

## ORANGA NGATAHI - PROGRAM, REFERRALS AND COST

**Oranga Ngatahi** is a physical health outcomes programme for those with a mental illness.

Funding for this programme came about further to the Mental Health Commission Paper “Our Physical Health – who cares?” in April 2004, which outlined the benefits of exercise for mild to moderate depressive disorders and the impact of medication (weight gain, diabetes, high cholesterol/blood pressure) for those with more serious conditions.

Oranga Ngatahi provides a programme which teaches clients about fitness and healthy living and how to manage the effects of their illness and medication to prevent ongoing health issues.

Clients are encouraged along this pathway for a period of 3 – 6 months with regular gym workouts, walking and sports groups, and ecotherapy.

The programme is “Outcomes focussed” and requires regular blood (and blood pressure) monitoring throughout – we strive for improvements in blood pressure, weight, blood lipids, blood glucose etc., while also supporting smoking reduction and improved diet/lifestyle. We often also see improved motivation, sleep, social interaction and self esteem with reduced anxiety levels. Most clients continue with exercise, healthier lifestyle and community gym membership once discharged.

Oranga Ngatahi is able to offer this service free of charge to those meeting the criteria of “mild-moderate” mental illness, on the understanding that they self-fund an initial “physical health check” with their GP to establish a baseline of basic physical health.

Referrals are accepted from GPs and MH Clinicians.

We ask that clients referred maintain regular attendance and commit to the term of their programme.