

# Alcohol & other Drug Service Map



## Background Information

### What is this resource about ?

This resource is about providing a map to support people to find the alcohol and other drug service that best fits their needs. It provides the name, contact details and main points about a variety of alcohol and other drug services located in Auckland with a specific focus on Counties Manukau.

### Who are we?

This resource was developed by the Counties Manukau Alcohol and other Drug Provider Collaborative which was formed in 2009, to ensure providers were working together to maximise positive outcomes for AOD clients within the Counties Manukau Health catchment area. As a group they have sponsored several projects focusing on improving service outcomes for Counties Manukau consumers.

### Why have we made this resource?

Getting support for alcohol and other drug issues can be a challenging step to take and this map has been designed to remove some of the confusion when accessing services. It can be very difficult to make the decision to get help and we congratulate you on taking the first step to support yourself or someone you love.

## Definitions

**Abstinence** based drug treatment programmes focus on the treatment of drug and alcohol addiction through counselling and support programmes that help individuals stop using drugs and alcohol completely.

**Self Help Groups**, often a nonprofessional organisation formed by people with a common problem or situation, for the purpose of pooling resources, gathering information, and offering mutual support, services, or care.

**Community Based Programmes** provide counselling or peer support services in an individual or group setting. This is suitable for anyone wishing to reduce harm from alcohol and other drug use, achieve recovery, reduce stigma and boost confidence.

**Harm Reduction Programmes** aims to address alcohol and other drug issues by reducing their harmful effects on individuals and Whānau.

**Residential Programmes** provide 24 hour services suitable for people requiring ongoing high-support needs related to day to day living activities.

**Peer Support** in the alcohol and other drug sector is provided by people with lived experience of alcohol and or other drug use and may have co-existing mental health challenges who have progressed in their own recovery to a point where they are trained and able to share their recovery experience with others to help them achieve wellness.

**Treatment Programme** is a model or set of ideas that is used by services to outline the treatment a person would receive while engaging in the programme. These could be for example, outlined by a 12 step approach, specific therapies or services offered.

**Respite Care** in the alcohol and other drug sector is a temporary or short-term stay at a facility that provides support for alcohol and drug use.

1 What is my goal?

Blank writing area for goal setting.

2 What support would I need?

Blank writing area for support needs.

3 Who do I need to contact?

Blank writing area for contact information.

4 Where to from here?

Blank writing area for next steps.

This resource has been developed by:



AOD Provider Collaborative

For more information, visit:  
[aodcollaborative.org.nz](http://aodcollaborative.org.nz)

## I would like to make changes around my Alcohol or Drug use.

*Harm Reduction Programmes*

Harm Reduction Programmes aim to address alcohol and other drug issues by reducing their harmful effects on individuals and Whānau.

Do I Want Residential or Community-based Treatment Programme?



**Residential Programmes** provide 24-hour services suitable for people requiring ongoing high-support needs related to day to day living activities where large parts of your day to day living are becoming unmanageable.



**Community-based Programmes** provide counselling or peer support services in an individual or group setting. This is suitable for anyone wishing to reduce harm from alcohol and other drug use, achieve recovery, reduce stigma and boost confidence.

## Self Help Groups or Other Help.

### DRIVE AOD Consumer Network

☎ (09) 263 6508  
Peer Driven  
Activities, Workshops and Trainings available

**Al-a-teen** [www.al-anon.org.nz/alateen](http://www.al-anon.org.nz/alateen)

**Al-Anon** [www.al-anon.org.nz](http://www.al-anon.org.nz)

**Alcoholics Anonymous** [www.aa.org.nz](http://www.aa.org.nz)

**Narcotics Anonymous** [www.nzna.org](http://www.nzna.org)

**PeerZone** [www.peerzone.info](http://www.peerzone.info)

**Self-Management Support** [www.smartrecovery.org](http://www.smartrecovery.org)

**Information on AOD services** [www.linkage.co.nz](http://www.linkage.co.nz)

### Recovery Church (Salvation Army)

☎ (09) 630 1491  
📍 16B Bakerfield Place, Manukau | 🕒 Tuesday 7pm

## I would like to stop my Alcohol or Drug use completely.

*Abstinence Programmes*

Abstinence-based drug treatment programmes focus on the treatment of drug and alcohol addiction through counselling and support programmes that help individuals stop addictive behaviors.

Contact these service providers for an Alcohol and Drug assessment

**Care NZ Ltd** ☎ (09) 276 7193 or 0800 682 468  
📍 269 St. George Street, Papatoetoe

**CADS** ☎ (09) 845 1818  
*Community Alcohol and Drug Service*  
📍 Bldg 4, 17 Lambie Drive, Manukau

**Phoenix Centre** ☎ (09) 296 0983  
📍 24 Coles Crescent, Papakura

Referral criteria: 18–65yrs, live in South Auckland and high-risk in AOD use.

## I need help IMMEDIATELY.

*This is an emergency.*

I am in danger of harming myself or other people *OR* I am experiencing severe Alcohol or Drug withdrawal symptoms which may include (but not limited to):

- Abdominal cramping
- Agitation
- Cold sweat
- Suicidal thoughts
- Delusions
- Depression
- Diarrhea
- Hallucinations
- Nausea and vomiting
- Restlessness
- Seizures
- Shaking

EMERGENCY CONTACTS	EMERGENCY	Call 111
	<b>Alcohol &amp; Drug Helpline</b> 🕒 10am to 10pm, 7 days a week	0800 787 797
	<b>CADS Walk-in Clinic</b> 🕒 8am to 5pm   📍 Bldg 4, 17 Lambie Dr, Manukau	(09) 845 1818
	<b>Crisis Line – Mental Health</b>	(09) 261 3700
	<b>Healthline</b>	0800 611 116
	<b>Lifeline</b>	0800 543 354
	<b>Depression Helpline</b>	0800 111 757
	<b>Youthline</b>	Free txt 234 or 0800 376633

## Residential Programmes

**Puna Whakataa**  
**Connect Supporting Recovery**  
**Salvation Army**  
☎ (09) 266 2702  
AOD Respite and Treatment Service  
Peer Support and AOD Clinicians Available  
Up to 14 days per visit  
18 to 65 yrs,  
Must have a current Counties Manukau address  
Referral through AOD providers

**Salvation Army Bridge Programme**  
☎ (09) 630 1491  
18 to 65 years  
3 months Inpatient / Outpatient Programme

**Social Detoxification Centre**  
☎ (09) 303 3016  
📍 203 Federal Street, Auckland City  
Residential Detoxification Services for Adults

**Odyssey**  
☎ (09) 638 4957  
Youth and Adult Programmes available  
Dual Diagnosis and Family Centre  
Therapeutic Community  
14 to 65 yrs

**Raukura Hauora O Tainui – Te Ara Hou**  
☎ (09) 267 2899  
Kaupapa Māori Adult Residential Service

**The Retreat**  
☎ (09) 270 0471  
12 Step Approach, Private Treatment

**Capri Hospital**  
☎ 0800 22 77 41  
Private Residential Treatment

**Higher Ground**  
☎ (09) 834 0017  
Based on 12 Step Approach, Family Support available  
Programme length from 18 weeks residential with on-going continuing care

**CADS Medical Detoxification Services (Pitman House)**  
☎ (09) 845 1818  
Detoxification for people severely dependent on alcohol and/or other drugs

**Epsom Lodge - Salvation Army**  
☎ (09) 524 0252  
Supported Residential Accommodation, 18+ yrs

## Community-based Programmes

**Ivita Health – Think Right! Act Right!**  
☎ (09) 277 9027, Youth Service

**Stand Up!**  
**Youthline** ☎ 0800 37 66 33 or (09) 361 4168  
📱 Free text 234

**Odyssey** ☎ (09) 623 1447  
School Based Programme, One-on-One or Group Sessions,  
Programme up to 2 years

**DRIVE AOD Consumer Network**  
☎ (09) 263 6508  
Peer Driven, Activities, Workshops and Trainings available

**Mahi Marumarū – Connect Supporting Recovery**  
☎ (09) 263 5923  
Mobile Peer Support, One-on-One & groups, Self-referral preferred

**TRANX**  
☎ (09) 378 1173  
Medication / Tranquillisers / Sedative Reduction,  
Variable programme length

**CADS Community and Home Detox**  
☎ (09) 815 5830 ext. 5526  
Outpatient Programme, One-on-One Session only,  
1 to 2 weeks Programme

**CADS Altered High Youth Service**  
☎ (09) 845 1893  
One on One or Group / Family Sessions, LGBT and Variable programme length, 13 to 20 yrs

**CADS (Community Alcohol & Drug Service)**  
☎ (09) 845 1818  
One on One or Group Sessions, Te Atea Marino (Kaupapa Māori Service), Tupu (Pacific Island Service), Asian specific AOD counselling, Pregnancy & Parental Team (Pregnant Women), LGBT Services, Opioid Substitution Treatment

**Phoenix Centre**  
☎ (09) 296 0983  
Peer Support and AOD Clinician Partnership, Mobile and Office based service, Variable programme length, High-risk in AOD use, 18 to 65 yrs and live in South Auckland

**Care NZ Ltd**  
☎ (09) 276 7193 or 0800 682 468  
AOD Clinician & Peer Support, Language Translators available, Group Therapy or One-on-One Counselling, WRAP classes, Variable programme length, Mobile and Office

**Raukura Hauora O Tainui**  
☎ (09) 267 2899  
Te Oho Ake Youth Programme, Ka Awatea Adult Programme, Kaupapa Māori Services, Whānau Advocate (Adult AOD Addictions)

**Needle Exchange**  
☎ (09) 263 0344  
📍 605D Great South Rd, Manukau