CHAIRMAN'S INTRODUCTION

Napier’s Springhill Residential Addiction Centre provides an 18 bed facility for the rehabilitation of New Zealanders - from all walks of life - recovering from alcohol and drug dependence. The buildings are owned by Hawke’s Bay Addiction Centre Trust and the programme is provided and staffed by the Hawke’s Bay District Health Board.

Although Springhill residents represent a diverse range of people, including professionals and business owners, all share one thing in common: they have each committed voluntarily to the treatment programme. Springhill therefore provides help to those who have already taken positive steps towards their own recovery.

At Springhill, residents face the challenges of working cooperatively with others and dealing honestly with the issues and circumstances surrounding their addiction. A stay at Springhill is not a soft option; it has perhaps been best described as "an emotional outward bound", where residents examine their attitudes to themselves and others, and make positive lifestyle changes which will help them on return to their own homes and workplaces.

Springhill’s discreet location provides a safe and peaceful environment for residents, while maintaining a link with the community. Tucked away on a leafy section in suburban Napier, the centre has enjoyed a positive relationship with its neighbours and is held in high regard in the wider community. For both residents and staff, community support and goodwill are important contributors to the success of the programme.

As was the case with depression, the social understanding of alcohol and other drug addiction is often clouded by misinformation and prejudice. Springhill has supported many people and there is no doubt that a large number of residents have experienced huge benefits, both to themselves and their families. It would not be an exaggeration to say that for some, it has literally been life saving.

It is therefore an honour for me to lead a board of visionary people who act as benevolent landlords and caretakers of this invaluable community resource. I thank you for your interest and support, and hope this brochure provides a greater insight into the work being done at Springhill.

Peter Grant
Chairman. Hawke’s Bay Addiction Centre Trust

TESTIMONIAL 1

I could not stop drinking on my own.

The Springhill residential programme has been an integral part of my recovery. I did many destructive things as a result of my drinking and drug use; my life was a total mess. My children had been taken from me, and I had lost my job and most of my friends. I thought the only way out was to die.

I have always found relationships and relating to others a major problem. Living in a house with others just like me, having structure, rules and consequences; this was exactly what I needed. If I had to go back to my own home, after a day of dealing with traumatic events, I don't think I would be where I am today.
My time at Springhill was highly challenging. I've learned different coping strategies. I can communicate with others in a healthy way; I'm no longer stuck in the past and in fear of the future. I no longer blame everyone else for my problems. Yes, I do actually still have those, my life isn't perfect and trouble free; it's just that now I have the tools to deal with things, without turning to drink or drugs.

My life is quite different now. My children are allowed to come and stay with me, I was asked back to my old job, and I now know what it is to be happy.

TESTIMONIAL 2

I am so grateful for the love, help and support I received at Springhill. Not only have I become sober again, I have become the woman that God intended me to be. Without all of the patience and guidance I have received, I would never have been able to achieve my goals and dreams. Thank you all for feeling I was worth saving.

TESTIMONIAL 3

I am twenty two years old and addicted to crystal methamphetamine.

In high school I was a high achiever and a perfectionist. In the school leavers year book it said I would be remembered for my “big and bubbly laugh”. Although I felt powerful and high on drugs, I don’t remember laughing. I tried meth for the first time just after I turned twenty one and smoked it every day after that. Very quickly my life turned chaotic and centred around drugs. Words cannot describe the despair and loneliness I felt at times.

I started the twelve week programme at Springhill for many reasons. Largely because I didn’t want to end up like a friend who killed herself because of the mess meth had made of her life. The programme works for everyone’s individual needs. For me the staff went beyond their duties to help me with an abuse issue from my childhood I had never dealt with. The beautiful old building, daily beach walks and group therapy are some aspects of the programme that made Springhill a place of healing for me.

It is due to the things I faced in rehab that I feel I am well equipped to deal with whatever life throws at me. I have goals for the future and coping strategies to use when I am triggered to pick up drugs. I believe Springhill saved my life, and it taught me how to laugh again.

THE SOCIAL COST OF ALCOHOL AND DRUGS

Because of its availability, relative affordability and widespread social acceptance, alcohol is still the most common drug used by those struggling with addiction. However, due to the increased availability of pharmaceuticals, there has been a steady growth in the abuse of prescription drugs, such as codeine, ibuprofen (nurophen), benzodiazepines (valium) and barbiturates. Addictions are progressive; people who start smoking as teenagers, for instance, are more likely to use alcohol and other drugs later on in life. Alarmingly, during the last ten years, the drinking age has been lowered and the amount drunk by teenage drinkers has increased.*

More than any other factor, alcohol and other drug abuse has had the most significant effect on mental health in New Zealand. In addition to the physical and psychological harm it causes individuals, the full social cost of the misuse of alcohol and other drugs is immense. Social costs include police and court resources associated with drug and alcohol related crime, lost output, the actual cost of health service use, and the lost opportunity cost of resources diverted from other beneficial use. For a single year, this cost was calculated at just over 6.5 billion dollars. Alcohol alone was estimated to cost New Zealand almost 4.5 billion dollars.**

According to District Court Judges, although an estimated 80% of all offenders have drug or alcohol problems, there are insufficient treatment programmes available to help those that need them.***
Therefore, programmes such as the one run from Springhill, to assist people with alcohol and other drug dependencies before they become statistics, hold significant long term social paybacks, including:

- More productive employees and businesses
- Less crime and reduced demand on Police and the Justice system
- Enhanced social contribution
- Better families and more secure environments for children
- Less presentation to GPs and at ED
- Reduced road fatalities
- Fewer fires, less fatal accidents, drownings and suicides

* Dr Doug Sellman, Professor of Psychiatry and Addiction Medicine. Director, National Addiction Centre, University of Otago, Christchurch.

** Adrian Slack, Dr Ganesh Nana, Michael Webster, Fiona Stokes and Jiani Wu, Berl Economics, Costs of harmful alcohol and other drug use - report to Minister of Health and ACC, July 2009


THE PROGRAMME

Springhill is an important part of the continuum of care provided by the Hawke’s Bay District Health Board to meet community needs in the central and lower North Island; it is the only residential treatment centre in this catchment, with residents referred from Waikato to Wellington. It caters for men and women from all walks of life; of all ages and of all ethnic groups.

Addiction does not discriminate by age, income, or sex; it can happen to anyone. It invariably involves some form of dis-empowerment for the addicted person. In some cases, it is associated with childhood neglect and sexual abuse. Mitigating the individual circumstances of each resident is therefore central to their recovery. Recently refined to an intensive eight week stay, the Springhill programme involves a thorough assessment of each resident on arrival, effectively creating an individual exit plan, which they will spend the next eight weeks working on.

Many addicted people use alcohol and drugs to avoid the difficulties involved with conflict, communication and even contact with others. The Springhill programme compels residents to consider others on a day-to-day basis, as they share rooms, meals and their life experiences. It provides a safe, structured environment in which to accept responsibilities and practice the disciplines of healthy eating, regular exercise, communication skills, conflict resolution and respect for self. Smoking is not allowed anywhere on the premises.

Within this environment, clinical staff conduct therapeutic interventions, such as cognitive behavioural therapy (CBT) workshops and counseling. Residents may also attend Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) meetings off site. Support and education are also provided for residents’ families.

A PLACE FOR NEW BEGINNINGS

Originally formed by ten prominent citizens, the Trust established an alcohol and drug treatment facility at the Napier Hospital site in 1976. However, for various reasons, this location proved unsuitable, and in 1980 the facility was relocated to the former Bethany maternity home in Morris Street, bounding Nelson Park.
The relocation would probably not have happened without the extremely generous assistance of the Williams family who, through a $80,000 grant, enabled Bethany to be purchased from the Salvation Army. The building was re-named after that family’s East Coast pastoral farming property, Springhill. The Williams family continued to support the centre, providing a further $25,000 for redevelopment work in 2006.

The Trust initially provided support for the residential aspect of the programme in the form of administration, hostel supervision, and the maintenance of the building and grounds; these functions were later relinquished to the Hawke’s Bay District Health Board in 2003. The Trust now acts as a benevolent landlord for the DHB run programme. Trust membership is voluntary and trustees receive no remuneration.

Springhill itself was built around the turn of the century as a private residence, and then served as a maternity home from 1942. This grand old villa is the birth place of two generations of Hawke’s Bay residents, and today it continues to serve the community by providing a safe environment for the re-birth of people struggling with addiction and seeking new lives free from alcohol and other drugs.

COMMUNITY SUPPORT

Springhill has drawn support across the community, from representatives of the medical and legal communities, to members of parliament on both sides of the house.

In an official written endorsement, sitting Napier MP, Chris Tremain refers to Springhill as “a shining light” with regard to the treatment of alcohol and drug addiction, noting that it has been “a turning point for many New Zealanders”. His view is echoed by Labour MP Parekura Horomia, and list MPs Rick Barker and Stuart Nash, who state “such a facility cannot be allowed to slip away.”

The New Zealand Law Society notes that “Legal practitioners are well aware of the impact and harm caused by such addictions and as such fully endorse the programmes and services being provided by the centre.”

The Napier City Council Health Advocacy Forum believes “it is crucial that the Springhill residential facility in Morris Street is upgraded to accommodate modern residential service requirements.”

Tim Harding, the CEO of Care NZ, Chair of both the New Zealand Drug Foundation and the Drug and Alcohol Practitioners Association, says: “When someone’s life is in crisis as a result of addiction, family, friends, workmates, indeed the whole community, suffers. The saddest of all, of course, is the terrible suffering of children so often caught up in the mess.”

“I have had opportunity to become familiar with Springhill and it is my experience that many lives are saved there. The centre’s success is due to two key factors; the dedication and professionalism of the staff who deliver the programme, and the tranquil and inspiring environment in which it is delivered. I give my full support for the campaign to restore the Springhill facility, and allow the important work that goes on there to continue.”

FUTURE NEED

Unfortunately, given current statistics, the demand for addiction services is unlikely to decline in the foreseeable future. There are at least 700,000 heavy drinkers in New Zealand, the size of the populations of Wellington and Christchurch combined, and New Zealand’s per capita consumption of alcohol over the past 10 years has increased by 9%, despite an aging population.” Springhill itself received 94 referrals during the year ending January 2010.
The Trust believes Springhill can play a vital role in addressing an obvious and very real need in our community. Our police, family counsellors, psychiatric nurses, surgeons, street cleaners and funeral directors all bear witness to this need. Television advertising urging us to drink responsibly and challenge the harmful behaviour of our friends, acknowledges this need. Perhaps, reading this, you may be able to think of someone you know personally who has had issues with harmful alcohol or drug use.

There are encouraging signs. The Government’s recent action plan on methamphetamine (October 2009), proposes an increase in addiction services, and the improvement of the drug and alcohol helpline and online information.

The Trust want to be part of the solution. We have the dedication of our Trust members, the commitment of the Hawke’s Bay District Health Board management and staff and the support of our community. We are now asking for direct financial support from those in a position to help. This is your opportunity to join us and show your support.

* Dr Doug Sellman, Professor of Psychiatry and Addiction Medicine. Director, National Addiction Centre, University of Otago, Christchurch.

OUR VISION FOR THE FUTURE

After serving its community for almost seventy years, Springhill is in need of a $1.5 million upgrade in order to meet the demands of the current building code. The Trust is working closely with the Hawke’s Bay District Health Board to refurbish the Springhill site. Both parties wish to preserve the very special character of the location, which plays an important role in the recovery programme.

The Springhill refurbishment project will ensure building code compliance, particularly with regard to fire safety. The building work will create two protected pathways to exits on the ground and first floors, including a new enclosed fire escape from the first floor. Fire separation between ground and first floor sleeping areas will be installed, as well as additional fire doors and walls to create smaller fire containment cells. Sprinkler and smoke detection systems will be renewed to current requirements.

As well as compliance related issues, the refurbishments will also provide an opportunity to upgrade shower and toilet areas, providing facilities for the disabled, as well as new kitchen, dining and laundry areas. Commercial quality fittings, better use of interior space, upgraded electrical wiring and switchboards and upgraded data and communications wiring will ensure future operational needs will be met.

Our vision is a sound and easily maintained property, which provides an affordable, long term facility for service delivery, whilst maintaining the integrity of the original building. The street profile will remain largely unchanged and the grounds - including the large Morton Bay fig tree - will continue to provide a therapeutic setting, so important to the success of the programme.

The Trust is currently looking to the Government and the community of Hawke’s Bay to assist in raising the capital required to fund the refurbishment, and to enable Springhill to serve the community for years to come.

SOUND GOVERNANCE AND RESPONSIBLE MANAGEMENT

The Trust draws on the collective experience of its six members to provide sound stewardship of Springhill, and will continue to do this through the proposed redevelopment and beyond. All members are volunteers drawn from the community; and bring a mix of expertise in the areas of healthcare service provision, addiction, general practice, senior management, finance and law.
Frank Darroch - Patron

The Trust wish to acknowledge the long and loyal service of foundation trustee and patron, Frank Darroch. Frank is a life member of Hawke’s Bay Chamber of Commerce, and has been awarded a Hastings City Civic Award for his services to the community. Frank served the Trust for 34 years, including 13 years as chairman.

Peter Grant - Chairman

Peter served as an infantry officer for 26 years, retiring with the rank of lieutenant colonel. After two years working as civil defence manager for Napier city, he was appointed general manager of Mangaroa Prison and served in senior management roles for public and private prisons in New Zealand and Australia. Now semi-retired, Peter divides his time between family and community work. He is a consultant for various organisations, and is a community representative on the Hawke’s Bay Primary Health Organisation (PHO) Board. Peter has served the Trust since November 2008 and currently does so as chairman.

Tim Bevin - Deputy Chairman

A fellow of the Royal New Zealand College of General Practitioners, with a Post Graduate Certificate in Addiction Studies, Tim has been a Hawke’s Bay GP and part time medical officer for the Hawke’s Bay District Health Board Addiction Service for 27 years. He is also medical advisor for the Te Poutama Tautoko addiction program, Hastings, chairman of the directors of City Medical, and a director of the Hawke’s Bay Primary Health Organisation (PHO). Currently deputy chairman, Tim has been a Trust member for over twenty years.

Tim Harding

Holding postgraduate qualifications from the National Addiction Centre, Christchurch School of Medicine, Tim has been working in the addiction treatment sector for seventeen years. He has previously worked as a counsellor, educator, clinical director and hospital chief executive. He is currently chief executive of CareNZ, a national NGO addiction treatment provider. He is chairman of the New Zealand Drug Foundation and The Drug and Alcohol Practitioners Association (DAPAANZ), which represents those working in the sector.

Paul O’Leary

Paul has built a thirty year career practicing law - initially for the Public Trust Office, and more recently in private practice. His work with the Public Trust Office initially began in Wellington, then moved to Masterton, where he was sole charge district solicitor for the Wairarapa, and finally to Napier. Paul is honorary solicitor for the Napier Rotary Club and, in that capacity, he obtained charitable trust tax status for the Napier Rotary Charitable Trust.

Phil Ryan

Phil is a chartered accountant with 20 years commercial experience, including 13 years in senior finance roles at Lowe Walker / Lowe Corporation and recently with Apollo Pac. Phil has ten years governance experience as a director/trustee with Lowe Corporation Ltd, Lowmac Properties Ltd, the HB Helicopter Rescue Trust, St Patrick’s School and Apollo Pac Ltd.

Erica Toomey

Erica gained an understanding of the administrative issues facing health care provision in Hawke’s Bay, particularly Napier, through the work of her late husband Noel, who served on the Hawke’s Bay District Health Board for fifteen years, and was chairman for three. Erica has a strong background in public service, serving on many committees, including the Napier City Council Health Advocacy Committee. Erica has been a trustee for ten years.
CONTACTS

For further information about the Hawke’s Bay Addiction Centre Trust, including becoming a financial supporter of Springhill, please write to: Peter Grant, Chairman, Hawke’s Bay Addiction Centre Trust, PO Box 4106, Napier 4143.

The Hawke’s Bay Addiction Centre Trust is a registered charitable trust. All donations are tax deductible.

For further information about the service provided by Springhill, please contact the Springhill Treatment Centre on (06) 878 8109 (ext 8563).

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