

*better together...*



## **Maternal Crisis Respite**



### Our Maternal Crisis Respite

Service uses recovery principles to actively support mothers and their babies when mothers are experiencing mental health crisis while maintaining close links with their family / whānau, local community supports and District Health Board clinical services

## **AFFINITY SERVICES**

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Affinity uses the recovery frameworks of the Strengths Model, Te Whare Tapa Wha and Wellness Recovery Action Planning (WRAP).

We are authorised trainers and facilitators of the Professor Charles Rapp 'Strengths Model' and have an international reputation for excellence in this approach.

The Strengths perspective is about a belief in human potential; working on the assumption that everyone has goals, and real talents, skills and competencies and that all environments contain resources, people and opportunities. Strengths-based case management is individually tailored to the unique needs of each person.

## **WHAT DO WE OFFER**

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**We work as a team to provide:**

- Active support for mothers and their babies in a community setting, with the aim of preventing the need for hospitalisation
- A homelike, safe and supportive environment for pregnant women, mothers, babies and young children
- Home-based support options
- Residential short-term stay
- Baby/toddler safe play area
- Recovery focussed support and interventions in collaboration with DHB clinical services
- Staff who work alongside mothers to enhance wellness, reduce stress/distress and maintain their safety in the community Peer and family/whānau support

## **HOW TO ACCESS THIS SERVICE**

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All referrals are through the Counties Manukau Maternal Mental Health Service.

If you would like further information, please contact Affinity on 09 267 5032.

**[www.affinityservices.co.nz](http://www.affinityservices.co.nz)**