

Briefing

Meeting with Te Hiringa Mahara Mental Health and Wellbeing Commission

Date due to MO: 22/03/2023 **Action required by:** 30/03/2023

Security level: UNCLASSIFIED **Briefing number:** BN2023-011

To: Hon Barbara Edmonds – Associate Minister of Health (Pacific)

Copy to: Minister Verrall – Minister of Health
[REDACTED]

Contact for Telephone Discussion

Name	Position	[REDACTED]
Karen Orsborn	Chief Executive	[REDACTED]
Matthew Bloomer	Interim Director, Wellbeing System Leadership	[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 Withdrawn | |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:

Meeting with Te Hiringa Mahara Mental Health and Wellbeing Commission

Security level: UNCLASSIFIED **Date:** 30/03/2023

To: Hon Barbara Edmonds – Associate Minister of Health (Pacific)

Purpose

1. This briefing supports your meeting with Te Hiringa Mahara - the Mental Health and Wellbeing Commission on 30 March 2023, between 11:30am – 12:30pm. The attendees will be Hayden Wano, Board Chair and Karen Orsborn, Chief Executive.

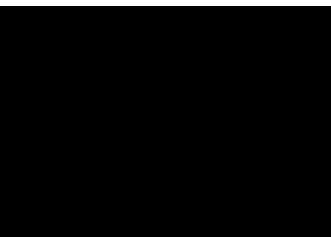
Executive Summary

2. This is the first opportunity we have to meet you, discuss our work programme, and further progress towards better mental health and wellbeing for Aotearoa. We propose the following agenda:
 - Your priorities
 - Our view on progress with transformation and immediate priorities
 - Our immediate work programme
 - Advising you regularly.

Recommendations

We recommend you:

- | | | |
|----|--|-----------------|
| a) | note Te Hiringa Mahara intends to proactively release this briefing as part of our proactive release policy | Yes / No |
| b) | note that this briefing will shape the discussion on 30 March 2023 | Yes / No |



Karen Orsborn
Chief Executive
Date: 22/03/2023

Hon Barbara Edmonds
Associate Minister of Health (Pacific)
Date:

Meeting with Te Hiringa Mahara

Mental Health and Wellbeing Commission

3. Congratulations on your appointments as Minister for Pacific Peoples, Minister for Internal Affairs, Associate Minister of Health (Pacific), Associate Minister for Housing and Associate Minister for Cyclone Recovery.
4. Te Hiringa Mahara was established as an independent Crown entity with the objective of contributing to better and equitable mental health and wellbeing outcomes for all people in Aotearoa. Our role is to provide oversight of the mental health and wellbeing system, monitor system performance, and advocate for improvement.
5. We would like to work with your agencies to ensure population groups that are most vulnerable are getting the right support, at the right time, for their needs.

Your Priorities

6. We know you are focused on supporting New Zealand families and businesses through difficult economic conditions and understand there is targeted support for working families and lifting incomes so those who work hard can get ahead.
7. Government is now a reflection of our New Zealand communities and your determination to ensure these voices are heard is commendable. We support the strengthened advocacy you have placed on sport and participation in the health and wellness space, and your strong advocacy to improve social housing. We acknowledge these issues have an impact on mental health and wellbeing.
8. We have a shared interest in lifting mental health and wellbeing outcomes. We recognise the wellbeing benefits of your efforts to respond to the cost-of-living pressure families are facing, with particular relevance for Pacific peoples.
9. The recent mental health support that is now available in schools and expanded school-based health services, will help vulnerable populations most at risk have the access to services they need.
10. The wellbeing effects of cyclone Gabrielle and other recent weather events have created immediate priorities for action. Your focus on backing communities and community providers who we know have been pivotal in supporting their communities is welcomed - this additional support will help marae, iwi, Pacific, ethnic and recognised rural and community groups to continue delivering essential support to people, whānau, families and their households, who have been impacted in the flood and cyclone regions.

Our view on progress with transformation and priorities

11. You have an opportunity to make meaningful improvement to mental health and wellbeing in Aotearoa. Key points of focus should be:
 - Ensuring mental health is a priority through the health reforms, to build on the strengths of the mental health and addiction sector and implement a workforce plan

- to meet growing demand and new ways of working.
- Ensuring wider wellbeing is supported by cross-government action, with a particular focus on addressing the impacts of cyclone Gabrielle and other recent weather events.

Ensuring mental health is a priority

12. Improved mental health and addiction outcomes will require ongoing and focused leadership – especially to ensure they are not lost amongst the broader health system reforms.
13. It is important that decision making in the health reforms, and across the sector more generally, is well informed by the voices of those who often are underserved, underrepresented, or disadvantaged by existing systems that support mental health and wellbeing. This includes Māori and the services that support them, Pacific peoples, and those with lived experience of mental distress or addiction in particular. Te Hiringa Mahara is legislated to reflect and lift these voices, and we will provide you with independent advice that supports your leadership and decision-making, to improve mental health and wellbeing outcomes for all.
14. Transforming our mental health law is a once-in-a-generation opportunity. We urge the Government to be bold in creating change that is grounded in Te Tiriti o Waitangi and ends human rights violations evident under our current outdated law. We have provided a range of detailed advice on the proposals and want to see the transformation that has been consistently called for rather than ‘improvement to existing law’.
15. There has been some progress on ensuring a range of appropriate services are available, but the access and choice programme, and broader improvements, need to be scaled up.
 - Our Access and Choice report 2022 showed as of June 2022, overall, there were 364 IPMHA services available across 19 districts, 29 Kaupapa Māori services available across 19 districts, 23 Youth services available across 18 districts, but only nine Pacific services available across seven districts.
 - Approximately 8900 people were seen by Pacific services during the year 2021/22. We are pleased to see young people accessing the services – 30% of people using Pacific services were under the age of 25 years.
 - Up until 30 June 2022, there was a total of \$231.9m committed to the programme. Of that committed funding, \$9.1m funds was committed to Pacific services.
16. The recruitment of the workforce to deliver services is challenging across IPMHA, Youth and Pacific services. A prioritised focus is required to address this issue:
 - The challenges are particularly concerning for Pacific services with only 50% of the funded positions filled.
 - It is reassuring to see some workforce development initiatives aimed at increasing the Pacific workforce.
17. We have established an advocacy plan to take these and other insights and promote them with a range of decision-making stakeholders over the next year.

Ensuring wider wellbeing is supported

18. While wellbeing in Aotearoa is generally good – some communities experience persistently poorer outcomes, on average. Pacific people are particularly likely to experience poor wellbeing across a range of areas, such as:
 - Pacific people report much lower levels of financial wellbeing. Māori and Pacific children are more than twice as likely to experience material hardship (20% and 26% respectively) than children in New Zealand European households (9%).
 - Almost four in 10 Pacific people are living in a crowded house; Māori and Pacific children were more affected by household crowding than children of other ethnic groups.
 - During the 2020 lockdown, employment rates fell most for those on lower annual incomes, with people earning under \$30,000 most likely to lose their jobs. Pacific and Asian people were far more likely to become unemployed during lockdown than New Zealand Europeans, who were least likely to lose their jobs.
19. Crises like the pandemic have shown us that supporting wellbeing requires re-establishing and strengthening local social infrastructure that supports connection and communities. [BN2023-012 refers].

Our immediate workplan

20. In April to June, we will release a series of monitoring reports looking at key elements of the mental health and addiction system in Aotearoa – under the name Te Huringa Tuarua 2023:
 - A youth services report will shine a light on the practice of admitting young people (aged 12 to 17 years) to adult inpatient mental health services (adult services) in Aotearoa New Zealand.
 - A summary monitoring report will cover the performance of mental health and addiction services from July 2017 to June 2022. This will include specialist services funded through Te Whatu Ora, telehealth and digital services and primary care. A dashboard with monitoring data will also be published.
 - A report on the use of Compulsory Community Treatment Orders (CCTOs) and the identification of directions for meaningful action that can be taken towards upholding ‘rights’ pending the full replacement of the outdated Mental Health Act 1992.
 - A Kaupapa Māori report that will provide insights about Kaupapa Māori service investment and the experiences of tāngata whaiora.
21. As outlined in the previous section, we will release a youth wellbeing report in May. This report is supported by a literature review carried out for us by Koi Tū, which will be published alongside our report. The literature review has already been shared with other agencies, as part of our ongoing youth advocacy work, which will be expanded on in 2023/24.
22. We have released five of eight COVID-19 insights reports focused on wellbeing. These are short reports that primarily use existing data, report six and seven of the series will focus on Māori expressions of rangatiratanga through the pandemic, and Pacific

experiences of wellbeing¹, respectively. Report eight will bring together the common findings and recommendations across all reports in the series, complemented by additional information on key communities.

Next steps

23. We will brief you on the work outlined in this briefing and discuss where we can assist you in your areas of priority. We hope that the appointments scheduled with Hon Aupito Sio remain a fixture and fit within your schedule.

ENDS

¹ We actively building relationships with the Ministry for Pacific Peoples to ensure the report reflects perspectives that are meaningful for Pacific.