

Briefing

Meeting with Te Hiringa Mahara – Mental Health and Wellbeing Commission

Date due to MO:	20/11/2025	Action required by:	27/11/2025
Security level:	UNCLASSIFIED	Briefing number:	BN2025-020
To:	Hon Matt Doocey, Minister for Mental Health		
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Contact for Telephone Discussion

Name	Position	Telephone
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Minister's Office to Complete

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| <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 Withdrawn | |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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To:	Hon Matt Doocey, Minister for Mental Health		

Purpose

1. The purpose of this paper is to provide a proposed agenda and key discussion points for a meeting with you, Hayden Wano, Board Chair and Karen Orsborn, Chief Executive of Te Hiringa Mahara - Mental Health and Wellbeing Commission (the Commission) on Thursday 27 November 2025.

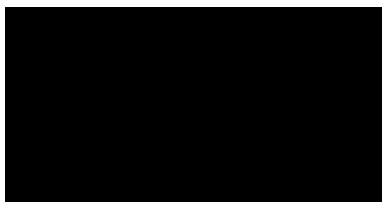
Summary

2. We propose the following items for discussion:
 - i. Follow up on *Urupare mōrearea: Crisis responses monitoring report*
 - ii. Follow up on *Hauora Hinengaro: He Ara Tūroa: Mental Health: An enduring pathway conference 2025*
 - iii. Assessing our recommendations from *Kua Timata Te Haerenga – the journey has begun*
 - iv. Suicide prevention – monitoring the Suicide Prevention Action Plan 2025-2029

Recommendations

We recommend you:

- | | | |
|----|---|----------|
| a) | Note the contents of this briefing. | Yes / No |
| b) | Agree to share with the Commission the quarterly updates on progress toward action in the Suicide Prevention Action Plan that you receive from the Ministry of Health, and the annual updates on progress provided to Cabinet. | Yes / No |
| c) | Note the Commission intends to proactively release this briefing as part of our proactive release policy. | Yes / No |



Date: 20/11/2025

Hon Matt Doocey
Minister for Mental Health
Date:

Discussion points

Follow up on the release of *Urupare mōrearea: Crisis responses monitoring report*

1. The release of *Urupare mōrearea: Crisis responses monitoring report* was a significant milestone for the Commission. Analysis of media coverage showed 23 articles across major outlets, and an estimated reach of 2.8m impressions. We will continue to grow the influence and impact of this work through targeted engagement with lived experience communities and the sector to support the progression of the changes we want to see. We will assess progress towards the recommendations made in *Urupare mōrearea: Crisis responses monitoring report* to improve crisis responses across New Zealand.
2. On 1 December 2025 we will be hosting a webinar as a follow-up to the report published on 4 November. This webinar will be the last in the initial three-part series on improving crisis responses in Aotearoa New Zealand and will focus on what a good crisis response system could look like for Aotearoa New Zealand.

Follow up to *Hauora Hinengaro: He Ara Tūroa: Mental Health: An enduring pathway* conference

3. The first *Hauora Hinengaro: Te Ara Tūroa* forum was a success, with over 240 attendees. Feedback was positive, particularly regarding the timely announcement regarding crisis responses funding. A survey has been sent to attendees seeking their feedback. We plan to co-host this event annually with TheMHS.
4. A *So What? Now What?* session was hosted by Ember Innovations, to close the conference. Participants were invited to share actionable ideas for system change. We will share a summary of the outputs from this session with you at our meeting.

Assessing progress on our recommendations from *Kua Timata Te Haerenga – the journey has begun*

5. On 3 December 2025, we will publish the *Assessment of progress – implementation of Kua Timata Te Haerenga recommendations*. A separate briefing is enclosed outlining the approach and key findings [refer BN2025-019], alongside the final draft report and comms plan. This is the first time the Commission has assessed progress with recommendations we have made. We found that that substantial progress has been made overall, with three of the five recommendations being fully implemented in the given timeframe.

Monitoring the Suicide Prevention Action Plan

6. Your Letter of Expectations for the 2025/26 year included an expectation that the Commission 'include a focus on suicide prevention and delivery of the Government's

related Suicide Prevention Action Plan (the plan) within its monitoring role'. The Commission has also been named as the independent oversight monitors across the actions in the plan. We are considering our approach to monitoring delivery of the 2025 – 2029 Suicide Prevention Action Plan taking into consideration timing, scope, methodology and capacity.

7. The plan was published by the Ministry of Health in June 2025. To monitor meaningful progress against delivery, the earliest opportunity to publish a report on an assessment of progress would cover the first year of implementation of the plan i.e. the 25/26 year. The timing of publication would be late 2026 at the earliest. An assessment of the first year of the plan would primarily focus on providing assurance related to delivery of the actions one year after the plan was launched. Alternatively, progress could be assessed at a later date and cover a longer time frame.
8. The plan includes 34 new actions (21 health and 13 cross-government) and 45 current actions. The new actions that would be in scope for assessment of progress for the first year of the plan include 21 new actions scheduled for completion by June 2026 (14 health and 7 cross-government). We could consider including commentary on current actions, where possible, as current actions have no scheduled delivery dates.
9. Consistent with our assessment of the implementation of recommendations in *Kua Timata Te Haerenga / the Journey Has Begun* [refer BN2025-019], we propose taking a combined entity self-assessment and Commission assessment approach to the report. This approach requires entities to conduct their own self-assessment of progress at our request using our criteria. We will continue to work with the Ministry of Health to minimise duplication with the annual updates on progress the Ministry of Health will publish on their website.
10. To deliver a December 2026 report, we would require access to timely information to draw on the quarterly updates, cross-agency working group reporting, and any other reporting information that you receive from the Ministry as lead agency for the plan. Your support for us having access to these reports at the same time you receive them would help us deliver our monitoring of the plan.

Update on suicide and self-harm measures in system performance report

11. Our first System Performance Monitoring report, published in June 2025, included a short section on population mental health outcomes which reported against five measures [refer BN2025-009]. These measures were intended to provide a snapshot overview of how people are doing at a population level in Aotearoa New Zealand as context for mental health and addiction system performance. We will include these five indicators of suicide and self-harm in the mental health outcomes section of the 2026 system performance monitoring report. These will sit alongside five measures of population mental health-related outcomes.

For noting

Update on future of primary responses think tank

12. On 10 September 2025, the Commission brought together senior thought leaders with expertise in primary mental health and addiction. The purpose of the meeting was to discuss how we can build on existing primary and community services to create a system that meets the needs of future generations. A paper summarising the themes and insights from this think tank is being developed with attendees and will be shared with you prior to publication. We intend to publish a paper and discuss it across the wider primary health care system.

2026 deep dive to focus on rangatahi and young people

13. We have confirmed our 2026 monitoring report and associated work will focus on how rangatahi and youth are accessing, using and transitioning between mental health and addiction services. The report will highlight access-related challenges, the factors that are contributing to these challenges, inequities and changes over time. The monitoring report will follow a similar approach to the 2025 crisis responses monitoring report, with a literature review, monitoring report webinars and other artefacts. The content will also likely form the basis of the Hauora Hinengaro 2026 forum.

Upcoming publications

Publication	Month
Assessment of progress – implementation of Kua Timata Te Haerenga the Journey Hass Begun recommendations	December 2025
He Ara Āwhina – access data summary	February 2026
NZ Health Survey data summary	February 2026
He Ara Āwhina – updated dashboard and vital few measures data summary	March 2026

Engagement on the Substance Harm Reduction Action Plan

14. We were invited to advise and have been engaged on the developing Substance Harm Reduction Action Plan that is being led out of the Ministry of Health. We are pleased to see the Ministry taking a harm reduction approach to drug use in the Action Plan.

Confirmation of meetings in 2026

15. We are pleased to confirm our Board appointments, including welcoming two new members. The Board would like to take the opportunity to meet to discuss shared priorities. We would like to invite you to our Board - Chief Executive Day on 9 February 2026, or an alternative date if this is not suitable.
16. We are keen to establish monthly meetings with you in 2026 and look forward to confirming this with your office. Where possible, we suggest meetings should be a balance of in person and online.

Next Steps

17. We will continue to keep you abreast of our work programme and strategic direction through briefings and regular meetings.

ENDS

