

Kaupapa Māori mental health and addiction services – investment and service use

Te Hīringa Mahara (the 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](#). As part of this, we monitor and advocate for more Kaupapa Māori choices for whānau accessing mental health and addiction services.

In June 2023 we published the [Kaupapa Māori services report](#). This report included data on investment in, and use of, Kaupapa Māori services up to June 2022. This infographic provides an update to this quantitative data one year on – up to June 2023 – to observe what has changed and where further work is needed. We also include some of the findings for Māori from our recent monitoring report [Kua Timata Te Haerenga | The Journey has Begun](#).

We aim to influence policy and system responses towards equitable funding for Kaupapa Māori services.

Kaupapa Māori services

Kaupapa Māori mental health and addiction services are a tangata whenua (indigenous) response to effectively meeting the mental health and addiction needs of tāngata whaiora and their whānau (Te Rau Matatini, 2015).¹ Kaupapa Māori services are services that providers who identify as Māori develop and deliver. These services include Māori mental health services provided by non-governmental organisations (NGOs) and Health New Zealand that are not Māori-governed organisations.

This infographic includes both types of services, Kaupapa Māori NGOs, and Māori teams in Health New Zealand services, as we are interested in monitoring the investment and service use across the full landscape of ‘by Māori, for Māori’ services and support.

Māori experience a higher prevalence of mental distress

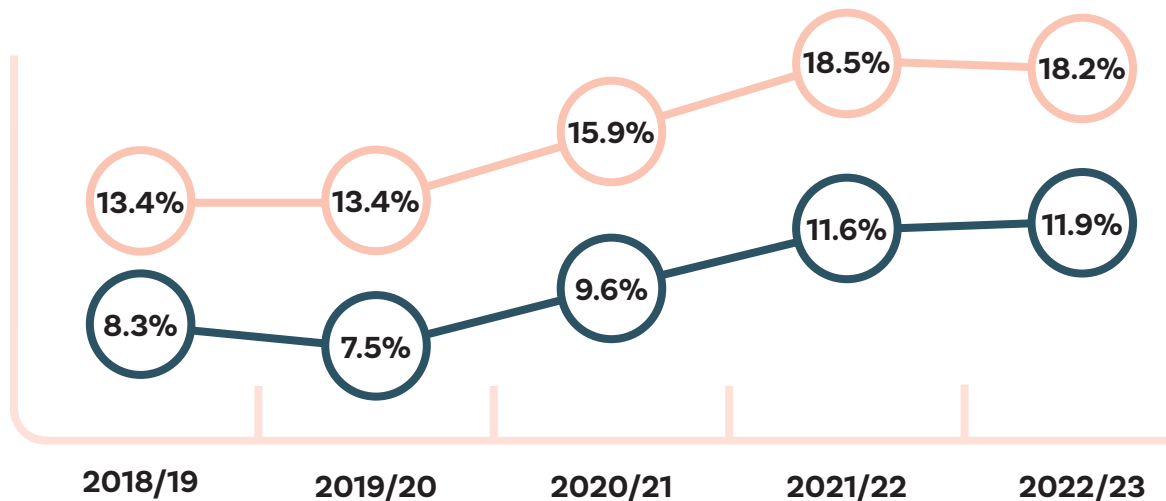
New Zealand's estimated Māori population was 904,100 people (17.3 per cent of the national population), as at 30 June 2023.

Approximately 18.2 per cent of Māori aged 15 years and over had experienced high or very high levels of psychological distress in the 4 weeks prior. This is higher than other ethnic groups, and the percentage of the total population of 11.9 per cent.

in 2022/23...

10.2%

of Māori said they could not receive the professional mental health or substance use help they needed, in the last 12 months.



Reported high or very high psychological distress in 4 weeks prior, for people aged 15 years and over

— Māori — All people

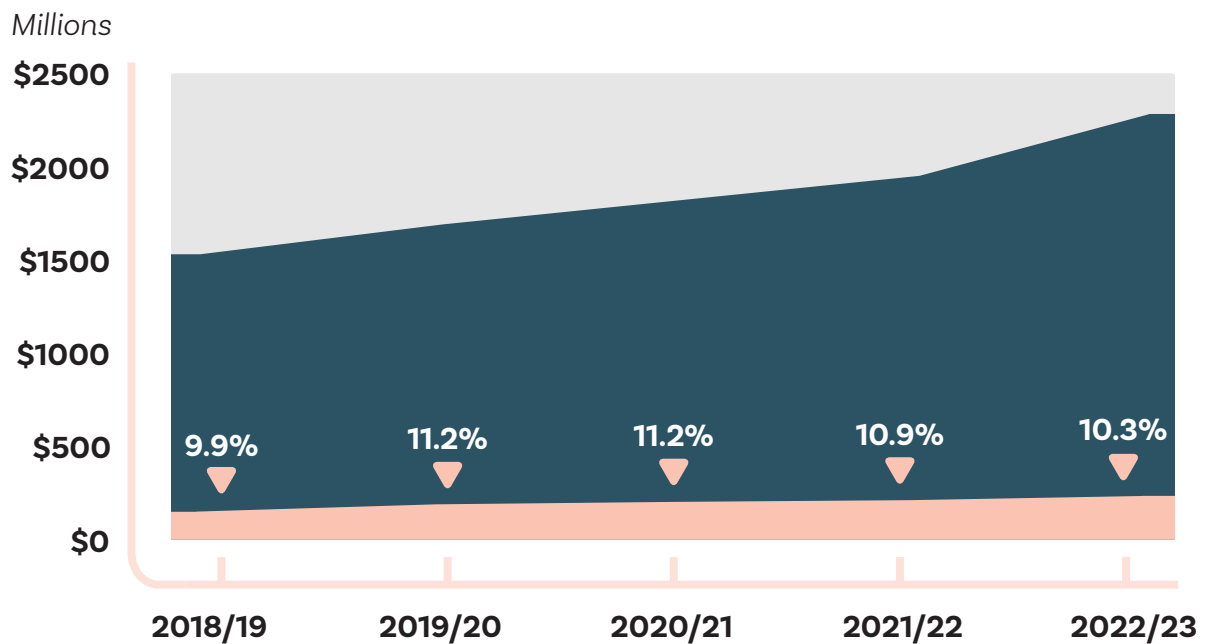
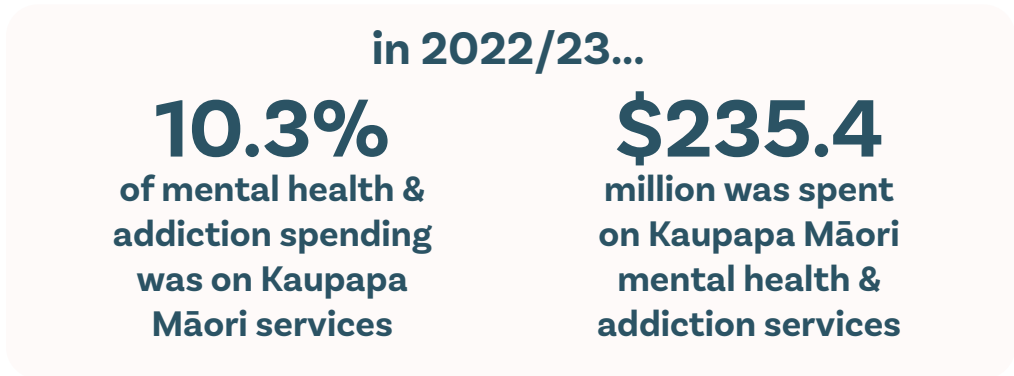
Psychological distress continues to grow for Māori, from 13.4 per cent in 2018/19, to 18.2 per cent in 2022/23.

Investment in Kaupapa Māori mental health and addiction services

Expenditure on Māori mental health and addiction services (including the access and choice programme) has increased across the last five years, from \$151.0 million in 2018/19 to \$235.4 million in 2022/23.

Investment in Kaupapa Māori mental health and addiction services equated to 10.3 per cent of total mental health and addiction expenditure in 2022/23. This is proportionately more than the investment in 2018/19 (9.9 per cent), however represents a decrease since 2021/22 (10.9 per cent).

Given the calls by Māori for more Kaupapa Māori services, and available data shows the level of need for Māori is significantly higher, further investment is needed in Kaupapa Māori mental health and addiction services.



Investment in Kaupapa Māori mental health and addiction services, compared with total investment in mental health and addiction services (\$million), 2018/19-2022/23

- Expenditure in Kaupapa Māori mental health and addiction services
- Total expenditure in mental health and addiction services (Health NZ and Te Aka Whai Ora expenditure)

Māori access to primary mental health and addiction services

The access and choice programme has helped to increase access and expand options for people with mild to moderate distress. These services have been rolled out since 2020 with four service types provided in different settings:

**Integrated
Primary Mental
Health and
Addiction**



Kaupapa Māori



Pacific



Youth services



Kaupapa Māori access and choice services

A total of 32 Kaupapa Māori services have been established as a part of the access and choice programme roll-out as at June 2023.

Kaupapa Māori access and choice services saw an estimated 31,677 people in 2022/23. This includes both new and people who had used the service previously, and both Māori and non-Māori who have chosen to use these services.

Ethnicity data is available for the 29,575 people new to the service in 2022/23. ² Among these people, 21,961 (74.3 per cent) were Māori.



74.3% of the new people seen in Kaupapa Māori access and choice services were Māori

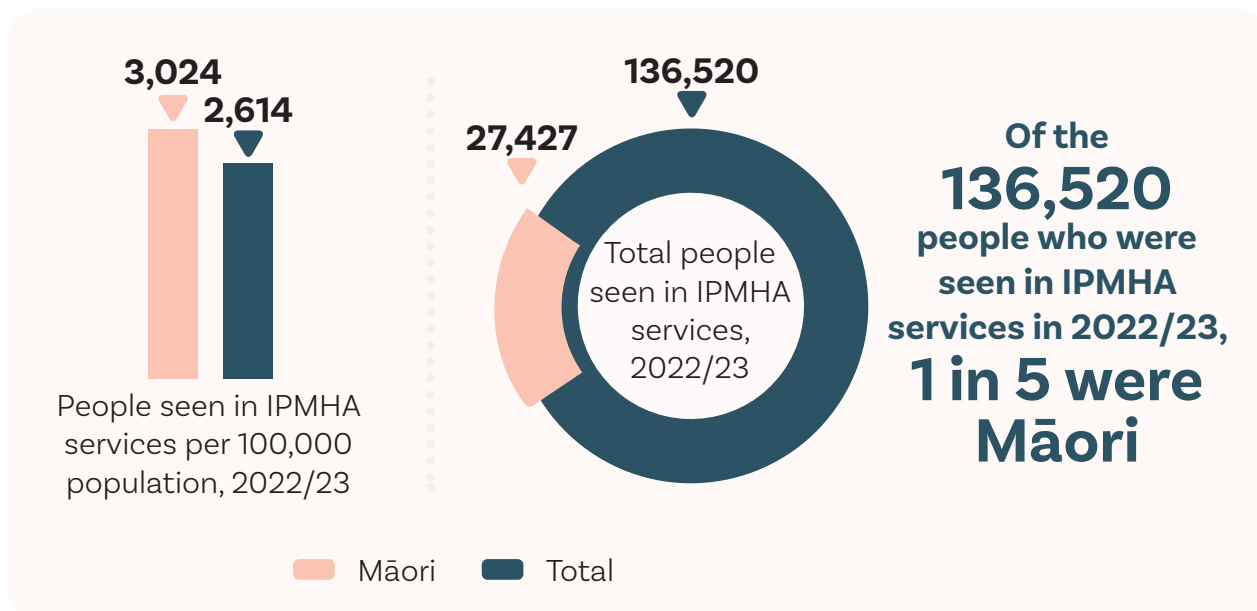
New people seen in Kaupapa Māori access and choice services, 2022/23

 Māori  Non-Māori

Māori use of Integrated Primary Mental Health and Addiction services

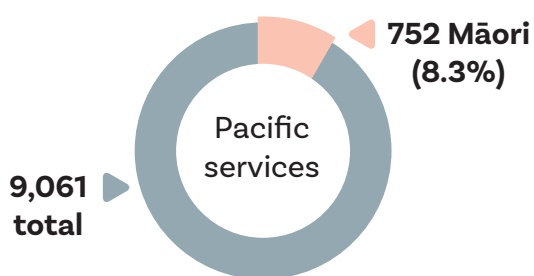
Māori also have improved access through other service types in the access and choice programme, including the Integrated Primary Mental Health and Addiction (IPMHA) services. IPMHA services include health improvement practitioners and health coaches as typical members of a general practice team.

Māori comprised around a fifth (20.1 per cent) of people using IPMHA services in 2022/23. Māori accessed IPMHA services at higher rates than the total population, at 3,024 Māori per 100,000 Māori population, compared to 2,614 people per 100,000 total population.

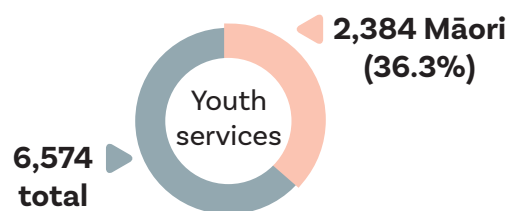


Māori use of Pacific and Youth access and choice services

Māori also use Pacific and Youth access and choice services.



Out of the 9,061 new people seen in Pacific services in 2022/23, 752 were Māori (8.3 per cent).



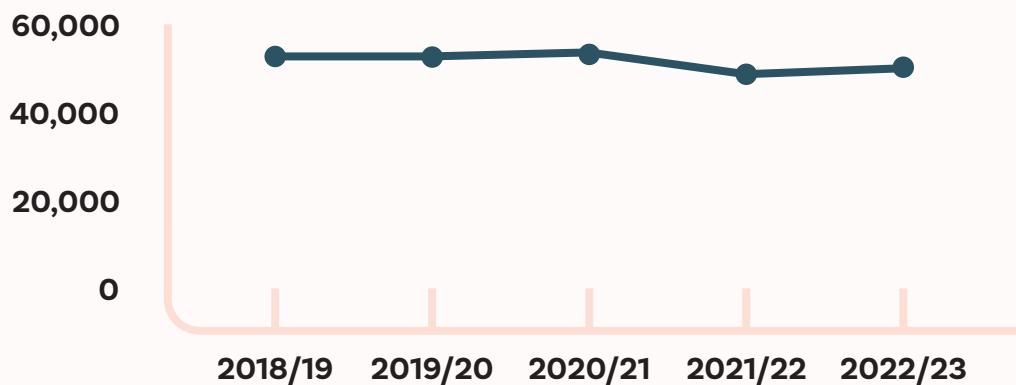
Out of the 6,574 new people seen in Youth services in 2022/23, 2,384 were Māori (36.3 per cent).

New people seen in Pacific and Youth access and choice services, 2022/23

Māori access to specialist mental health and addiction services

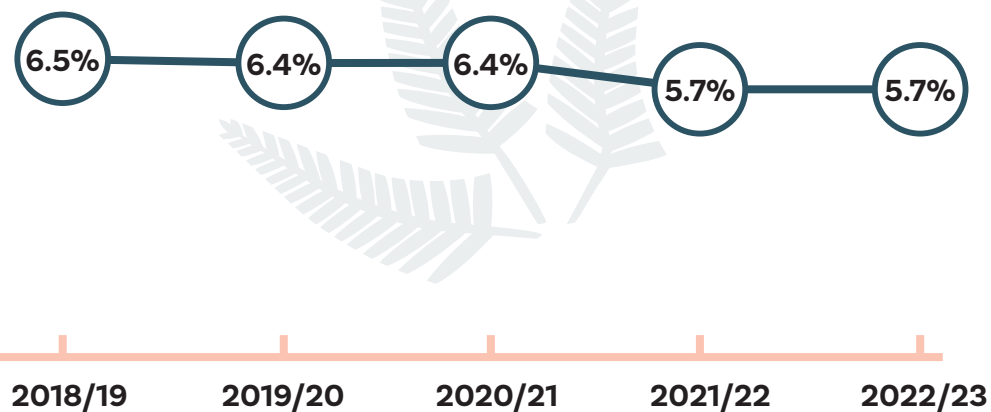
In 2022/23, there were 51,744 Māori who used specialist mental health and addiction services. Māori made up 29.1 per cent of all people using specialist services.

The number of Māori using specialist mental health and addiction services has decreased over the last 5 years but increased in the last year. This equates to a decrease of 5.1 per cent over the last 5 years. This pattern is relatively consistent with all people using specialist mental health and addiction services.



Number of Māori using specialist mental health and addiction services

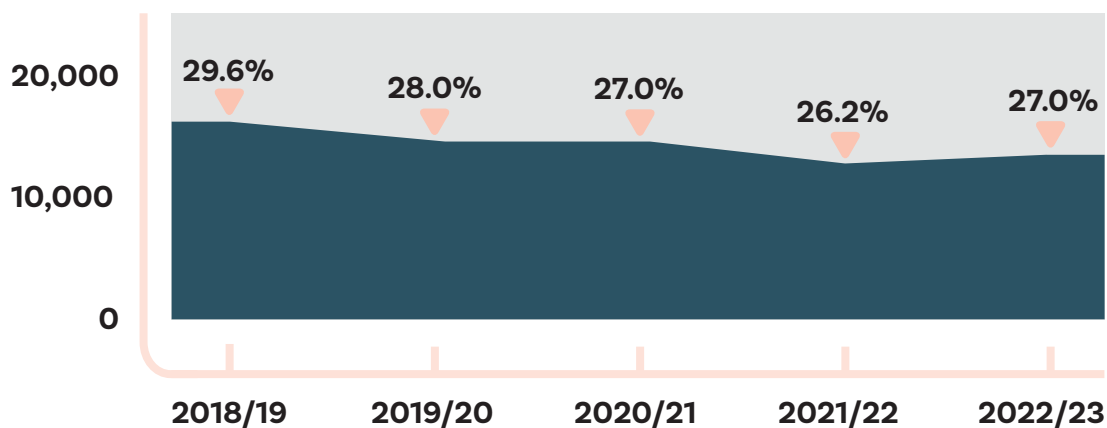
When accounting for population growth over this time, the decrease is even higher. In 2018/19, there was 6.5 per cent of the Māori population who used specialist mental health and addiction services. In 2022/23 this had decreased to 5.7 per cent.



Percentage of the Māori population using specialist mental health and addiction services

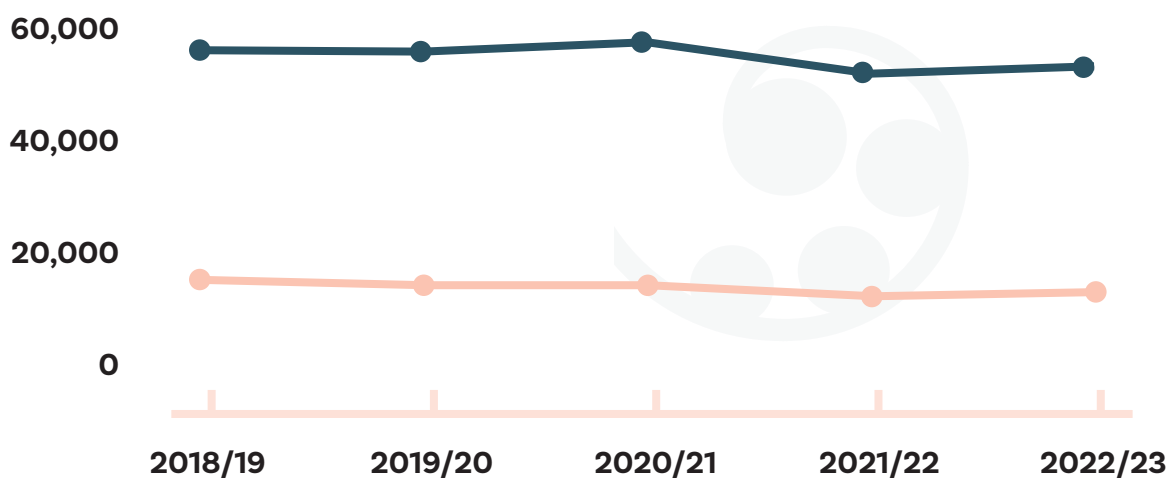
Māori access to Kaupapa Māori specialist mental health and addiction services

In 2022/23, there were nearly 14,000 Māori accessing Kaupapa Māori specialist mental health and addiction services. This equates to 27.0 percent of all Māori specialist mental health and addiction service use.



- ▼ Percentage of Māori seen in Kaupapa Māori specialist mental health and addiction services (out of Māori using specialist services)
- Number of Māori seen in Kaupapa Māori specialist mental health and addiction services

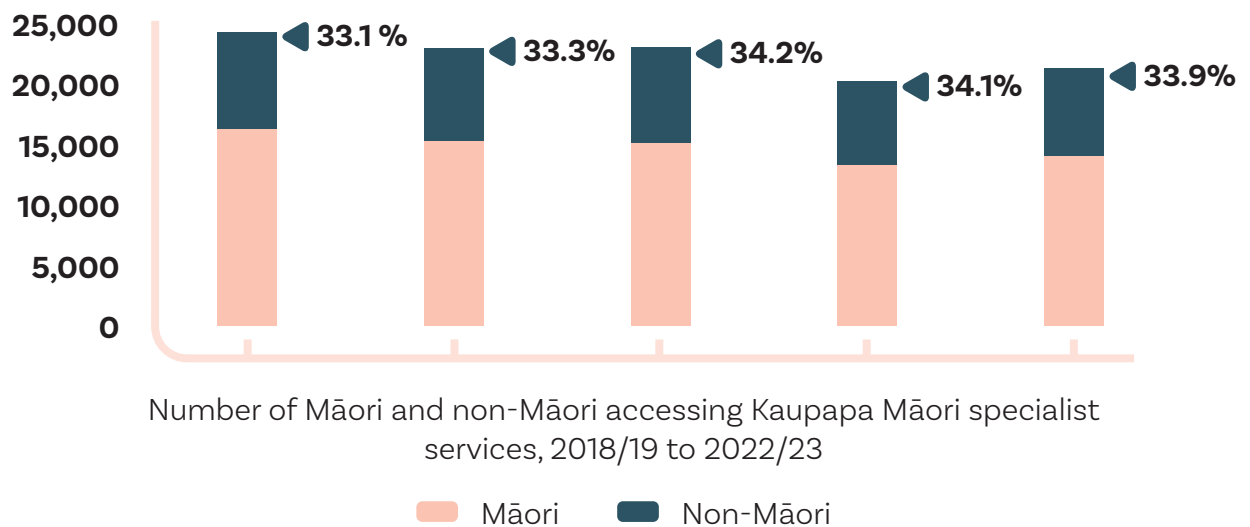
Māori access to Kaupapa Māori services has decreased over the last 5 years but increased in the last year (consistent with the pattern of overall Māori specialist service use). Through our engagement and data collection, we know that more Māori would prefer to access Kaupapa Māori services.



Māori access to Kaupapa Māori specialist services, and all specialist mental health and addiction services, 2018/19 to 2022/23

- Māori use of all mental health and addiction specialist services
- Māori use of Kaupapa Māori specialist mental health and addiction services

Non-Māori also benefit from Kaupapa Māori specialist services. The proportion of non-Māori accessing Kaupapa Māori specialist services has consistently been between 33 and 34 per cent over the last 5 years.



Number of Māori and non-Māori accessing Kaupapa Māori specialist services, 2018/19 to 2022/23

Barriers to access services

Our recent service monitoring report, **Kua Tīmata Te Haeranga | The Journey has Begun**, found that the current system does not work well for many Māori. This report specifically looked at access to mental health and addiction services, and options available.

We heard accessing parts of the system is proving challenging for Māori. There are high levels of frustration and disappointment about many failed attempts to access services through primary care and then ending up at acute services in crisis. Māori with lived experience talked about how previous negative experiences with services deterred them from seeking help in the future. Further information is available in the [monitoring report](#) and accompanying [Voices report](#).

Changes we want to see

Te Hīringa Mahara has made a strong commitment to achieving better and equitable mental health and wellbeing outcomes for Māori. We actively support and advocate for more Kaupapa Māori choices for whānau accessing mental health and addiction services.

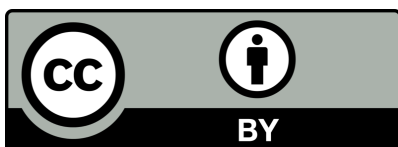
Sources and notes

The findings reported here are sourced from:

- **Investment data:** Supplied by Health NZ | Te Whatu Ora and Te Aka Whai Ora | Māori Health Authority
- **Psychological distress data:** Ministry of Health, New Zealand Health Survey 2022/23
- **Access and Choice programme data:** Supplied by Health NZ | Te Whatu Ora
- **Specialist service use data:** PRIMHD, using an extract date of 25 October 2023
- **Population data:** Stats NZ, Population projections for end of financial years

Notes contained in this report:

1. Te Rau Matatini. 2015. Kaupapa Māori Mental Health and Addiction Services: Best practice framework. Wellington: [Te Rau Matatini. www.terauora.com/kaupapa-maori-mental-health-and-addiction-services-best-practice-framework/](http://www.terauora.com/kaupapa-maori-mental-health-and-addiction-services-best-practice-framework/)
2. 'New people seen' are people seen by the service in a month and have not been seen in the 11 months before. A person counts as new only once in a 12-month period.



Authored by Te Hiringa Mahara—Mental Health and Wellbeing Commission. July 2024.

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