

# Briefing



## Meeting with the Mental Health and Wellbeing Commission

<b>Date due to MO:</b> 19 May 2022	<b>Action required by:</b> 2 June 2022
<b>Security level:</b> IN CONFIDENCE	<b>Briefing number:</b> BN2022-004
<b>To:</b>	Hon Aupito William Sio, Associate Minister of Health Pacific
<b>Copy to:</b>	Minister of Health, Hon Andrew Little [REDACTED] Ministry of Health

### Contact for telephone discussion

Name	Position	Telephone
Karen Orsborn	Chief Executive	[REDACTED]
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Signed:



Karen Orsborn  
**Chief Executive**  
Date: 19 May 2022

Minister Aupito William Sio  
**Associate Minister of Health Pacific**  
Date:

Minister's Office:

Comment:

## Purpose of this briefing

1. The meeting is taking place virtually on Thursday 2 June 2022 between 11.00am – 12.00pm.

## Executive Summary

2. The Mental Health and Wellbeing Commission will have four attendees:
  - a. Hayden Wano, Chair
  - b. Karen Orsborn, Chief Executive
  - c. Dr Filippo Katavake-McGrath, Director, Wellbeing System Leadership and Insights
  - d. Tanya Maloney, Director, Mental Health and Addiction Sector Leadership
3. This meeting is an opportunity to discuss progress towards better mental health and wellbeing of Pacific peoples in Aotearoa. We propose the following agenda:
  - a. our new Te Reo Māori name and branding
  - b. what we have heard from Pacific peoples through the Commission's public consultation on the He Ara Āwhina Mental Health System Monitoring Framework
  - c. our upcoming project monitoring the impact of the pandemic on key populations (including Pacific peoples)
  - d. the Commission's future approach towards improved wellbeing outcomes for rangatahi

## Recommendation

- a) **note** the Commission intends to proactively release this briefing as part of our proactive release policy

## Background

4. At our last meeting [AM2022-003 refers], we spoke about:
  - a. Te Huringa: Change and Transformation Mental Health Service and Addiction Service Monitoring Report 2022
  - b. The Commission's future approach to monitoring the Mental Health and Addiction system and services and
  - c. The Public consultation on the proposed He Ara Āwhina (Pathways to Support) Mental Health and Addiction System Monitoring Framework.

## Discussion

### Te Reo Māori name and brand

5. The Commission's Te Reo Māori name will be Te Hiringa Mahara. The following explanation of our name was provided by our expert Roopū.
6. The name Te Hiringa Mahara comes with much obligation, responsibility and authority, not only for this generation but for all generations, as we serve the needs of people impacted by mental health. Te Hiringa Mahara ■■■ kaitiaki of mental health wellbeing in Aotearoa. This name signifies positive energy, thoughtfulness, encouragement, confidence and strength. Te Hiringa Mahara inspires and ignites inquiring and inquisitive minds, illuminating and liberating the potential within. Te Hiringa Mahara is inclusive of all peoples, tangata whenua and tangata Tiriti.
7. Te Hiringa Mahara: Igniting minds through positive energy and thoughtfulness. A Māori perspective of this: Te Hiringa Mahara: Te hinengaro tūmata tōrunga pai o te whakaaro nui. The new name and brand is now being applied to our statutory reporting documents and website.
8. The Commission is planning an event to launch the name and brand, timing will be aligned with Matariki. Details of this event will be provided to your office in the coming weeks.

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

9. The Commission has recently completed public consultation on the proposed He Ara Āwhina (Pathways to Support) Mental Health and Addiction System Monitoring Framework.
10. The framework will outline how the Commission monitors, and advocates for improvements to, the mental health and addiction system. The framework includes two perspectives that describe what an ideal Mental Health and Addiction system looks like from a Te Ao Māori perspective, which was developed by Māori, for Māori, with Māori; and a shared perspective which monitors for everyone. These two perspectives work together, for instance the shared perspective may also resonate with whānau Māori.
11. The Te Ao Māori and shared perspectives of He Ara Āwhina have six focus headings which illustrate high-level aspirations, held by communities, based on a

set of well-researched quality dimensions. These dimensions include markers of an ideal system, and represent the important issues raised by communities during the mental health inquiry and our design and engagement processes.

12. The Commission received approximately 250 submissions; 10% of the submissions were received from individuals who identify, or organisations that represent people of Pacific ethnicities and communities. We appreciate the support of you and your office in sending the consultation invitation to your networks.
13. The feedback we received from the Pacific submissions were generally supportive of the framework and provided invaluable feedback that will help us improve the framework. 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 the Ola Manuia: Pacific Health and Wellbeing Action Plan
  - b. The framework looks positive for tāngata whaiora and aligns with Pacific aspirations with a strong focus on; equity, being whānau-centred, community, trauma-informed support, and elimination of 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 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 monitored and measure system performance.
14. The Commission is currently in the process of analysing and incorporating the feedback. The framework will be published by the end of June 2022.
15. We will engage widely with communities in the work to develop appropriate measures for the framework; measures that reflect what is important to people about the quality of mental health and addiction services and supports.
16. He Ara Āwhina sits alongside the framework we use to monitor the wellbeing system, and peoples' experience of wellbeing - the He Ara Oranga wellbeing outcomes framework. This partner framework enables the Commission to understand how people define and experience wellbeing for themselves, as well as how that wellbeing is enhanced, or degraded, by systems that provide services, or enact policies.
17. The two frameworks enable the Commission to fulfil its legislated functions to monitor both the Wellbeing and Mental Health & Addictions systems.

## The Commission's future approach to monitoring wellbeing impacts of the pandemic on key populations

18. The last time we met, we informed you of the Commission's planned work to identify wellbeing impacts of the pandemic on key populations, including Pacific peoples.
19. The work will use existing research and combine qualitative and quantitative sources as available. The resulting series of around ten brief insight reports (using variable forms of media), is intended to have practical recommendations or implications, to improve ongoing and future pandemic response and service design in Aotearoa. This will be supported by highlighting success-stories in the research, with the aim to share and spread positive community responses.
20. These insights will be published through the 2022/23 financial year; planning to support this is underway to identify the topics, approaches, and collaborators for this work. Some likely pieces of research include (still to be confirmed):
  - a. How the COVID response impacts are currently discussed in the media, and which points of views are given prominence – through web scraping and natural language processing
  - b. How rural communities experience the covid response (considering more limited services, inequitable internet access, physical isolation) – through interviews/discussion
  - c. How Pacific people experience ICU, the isolating nature of the COVID response and the ways Pacific communities discovered hybrid methods of maintaining wellbeing and overcoming barriers to seek help – through interviews and/or talanoa.

## The Commission's commitment to youth wellbeing

21. The Commission is developing an insights paper looking at the determinants of mental wellbeing for rangatahi - young people. The trigger for this work is growing concern around the increased prevalence of mental distress in young people over the past 5-10 years, which early reports suggest has been exacerbated by the impacts of the COVID-19 pandemic. Within the wider definition of young people, we are particularly concerned with the experiences of rangatahi Māori, Pacific, disabled and rainbow young people, who are more likely to experience marginalisation.
22. The work will be underpinned by the Commission's He Ara Oranga Wellbeing Outcomes Framework and aims to; grow our knowledge of what factors are contributing to young people's mental wellbeing, identify opportunities for systems change to prevent mental distress and promote a holistic definition of wellbeing.
23. The first phase of the project will be a literature review which consolidates existing data and research on the issue and identifies any major gaps in our knowledge. Our focus will primarily be on qualitative data and expertise from communities with lived experience of mental distress, as well as the four specific groups of rangatahi identified above. We will then build on that research through

engagement with groups and networks made up of and/or representing young people.

24. Our findings will be published and made widely available and will inform the Commission's workplan and strategy going forward. We also hope to share our findings with Government agencies developing or refreshing wellbeing strategies, including the Child and Youth Wellbeing Strategy.
25. The project will focus on four key issues that have been identified as important by young people in existing qualitative research and engagement. These are still being finalised but will likely focus around some version of the following:
  - a. Fears around the future (climate change, economic insecurity and COVID-19)
  - b. Racism and discrimination
  - c. Intergenerational connection and support for and by whānau
  - d. Social media, digital technologies and safety/wellbeing online.

## Conclusion

26. Our work plan for the coming year builds a significant knowledge base between the focus we will bring to reporting on the wellbeing of young Pacific people, the impacts of COVID on Pacific communities, the experiences of Pacific people in the Mental Health and Addiction system and our relationship with the Ministry for Pacific Peoples.

## Next steps

27. We will advise your office of the launch date of our reo Māori name and brand.

ENDS