

# Briefing



## Meeting with Te Hiringa Mahara, the Mental Health and Wellbeing Commission

**Date due to MO:** 20/07/2022 **Action required by:** 28/07/2022

**Security level:** UNCLASSIFIED **Briefing number:** BN2022-008

**To:** Hon Aupito William Sio, Associate Minister of Health

**Copy to:** Minister of Health, Hon Andrew Little  
[Redacted] Ministry of Health

### Contact for Telephone Discussion

Name	Position	Telephone
Tanya Maloney	Acting Chief Executive	[Redacted]
Dr Filipo Katavake-McGrath	Director, Wellbeing System Leadership and Insights	[Redacted]

### Minister's Office to Complete

- |  |                                    |   |
|--|------------------------------------|---|
| <input type="checkbox"/> Approved            | <input type="checkbox"/> Decline   | <input type="checkbox"/> Noted              |
| <input type="checkbox"/> Needs change        | <input type="checkbox"/> Seen      | <input type="checkbox"/> Overtaken by event |
| <input type="checkbox"/> See Minister's note | <input type="checkbox"/> Withdrawn |   |

Comment:



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## Purpose of report

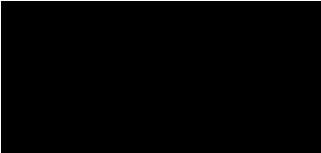
1. This briefing supports your meeting with Te Hiringa Mahara, the Mental Health and Wellbeing Commission on 28 July, at 11:00am – 11:45am. Attendees will be Hayden Wano, Chair; Tanya Maloney, Acting Chief Executive; and Dr Filippo Katavake-McGrath, Director, Wellbeing System Leadership and Insights.

## Executive Summary

2. We were unable to meet as planned in June, so this meeting is an opportunity to discuss the advice provided for June, as well as further progress towards better mental health and wellbeing of Pacific peoples in Aotearoa. We propose the following agenda:
  - a. He Ara Āwhina Mental Health System Monitoring Framework, and what Pacific peoples told us during consultation
  - b. The Covid-19 Impacts Insights Programme, and the first project within it
  - c. Nau Mai te Ao – a lived experience discussion document
  - d. Our Youth Wellbeing project and advocacy
  - e. Other engagement and activity of interest.

## Recommendations

3. We recommend you:
  - a) **note** the Commission intends to release this briefing as part of our proactive release policy **Yes / No**



Karen Orsborn  
**Chief Executive**  
 Date: 20/07/2022

Hon Aupito William Sio  
**Associate Minister of Health**  
 Date: 28/07/2022

## Background

4. We met with you in May 2022 [BN2022-002 refers]. Our meeting in June was cancelled and you were briefed for that meeting [BN2022-004 refers]. A further briefing on He Ara Āwhina was provided on 20 June [BN2022-006 refers].
5. This meeting provides an opportunity to update you further and discuss the items from those written briefings.

## He Ara Āwhina (Pathways to support) Mental Health and Addiction System Monitoring Framework

6. On 20 June, we provided your office with a briefing on the He Ara Āwhina (Pathways to Support) Mental Health and Addiction System Monitoring Framework [BN2022-006 refers]. On 30 June we published the framework to our website.
7. He Ara Āwhina is a conceptual framework that describes what an ideal mental health and addiction system looks like from the perspective of people and whānau with lived experience of mental distress or addiction.
8. As noted in briefing BN2022-004, the Commission received over 260 submissions on the draft He Ara Āwhina framework during a six-week consultation period. Over 25% of the submissions identified as Māori and almost 10% identified as Pacific people.
9. The feedback we received from the Pacific submissions were generally supportive of the draft framework and provided invaluable insight into how it could be improved. The main themes from this feedback included:
  - a. He Ara Āwhina aligns well with Kia Manawanui Aotearoa long-term pathway to mental wellbeing, Pacific Aotearoa Lalanga Fou goals, and Ola Manuia: Pacific Health and Wellbeing Action Plan
  - b. The framework looks positive for tāngata whaiora and aligns with Pacific aspirations for; equity, being whānau-centred, community, trauma-informed support, and eliminating coercive and restrictive practices
  - c. A desire for a framework or model to clearly articulate the dimensions and aspirations through a Pacific lens
  - d. A strong emphasis is needed on a culturally safe and competent workforce – a key enabler of the Mental Health and Addiction system
  - e. It will be important for the framework to be used across the entire health and social system as it cannot work in isolation
  - f. An interest in how the framework will be used to monitor and measure system performance.



10. Overall, people told us that the framework resonates with them and they like the first-person narrative, structure, and concepts. People endorsed the wide scope of the framework. Changes were needed to strengthen or clarify content that was important to people, and these have driven the revisions in both perspectives of the framework.
11. Our next important stage of mahi is to develop the methods and measures for how we will assess and monitor using He Ara Āwhina. Reporting against He Ara Āwhina will commence in March 2023.

## **Covid-19 Impacts Insights Programme**

12. Over the 2022/23 year, we will publish eight short insights papers looking at COVID-19 impacts on our priority populations' mental health and determinants of wellbeing.
13. The Media Narrative Analysis project, the first in the programme, is underway. This project seeks to describe how the COVID-19 response impacts have been discussed in the media, what broader themes relating to the impact of COVID-19 pandemic on mental health have been prominent, and how these themes have evolved over time.
14. This project will be our first completed: it will be a useful scene-setter for the remainder of the programme:
  - a. By outlining the 'existing public narratives' and how they have evolved, we can better challenge them and seek better outcomes
  - b. By highlighting which views are heard, and which facets of wellbeing are not generally observed, we can better shine a light on where improvement is required
  - c. By validating the timely news data with recently published academic research, we can observe facets of the COVID-19 impacts in near real time, rather than face the 12months+ lag inherent in using survey data.
15. Initial analysis does not highlight a Pacific peoples-specific angle to this project's findings. The lack of Pacific voices in the media is significant in itself. The subsequent projects will seek to understand and highlight Pacific peoples' wellbeing against the backdrop of COVID-19.

## **Nau Mai te Ao – lived experience discussion document**

16. We have consulted with lived experience communities and groups on a discussion paper called Nau Mai te Ao. This discussion document and its name reflects an intention to provide clarity and illuminate a way forward in working with lived experience communities.



17. Insights from the consultation and subsequent community feedback are being collated and analysed and will form the foundation for drafting a position statement on understanding and working with lived experience communities and groups.
18. Once developed, we intend to share this resource with other government agencies and services to support good practice. Our plan is to publish this position statement later this year. We will keep you abreast of our progress in this area.

## Youth Wellbeing Project and advocacy

19. Our project on youth wellbeing is well underway. The goal of the project is to produce insights that highlight some key issues for youth wellbeing as defined by young people. The context for this project are the rising rates of youth mental distress over the past five years. Key focus areas for this project include; the impact of racism and discrimination on rangatahi, the role of social media and online safety, intergenerational connection and support, and young people's fears and aspirations for the future.
20. Currently the Koi Tu research unit at the University of Auckland is preparing a review of government documents and academic literature. The review explores young peoples' stated aspirations for wellbeing systems in Aotearoa New Zealand, and how these have been documented both by government agencies and in academic literature.
21. The next phase of this project involves gathering insights from young people to test the initial review and discuss the kinds of changes that young people want to see to support their improved wellbeing. We are engaging with youth lived experience networks, advocacy groups and agencies – including the Ministry of Pacific People, to build relationships with a diverse group of rangatahi.
22. This project will also help guide and support our ongoing long-term planned advocacy agenda. Within this agenda, advocating for improved youth wellbeing is one of three key sub-agendas:
  - a. Transforming from a coercive to a choice-driven mental health system
  - b. Grow Te Ao Māori services
  - c. Improved youth wellbeing and services.
23. In the next twelve to eighteen months, we are prioritising advocacy actions that contribute to all three key agendas identified above. These prioritised actions will be informed by the youth wellbeing project.



## Engagement and other activity

24. On 5 July, the Commission had its official launch under our new name Te Hiringa Mahara. The launch included support and wero from mana whenua, Te Ati Awa, and from Ngāti Toa Rangatira. This launch represents an important step in our progress from an initial Commission and start-up organisation to a purposeful monitor and advocate for greater mental health, addiction, and wellbeing outcomes.
25. Our Pacific staff are planning a meeting with [REDACTED] at Victoria University to open up more networks to support the Youth Wellbeing project and advocacy, as well as in preparation for the Pacific wellbeing insights project in 2023/24.

## Next Steps

26. We will brief you on our progress with the work outlined in this briefing.

**END**

