

Kaupapa Māori primary mental health and addiction services

Access and Choice programme 2025

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This infographic presents selected key findings from our latest report on the **Access and Choice programme** on the use of these services by Māori. This includes Kaupapa Māori primary mental health and addiction services that are funded through the programme.

Te Hīringa Mahara (Mental Health and Wellbeing Commission) is legislated to monitor mental health and addiction services, and we are committed to being grounded by our **Te Tauāki ki Te Tiriti o Waitangi | Te Tiriti o Waitangi position statement**. We monitor and advocate for increased investment in Kaupapa Māori services.

The Access and Choice programme was funded from the 2019 Wellbeing Budget to provide additional support for 'mild to moderate' mental health and addiction needs in primary care and community settings.

The programme consists of four service types – Integrated Primary Mental Health and Addiction (IPMHA), Kaupapa Māori, Pacific, and Youth services.



Kaupapa Māori services are whānau-centred services delivered by Māori for Māori. They are designed to provide free, flexible, and tailored support that is culturally appropriate for Māori.

1. Context

As of 30 June 2024

**Aotearoa New Zealand's estimated
Māori population was**

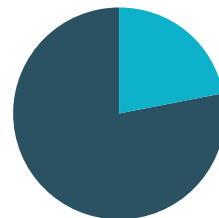
922,600 people

17.5 per cent of the national population.¹



Māori aged
15 years and
over reported
**experiencing
moderate
psychological
distress.**²

2023/24
22.5%



2. Use of Access and Choice services

In 2023/24, over

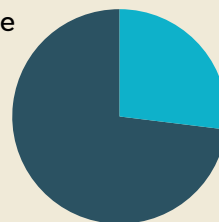
207,000

people accessed
Access and Choice services.



Of everyone using Access and Choice
services (all services combined)
in 2023/24

27% were Māori



Māori accessed all service types as intended by the programme. Māori represented:

76%

Kaupapa Māori services

35%

Youth services

19%

IPMHA services

11%

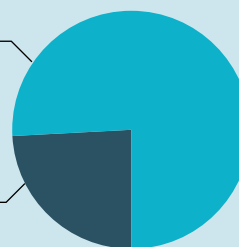
Pacific services

26,668 new people were seen
by Kaupapa Māori services in 2023/24.

Of these, **76 per cent** were Māori
and **24 per cent** were non-Māori

Māori 76%

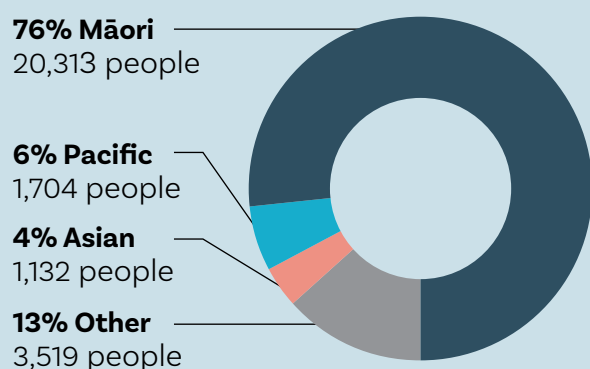
Non-Māori 24%



¹ Sourced from Aotearoa Data Explorer in February 2025.

² Sourced from the New Zealand Health Survey annual data explorer in February 2025.

Figure 1: Number and percentage of new people seen by ethnicity³ by Kaupapa Māori services (2023/24)



For Māori and Pacific services, it is common to see many whānau or family members in one session, but this is only counted as one person reached. This may impact the number of new individuals who are seen as well as obscure the true number of people reached.

“

You'll notice one of the datasets we have is around a percentile of Māori participation with services and that's not 100%, it's 70, 60, 50. That tells us non-Māori want our service.

Kaupapa Māori service provider

”

In 2023/24:

Over 8,300



(20 per cent) rangatahi and young people (12-24 years) who used Access and Choice services accessed Kaupapa Māori services.



Kaupapa
Māori services

+



Pacific
services

+



Youth
services

=

almost
48,000
people

The average number of sessions provided by Kaupapa Māori services per person ranged from approximately one to four sessions.

³ Data were provided to us using prioritised ethnicity, rather than total ethnicity, given we are reporting unique people seen. As a result, people who identify with multiple ethnic groups are identified in the data as having one prioritised ethnicity, with the prioritisation being Māori, then Pacific, then Asian, then Other ethnicity.

3. Difference made by Kaupapa Māori services

Outcomes data collection methods vary from service to service and include various formats, such as outcome measurement tools like Hua Oranga, narrative reports, case studies, goal setting, experience surveys, evaluation forms, photos, and videos using 'whānau voice'.

Kaupapa Māori service providers have shared with us the positive impacts of people accessing their service.



“

The reconnection to indigenous self is what has been good for whānau in whatever way that looks. The whānau lead the kaimahi to those spaces.

Kaupapa Māori service provider

”

“

A couple of tāngata whaiora have told me the change in their whole wairua when they engage in the whenua, so therapeutic ... you don't find that in traditional mental health services outside of Kaupapa Māori.

”

“

So, we take whānau into the ngahere and we help them to reconnect with Papatūānuku and we help them to know our own healing modalities to utilise and how to make their own rongoā and those things are really helpful.

”

“

The kaimahi that were on there [a programme] saw the strength of this young person, to be a tuakana, so they have supported him and he's in a place now where he's back in education.

”

4. Coverage of Kaupapa Māori services



By 2023/24, Kaupapa Māori services were:

established in all **20** districts,

totalling **32** Kaupapa Māori services.

5. Kaupapa Māori services workforce

92% of FTE (263.5 FTE of 286.6 FTE contracted) were employed by 2023/24 representing the highest employment rate of all four Access and Choice services.

6. Investment in Kaupapa Māori services



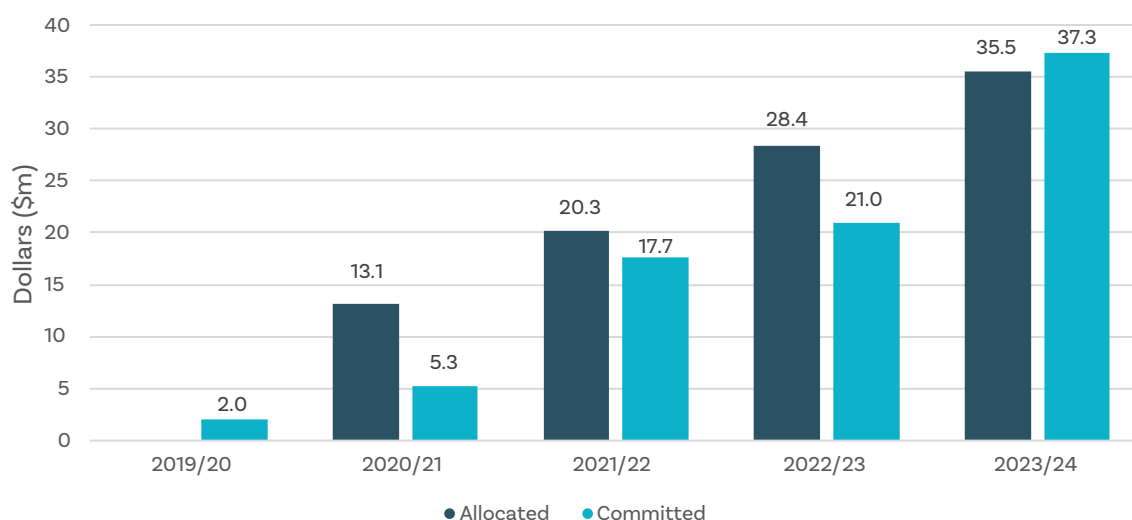
By 30 June 2024, **over \$83 million** (of \$664 million) was **committed to Kaupapa Māori services**.



20 per cent of the total Access and Choice service delivery funding is now **committed to the delivery of Kaupapa Māori services**.

In the first year of the Access and Choice programme roll-out, time was taken to co-design Kaupapa Māori services with Ngāi Māori (whānau, hapū, iwi, Māori organisations, and tāngata whaiora Māori). The commissioning process, along with COVID-19, resulted in a delayed roll out and an underspend for Kaupapa Māori services in the early years of the programme.

Figure 2: Funding allocated and committed for Kaupapa Māori services, 2019/20 – 2023/24



Moving forward

Te Hiringa Mahara wants to see outcomes data captured and collated nationally using outcome tools to be agreed in partnership with providers and tāngata whaiora and whānau who use Kaupapa Māori services. We also want to see a nationally consistent way to gather data from tāngata whaiora and whānau on their experience of services. Finally, we want to see the number of whānau seen within sessions to be recognised and reflected in access numbers.

Data

The findings reported here are sourced from:

- **Access and Choice programme data:** Supplied by Health NZ | Te Whatu Ora and the Ministry of Health | Manatū Hauora
- **Psychological distress data:** Ministry of Health, New Zealand Health Survey 2023/24
- **Population data:** Stats NZ, Aotearoa Data Explorer
- **Qualitative data:** Gathered through wānanga that we conducted with various Kaupapa Māori service providers.

Authored by Te Hiringa Mahara – Mental Health and Wellbeing Commission. April 2025.



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