

## OUR VISION

An organisation that seeks to partner and collaborate with mana whenua ki waitaha to honour the treaty covenant through providing culturally informed services to deliver wellbeing for all.

## OUR MISSION

Motivated by Christ's love, Stepping Stone Trust journeys with people to find a place of standing, hope, recovery and wellness.

## OUR VALUES

**Faith** - supporting Tangata Whaiora and staff to explore belief in God as a pathway to wellness.

**Grace** - accepting and respecting people regardless of their situation.

**Hope** - believing every person has value, potential and new possibilities.

**Love** - being professional and showing respect in all of our relationships.

**Integrity** - practising accountability with each other and our stakeholders.

*“Hope deferred makes the heart sick, but when dreams come true at last, there is life and joy.”* Proverbs 13:12



The Stepping Stone Trust administration office is open Monday - Friday 8.30am - 5.00pm and is located:

1 Barry Hogan Place,  
Riccarton  
Christchurch 8041

**Phone:** 03 338 6390

**Email:** [office@stepstone.org.nz](mailto:office@stepstone.org.nz)

All contact details and information about how to make referrals and how to access our services can be found on our website.

**[www.stepstone.org.nz](http://www.stepstone.org.nz)**

# Community Mental Health Recovery Services

## Stepping Stone Trust

Supporting recovery and citizenship for people experiencing mental distress



An independent charitable trust providing a wide range of residential and community based support services across Canterbury.



**[www.stepstone.org.nz](http://www.stepstone.org.nz)**

## HAERE MAI, WELCOME!

The work of Stepping Stone Trust began in 1990, originally as a community service of South West Baptist Church (formerly Spreydon Baptist Church) and grew from there.

Today, Stepping Stone Trust is an independent charitable trust, with a wide range of residential and community based support services, operating across Christchurch and Canterbury.

Stepping Stone Trust is contracted to the Canterbury District Health Board to provide its services.

## How to Access Our Services

There are different criteria to access our various services, please see our website for information.

See [www.stepstone.org.nz/our-services/](http://www.stepstone.org.nz/our-services/) for information about our services.

See [www.stepstone.org.nz/our-services/referrals/](http://www.stepstone.org.nz/our-services/referrals/) for specific information about who can make a referral and how to access specific services.

## Services for Adults

### ADULT RESIDENTIAL

Our Adult Residential services provide assistance to people in their day-to-day recovery. Staff support people to maintain helpful daily routines, live well with others, and to reach their goals, with the hope they can move to more independent living.

### ADULT RESPITE

Our Adult Respite services provide a warm and supportive environment for short stays and can be accessed in times of crisis, or this can be planned. There is also an option of a separate Respite service for women, in a quiet cottage setting. Our staff take care of meals, laundry and housekeeping, allowing guests to focus on getting well or keeping well.

### LONG TERM RESIDENTIAL

Stepping Stone Trust has a specialty, dedicated service for people who have lived with mental illness over an extended period of time. These homes support and acknowledge different needs for those on a longer recovery journey.

### COMMUNITY SERVICES

**Our Community Support Workers** visit people in their own homes weekly, to assist with maintaining wellbeing, and achieving their goals.

**Our Mobile Medication Workers** visit people in their homes, delivering medication and monitoring wellbeing, assisting people to stay well by supporting them to take their medication regularly.

## Services for Children + Youth

### YOUTH RESIDENTIAL

Youth Residential provides a stable, supportive environment for young people who need assistance with their recovery throughout each day. Young people are supported to attend their personal programmes and learn life skills which support them to flourish.

### YOUTH RESPITE

Youth Respite provides young people with the opportunity to have a change of scene and support to manage times of crisis.

### COMMUNITY SERVICES

**Our Youth Community Support Workers** visit young people weekly, providing regular input to assist them to achieve their goals.

**Our Youth Mobile Workers** visit young people in their own homes as frequently as required, with daily visits an option in times of crisis, providing intensive support.

### Caroline Reid Family Support Service

The Caroline Reid Family Support service provides support to children and young people (aged 7 -16) whose parents experience mental illness. This service provides education, support and fun activities for the children and young people, as well as support to parents.

**Community Youth Mental Health Service (CYMHS) is now combined with Manu Ka Rere** and is a free service for young people aged 13-24 who are seeking support for their wellbeing. We offer face to face counselling sessions, group work therapy, education and other activities.