

## About Wings Trust

Wings Trust was established in 1986 to provide accommodation and rehabilitation for people wanting to be abstinent from substances.

Wings prepares people for more intensive treatment with a pre-treatment period of up to two-months and integrates people back into the community post treatment over a four-month period.

Support includes one to one counselling, facilitated process groups & education groups.

Our counsellors use a variety of evidenced based models including: Motivational Enhancement, 12 Step Facilitation and Cognitive Behavioural approaches. Te Whare Tapa Wha and holistic models of health are also encouraged.

Wings has seven houses; two women's houses, one mixed house and four men's houses.

In addition, we have two mixed houses for people who have completed the programme and meet the criteria for this accommodation.

Attendance of 12 Step meetings is part of the treatment.

## Admission Criteria

- Be 18 years old or over
- Be a NZ citizen or resident
- Meet the criteria for a severe substance use disorder in the DSM5
- Detoxification is required before admission, with 5 days continuous abstinence. Medical or social detoxification may be required. Speak with your Wings assessor about this
- To abstain from substance use and gambling. Not to be using prescribed; opioid analgesics, benzodiazepines, zopiclone, methadone or suboxone
- Be willing to abide by the Wings rules and participate openly and honestly in the Wings Programme
- Be on the WINZ benefit or ACC. A breakdown of the benefit is required prior to admission
- Pre-treatment clients need to have a treatment pathway to a more intensive treatment program prior to admission e.g. Higher Ground, Odyssey House or the Salvation Army Bridge Programme.

## Whanau Involvement

Whanau are welcome to visit outside group hours with the consent of their family member and counsellor.

Family counselling can also be arranged.

A family information pack is available at the Wings office.

## Groups

- New Beginnings; what is addiction & how to get the best out of treatment
- Relapse Prevention; lifestyle imbalance, high risk situations, seemingly irrelevant decisions, warning signs and plans to deal with these.
- Emotional Sobriety; the functions of emotion both positive and negative. Developing emotional intelligence. Emotions relationship to addiction.
- Men's and Women's Groups; Dealing with gender specific issues and dynamics.
- Process Groups; A facilitated group with peers offering feedback and sharing on day to day progress.
- Work experience; With Te Whangai Trust for selected clients.



## From Addiction to Recovery

Wings Trust provides a therapeutic community and residential support for people wanting to be abstinent from substances



## What does Wings offer?

- Initial Client Assessments
- Referrals to Detoxification Centres, Residential and Community based Treatment Centres and other specialist services
- One-on-one counselling
- Process Groups
- Education Groups
- Support from peers at different stages of recovery
- Accommodation and the opportunity to prepare for more intensive treatment and reintegrate into the community
- Liaison with other services

## Contact

**Phone: 09 815-1631**

**Fax: 09 815-7237**

**Email: [admin@wingstrust.co.nz](mailto:admin@wingstrust.co.nz)**

**[www.wingstrust.co.nz](http://www.wingstrust.co.nz)**

**43 Walters Rd  
Mt Eden  
Auckland**