return to work.