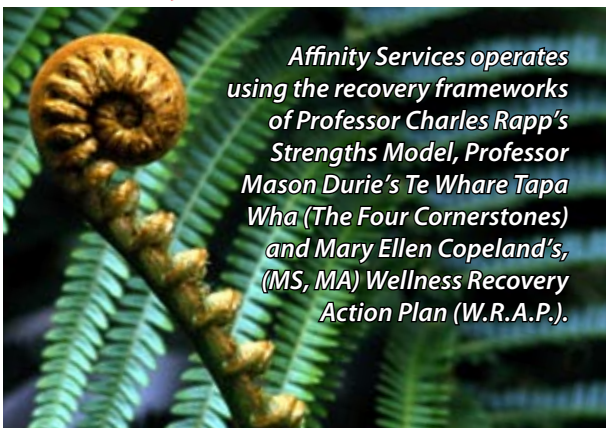


better together...



Recovery Tools



Affinity Services operates using the recovery frameworks of Professor Charles Rapp's Strengths Model, Professor Mason Durie's Te Whare Tapa Wha (The Four Cornerstones) and Mary Ellen Copeland's, (MS, MA) Wellness Recovery Action Plan (W.R.A.P.).

The Strengths Model

The Strengths Model involves working alongside people to identify their strengths in all areas of life, developing personal goal plans based on their dreams and aspirations and accessing community resources to achieve these goals.

The principles of the Strengths Model are:

1. People with Mental Illness can Recover, Reclaim and Transform their Lives
2. The Focus is on an Individual's Strengths Rather than Deficits
3. The Community is Viewed as an Oasis of Resources
4. The Client is the Director of the Helping Process
5. The Support Worker - Client Relationship is Primary and Essential
6. The Primary Setting for our Work is the Community (Rapp, 2006).

Te Whare Tapa Wha (The Four Cornerstones)

Enhances holistic healing throughout the four cornerstones of health:

- Hinengaro (mental wellbeing)
- Tinana (physical wellbeing)
- Wairua (spiritual wellbeing)
- Whānau (family wellbeing)

The Strengths Model complements Te Whare Tapa Wha, interweaving the strengths of community, Whānau and hapu.

Wellness Recovery Action Plan [W.R.A.P.]

The W.R.A.P. involves developing a plan to manage recovery and improve quality of life. The program includes learning about:

- Wellness tools
- Self monitoring wellbeing in times of stress
- People identify strategies to keep themselves well no matter what they are struggling with or what life throws at them
- People establish plans / instructions for others i.e. employer / family, for when they are unwell.

The key concepts of W.R.A.P. are:

1. Hope
2. Personal Responsibility
3. Education
4. Self Advocacy
5. Supports (Copeland, 2000)

Training Workshops

- Affinity Services are authorized Trainers & Facilitators of The Charles Rapp Strengths Model. Trainers are available to conduct courses at all levels of the Strengths Model for in-house and external workshops.
- Affinity also has trained Facilitators in the Mary Ellen Copeland Wellness Recovery Action Planning (WRAP) to undertake WRAP groups.
- Affinity Kaupapa Maori Service offers workshops in applying the Te Whare Tapa Wha (The Four Cornerstones) Model.
- Affinity offers an Integrated Strengths and W.R.A.P. Asian Model which is tailored to the Chinese Community.

External organizations are welcome to register for workshops that are regularly held in-house or to request a specific workshop for their organization.

External training can be held either onsite at Affinity Services' Ellerslie office or at a site nominated by the external organization.

Seminar Centre for Hire

Affinity's Seminar Centre (two training rooms which can be opened into one large training room) located at 17 Sultan Street Ellerslie, can be hired by external organizations for their own training sessions, workshops or meetings.

If you would like further information on our training workshops or seminar centre for hire, please contact us on 526 0320.