

I am the Team Leader for MASH TRUST Dual Diagnosis Residential Service. We deliver a 14 week intensive group therapy programme to the Hawkes Bay community who seek support around mental health and addiction issues. During our last programme we introduced a week of challenges to our group with outdoor adventure and activities with the support from Back-Up New Zealand.

The focus on these challenges were:

- Promote personal challenges and achievements
- Re-introduce self-confidence and self-belief
- Face fears
- Nurture leadership qualities
- Increase individuals motivation for the rest of the programme
- Enhance the group forming/ performing process
- Participate in activities not experienced previously

After evaluating the week with the group we summarised that we had underestimated the therapeutic value that the week provided. We saw an increase in support for individuals from the group, a massive increase in self-belief and confidence and a determine not only to complete the programme but to take part in more activities. The motivation increased for individuals and 2 members of the group took part in a local Tri-athlon. Injuries prevented the other members of the group participating. We believe that the input that Back-Up provided for our group enhanced the therapeutic value so positively that we now want to include then in every programme.

Yours Faithfully

Andrew Sanders

Team Leader

Mental Health and Addiction Treatment Services