



Mā te rongo ake

Through listening
and hearing

He mihi

Ko Mā Te Rongo Ake te hua o te manawatīna, me te tautoko nui.

Nō reira e mihi ana ki te hunga i tuku aroha ki te kaupapa nei:

Ki ngā kaitohutohu

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Platform Trust, Mauri tū Mauri ora, Youthline, Voices of Hope, OUTLine, Rainbow Youth, Te Ngākau Kahukura, No Duff Charity, Disabled Peoples Organisations (Disabled Persons Assembly NZ (DPA), Blind Citizens NZ, People First NZ, Deaf Aotearoa, Kāpō Māori Aotearoa, me Balance Aotearoa), Age Concern, Asian Family Services, International Peace Youth Group, Rare Disorders NZ, Changing Minds

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Primary healthcare organisations

ProCare Fresh Minds, Pinnacle, Pegasus, Compass, National Hauora Coalition

Non-Government and advocacy organisations

Platform Trust, Mental Health Foundation, Youthline, Voices of Hope, OUTLine, Rainbow Youth, Te Ngākau Kahukura, No Duff Charity, Disabled Peoples Organisations (Disabled Persons Assembly NZ (DPA), Blind Citizens NZ, People First NZ, Deaf Aotearoa, Kāpō Māori Aotearoa, and Balance Aotearoa), Age Concern, Asian Family Services, International Peace Youth Group, Rare Disorders NZ, Changing Minds

Workforce organisations

Te Pou o te Whakaaro Nui, Te Rau Ora, Le Va

Pacific health services

Vaka Tautua

Kaupapa Māori services

MahiTahi Trust, Te Kuwatawata, Tui Ora

Whānau Ora commissioning agencies

Pasifika Futures, Te Pūtahitanga o Te Waipounamu

Whānau organisations

Supporting Families, Carers Alliance of New Zealand

Consumer organisations

Life Matters Trust, Te Kete Pounamu, Balance Aotearoa, National Association of Mental Health Services Consumer Advisors (DHB-based)

Government agencies and Crown entities

Ministry of Health, Suicide Prevention Office, Te Ara Poutama/

Corrections, Public Service Commission, Health & Disability Commissioner, NZ Police, Health Quality & Safety Commission, Te Puni Kōkiri, Department of the Prime Minister and Cabinet, WorkSafe, Ministry of Business, Innovation and Employment, Social Wellbeing Agency, Joint Venture for Family Violence and Sexual Violence, Cross-Party Mental Health and Addiction Wellbeing Group, Oranga Tamariki, Ministry for Social Development, Ministry of Justice, Te Hīringa Hauora/Health Promotion Agency, Ministry for Pacific Peoples, Department of Internal Affairs, Ministry of Housing and Urban Development, Ministry of Education

District Health Boards

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Our external contributors to the Poutama

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The people of Aotearoa

It is for you that we present this report, in the hopes that we can all flourish together. Tū tangata mauri ora.

Te pānui i tēnei pūrongo

Ko Mā Te Rongo Ake te pūrongo e whakatatū ana i ngā here a te Komihana Tōmua kia tirohanga te paneke o te urupare panoni pūnaha a te Kāwanatanga ki a He Ara Oranga¹ Te Pūrongo Tirotiro i te Hauora Hinengaro me Ngā Waranga. Ko tōna otinga, kia tukuna te pūrongo ki te Manatū Hauora i roto i te kotahi tau o te whakatūnga o te Komihana Tōmua. Kei roto anō ko te mahi tirotiro i te paneke o te whakamahi kaupapa Māori.

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- ngā whānau Māori
- ngā hunga haua
- ngā iwi o Te Moananui-a-Kiwa
- ngā hunga takatāpui
- ngā rōpū kei raro e putu ana mō ngā putanga o te hauora hinengaro me te toiora
- ngā iwi e whai wheako ana i ngā take o te hauora hinengaro me te waranga ki waenganui i ō rātou whānau, kaitiaki hoki

I roto i te pūrongo e kiia nei ēnei rōpū ko ngā ‘rōpū hirahira’, otirā ko ngā rōpū ēnei i kitea i He Ara Oranga mō te kino o ngā putanga hauora hinengaro, toiora hoki. Ka whakamahia e mātou ngā whakatauāki puta noa i te pūrongo e whai hiranga ai ngā kōrero nui e whakaarahia nei i waenga i te marea me ngā whakahaerenga. Ka ahu mai ēnei whakatauāki i ngā hui whai muri mai me ngā whakamohoa tangā mai i ngā pūrongo tōmua, ngā tuhinga whakamohoa, me ngā hui.

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¹<https://mentalhealth.inquiry.govt.nz/assets/Summary-reports/He-Ara-Oranga.pdf>

²<https://www.mhwc.govt.nz/the-initial-commission/>

How to read this report

Mā Te Rongo Ake is a report that meets the Initial Mental Health and Wellbeing Commission's (Initial Commission) obligation to monitor progress of the Government's system transformation response to He Ara Oranga: The Report of Inquiry into Mental Health and Addiction (He Ara Oranga)¹ and provide advice on and report to the Minister of Health within one year of the Initial Commission's establishment. This includes monitoring progress on the implementation of kaupapa Māori approaches.

This report was developed within the Initial Commission's requirements outlined in our Terms of Reference² to undertake our tasks in a manner consistent with Te Tiriti o Waitangi including by having a direct relationship with iwi, and working directly with whānau and community, and ensure a wide range of perspectives inform the Commission's work, including:

- Whānau Māori
- Disabled people
- Pacific peoples
- Rainbow communities
- Other groups with disproportionately poorer mental health and wellbeing outcomes
- People with lived experience of mental health and addiction and their families, whānau and caregivers.

We refer to these groups of people collectively in the report as 'priority groups', being the groups identified in He Ara Oranga as having relatively poorer mental health and wellbeing outcomes. We use direct quotes throughout the report to reference common themes that have been raised among people and organisations. Quotes are from follow-up engagements and progress updates from our interim report interviews, and written updates and meetings since then.

Our views have been informed by a wide range of perspectives, including Government agencies, mental health and wellbeing providers, consumer and advocacy groups and individual users of the mental health and wellbeing system. We have intentionally adopted this approach to ensure we uphold our commitment to our Terms of Reference and provide a holistic overview of the system transformation response.

While we reference specific agencies in this report, our assessment includes the whole-of-Government response to He Ara Oranga, including the 21 Government agencies and Crown entities we identified as having a role in collaboratively responding to He Ara Oranga.

In addition, while COVID-19 is referenced in this report as having made a significant impact during 2020, we have adhered to our Terms of Reference which are explicitly clear in monitoring Government's system transformation response to He Ara Oranga.

¹<https://mentalhealth.inquiry.govt.nz/assets/Summary-reports/He-Ara-Oranga.pdf>

²<https://www.mhwc.govt.nz/the-initial-commission/>

E whā ngā wāhanga, e whā ngā āpitihanga o tēnei pūrongo

Ā mātou kitenga

Ka whakaahua tēnei wāhanga i te mahi a te Komihana Tōmua me te whakamārama he aha tā mātou mahi ki ngā tiro tiro i te urupare panoni pūnaha a te Kāwanatanga ki a He Ara Oranga. Kei roto hoki i tēnei wāhanga ko ngā kitenga taumata-tiketike o tā mātou arotake i ngā paneke a te Kāwanatanga ki te panoni i te pūnaha o te hauora hinengaro me te toiora.

Te kitenga panonitanga

Ka whakaatu i ngā tauira e whā o ngā ratonga e whakatauiria ana i te panonitanga. Ko te kaupapa o tēnei wāhanga he whakaatu ka taea tonu te panoni, inā hoki, kei roto kē i ō tātou hapori.

Ngā kauneke a te Kāwanatanga mō He Ara Oranga

Ka wetewete i ngā kauneke a te Kāwanatanga ki ngā tūtohunga 36 o te 38 a He Ara Oranga i whakaaengia, i whakaae mātāponotia, i whakairia rānei e te Kāwanatanga. Ka whātoro atu hoki ki ngā kōrero mō ngā kauneke ki tēnei wā tonu, pērā i ngā kaupapa whakarato, ngā ratonga hou me ngā wero. Ka noho ēnei wero hei wāhi whakapakari, ā, kei roto i te wāhanga “Ā mātou tohutohu ki te Kāwanatanga”, he kimi hua ki te whakakaha i ngā urupare panoni a te Kāwanatanga.

Nō te whakaaetia e te Kāwanatanga a He Ara Oranga i te Haratua o 2019 me te whakamanatanga o te tahua nui mō te wāhanga o te hauora hinengaro me ngā waranga mō te tau 2019 (tirohia te [Tāpiritanga 3](#): He tirohanga whānui ki te pūhera hauora hinengaro o te Tahua 2019 mō te toiora hinengaro), karekau he mahere tūmatanui hei whakamahi i te hiahia whānui me ngā tūtohunga 38 i whakaaengia, i whakaae mātāponohia, i whakairia rānei e te Kāwanatanga. Nō konei i uaua ai ki te whakatau he aha te āhua o ngā kauneke i tēnei wā o te panonitanga pūnaha. Ko tā mātou arotake o ngā kauneke he whakamahi i a He Ara Oranga (me te urupare a te Kāwanatanga) hei tūāpapa, ā, whakaatuna hoki ai ngā mahi kua mahia, ngā kaupapa i whakamaherehia, tae atu ki ngā hiahia me ngā whakaaro mō te kauneke a te hunga me ngā rōpū puta noa i te pūnaha.

Kāore tēnei pūrongo e whakaatu i ngā putanga whakawā i te angitū o te urupare Kāwanatanga, engari ka tuku te pūrongo i te āheinga kia hoki kōmuri ki te tiro tiro i ngā kauneke a te Kāwanatanga.

Tā mātou ki te kāwanatanga

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Kei roto i te pūrongo tōmua ko ngā whakaahuatanga o He Ara Oranga, me te whakaahua haere i ngā kauneke a te Uepū ki ngā haepapa matua e whā; arā te waihanga i te Komihana Hauora Hinengaro, Toiora Hoki, he ārai atu i te mate whakamomori, he whakakore, he whakakapi hoki i te Ture Hauora Hinengaro, me te whakawhānui i te whai wāhitanga me ngā kōwhiringa. [Ka taea e koe te pānui i te pūrongo tōmua ki te paetukutuku o te Komihana Tōmua.](#)

This report has four parts and four appendices

Our journey and key findings

Describes the Initial Mental Health and Wellbeing Commission's role and explains what we were tasked to do in monitoring Government's system transformation response to He Ara Oranga. This section also includes our high-level findings of our assessment of Government's progress to transform the mental health and wellbeing system.

The vision is transformation

Showcases four examples of community services that exemplify transformation. The purpose of this section is to demonstrate that transformation is not only possible, but active in our communities.

Government progress on He Ara Oranga

Assesses Government's progress of 36 (of the 38) recommendations from He Ara Oranga that Government accepted, accepted in principle or agreed to further consideration. We also include a narrative about progress made to date, including funding initiatives, new or expanded services, and challenges. These challenges are raised as areas for improvement, and our advice in the section "Our advice to Government" offers solutions for strengthening the Government's system transformation response.

When He Ara Oranga was accepted by Government in May 2019 and significant investment for mental health and addiction was confirmed in 2019 (see [Appendix 3: Overview of Budget 2019 mental wellbeing package](#)), there was no public plan to implement the holistic intent and 38 recommendations that Government accepted, accepted in principle or agreed to further consideration. As such, it has been a challenge to determine what progress should look like at this stage of system transformation. Our assessment of progress uses He Ara Oranga (and the Government's response) as a benchmark and includes activities achieved to date, initiatives that are in planning stages, and expectations and perceptions of progress from people and organisations across the system.

This report does not present outcomes by which to judge the success of the Government's response, instead the report provides an opportunity to reflect on the progress Government is making.

Our advice to Government

Includes advice from the Initial Commission to build strong foundations in these early days of system transformation, and targeted advice for specific recommendations. Our advice centres on "what" Government could do to enable system transformation.

Our interim report includes a detailed description of He Ara Oranga and a description of progress in Cabinet's four initial priority areas; establishing a Mental Health and Wellbeing Commission, preventing suicide, repealing and replacing the Mental Health Act, and expanding access and choice.

You can [read the full interim report on the Initial Commission's website](#).

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He whakataki

He hōnore nui tēnei te hora atu i tēnei pūrongo a te Komihana Tōmua, e kiia nei ko Mā Te Rongo Ake, ki te aroaro o te Minita Hauora.

He mātirohanga tēnei pūrongo ki ngā kauneke a te urupare panoni pūnaha a te Kāwanatanga ki a He Ara Oranga: Te Pūrongo Uiui ki te Hauora Hinengaro me Ngā Waranga (2018) (He Ara Oranga). Ka mātirohia e mātou ngā whāinga whānui o ngā tūtuhunga e 36 (o te 38) a He Ara Oranga i whakaaengia, i whakaae mātāponotia, i whakairia rānei e te Kāwanatanga. Ka tītari atu mātou i ngā ‘huarahi panoni’ e whakatinanahia ana – arā ko ngā whakahaerenga me ngā rōpū panoni e tautoko ana i ngā hāpori ki te whakapai ake i te hauora hinengaro me te waranga ki Aotearoa nei. Ka tuku tohutohu anō mātou ki te Kāwanatanga mō te whakatakoto tūāpapa pakari e kā ai te panonitanga.

Ko te Māori te iwi nui e pōkia nei e ngā māuiui hinengaro – me panoni tēnei āhuatanga. Ko tā mātou he whakatairanga i Te Tiriti o Waitangi hei kaupapa panoni i te pūnaha e taurite ai ngā putanga e whai hua ai te Māori me ērā atu iwi e pākia nei e ngā whakawhiu o te mate hinengaro.

Ka kura mahora atu mātou ngā kaitiaki o He Ara Oranga, tēnei pūrongo i runga i te reo whakahe i te iwi o Aotearoa i whai wāhi ki te tuku i ō rātou wheako ki tēnei pūrongo, me te pūrongo tōmua i whakaputaina e mātou i te Pipiri. Waihoki, ko te tūmanako, ka kānapanapa mai ngā hua panoni i te pae – hei whetū mārama i tēnei tau o te autaiā Mate Korona, i takahuri ai tō tātou ao me ō tātou whakawhitiwhiti tētahi ki tētahi.

Ahakoa ka hiki te manawa, kei reira tonu ngā whakararu. Rewa kau ake te kaupapa o He Ara Oranga, ka whakaraupapatia e te Kāwanatanga ngā mahi, me tā mātou whakapono atu he kōtuku rerenga tahi tēnei hei panoni i te pūnaha o te hauora hinengaro me ngā waranga, me te whakakore atu i ngā whakatakētanga.

Mā te rongo ka mōhio

Mā te mōhio ka mārama

Mā te mārama ka mātau

Mā te mātau ka ora

Foreword

It is a privilege to present this report, **Mā Te Rongo Ake**, from the Initial Mental Health and Wellbeing Commission to the Minister of Health.

This report assesses progress of the Government's system transformation response to He Ara Oranga. We assess progress of the holistic intent and 36 (of the 38) recommendations of He Ara Oranga that Government accepted, in principle, or agreed to further consideration. We share examples of 'game changing' approaches in practice – where transformative services and movements are supporting communities to improve mental health and wellbeing for people in Aotearoa. We also offer advice to Government to build strong foundations and ignite the flame of transformation.

Māori suffer mental distress and illness more than any other population group – and this needs to change. We elevate Te Tiriti o Waitangi as a platform for transformation towards a more equitable system that improves outcomes for Māori and other populations that disproportionately experience mental illness and distress.

As kaitiaki (guardians) of He Ara Oranga, we share this report on behalf of people across Aotearoa who have graciously shared their experiences and time to contribute to this report, and the interim report we released in June 2020. Like you, we hold onto hope that transformation is on the horizon – it has been our guiding light in a year where COVID-19 has upended the way we live and interact with each other.

While there is hope, there is also frustration. When He Ara Oranga was launched, the Government prioritised action and we held firmly to the belief that this was a once in a generation opportunity to transform the mental health and wellbeing system and eliminate inequities.

Mā te rongo ka mōhio
from listening comes knowledge

Mā te mōhio ka mārama
from knowledge comes understanding

Mā te mārama ka mātau
from understanding comes wisdom

Mā te mātau ka ora
from wisdom comes wellbeing



E kitea ana ētahi kauneke, haunga ki ētahi atu o ngā haepapa a He Ara Oranga, he moroiti te whanatū haere o ērā. Ko te mahara, he pōturi rawa te hangaa o ngā ratonga, ā, ka noho ko te iwi te papa.

Me whakatinana te ū ki te panonitanga. E tautokohia ana tēnei karanga e te Pūrongo Aroturuki a te Toihau Hauora Hinengaro i te tau 2020³, e te Arotake o Te Pūnaha Hauora, Hauātanga⁴, e te uiui Wai 2575 a Te Rōpū Whakamana i te Tiriti o Waitangi⁵, me ngā whakawhiu i kitea i te Mate Korona⁶.

E taea tonu ana te whakahuri i te pūnaha, engari me uaua ka tika. E panoni ai, me manawanui tātou, me wero ngā kaiārahi ia tātou e aro noa iho ana ki te pae tata, ā, me mānawa ngā kairangaranga i te tira. Me whānui atu te titiro, te whakaaro, me tūhono tahi ki te Māori, me whakamana Te Tiriti o Waitangi. Ko te Hunga Whai Wheako, ko ngā whānau, ko ngā hapori, ko ngā rōpū matua katoa me noho ki te tūranga matua, ka mutu kia whai rauemi hoki i runga i te hiahia pono.

Ahakoia ka hāngai tēnei pūrongo ki te urupare a te Kāwanatanga ki a He Ara Oranga, e mōhio ana e kore e pahawa he aha ki te waiho mā te kāwanatanga anake te mahi. Mā tātou katoa e whakarerekē i te pūnaha. Arā, mā te tautoko i ō tātou hapori, mā te aro ki te manaakitanga, mā te hoe tahi a te iwi – te anamata e ora tahi ai tātou.

Tū tangata mauri ora!



³Te Pūrongo Aroturuki a te Toihau Hauora Hinengaro 2020,

<https://www.hdc.org.nz/news-resources/search-resources/mental-health/monitoring-and-advocacy-report-of-the-mental-health-commissioner-2020/>

⁴Arotake Pūnaha Hauora, Hauā, 2020. Arotake Pūnaha Hauora, Hauā - Pūrongo Whakamutunga. Te Whanganui-a-Tara: APHH.

<https://systemreview.health.govt.nz/final-report/download-the-final-report/>

⁵Hauora: Pūrongo mō te Taumata Tahi o te Uiui ki Ngā Ratonga Hauora me Ngā Putanga Kaupapa Wai 2575, 2019.

https://forms.justice.govt.nz/search/Documents/WT/wt_DOC_152801817/Hauora%20W.pdf

⁶Manatū Hauora, 2020. Kia Kaha, Kia Māia, Kia Ora Aotearoa: Mahere Hinengaro ā-Iwi Mate Korona, Toiora Hinengaro. Te Whanganui-a-Tara: Manatū Hauora. <https://www.health.govt.nz/publication/covid-19-psychosocial-and-mental-wellbeing-plan>

However, while progress is visible, other areas prioritised in He Ara Oranga have had little progress. There is concern that services for people that need them the most are taking more time to roll out, and that this will lead to increased inequities.

The commitment to transform needs to be put into action. This call to action is backed up through the Mental Health Commissioner's Monitoring and Advocacy Report of 2020³, the Health and Disability System Review⁴, Hauora, Report on Stage One of the Health Services and Outcomes Kaupapa Inquiry⁵, and COVID-19 Kia Kaha, Kia Māia, Kia Ora Aotearoa.⁶

Transforming the system is possible, but it's not going to be simple and will not happen overnight. It will be hard, challenging and at times confrontational. To transform, we need to be bold and brave, challenge leadership that divides and focuses on the short-term, and embrace leadership that enables collaboration, partnership, high-trust relationships and inclusion. We need to change our approach and our thinking, partner with Māori, and uphold our commitment to Te Tiriti o Waitangi. People with lived experience, whānau, communities, and priority groups need to be at the centre of everything, and resources must be targeted based on need.

While this report focuses on Government's response to He Ara Oranga, transforming the system will not be achieved by Government alone. Transformation relies on all of us. From supporting our communities, to treating each other with manaakitanga (kindness and respect), transformation will require everyone working together to achieve the same goal – a future where we flourish, together.

Tū tangata mauri ora!

³Monitoring and Advocacy Report of the Mental Health Commissioner 2020
<https://www.hdc.org.nz/news-resources/search-resources/mental-health/monitoring-and-advocacy-report-of-the-mental-health-commissioner-2020/>

⁴Health and Disability System Review, 2020. Health and Disability System Review – Final Report – Pūrongo Whakamutunga. Wellington: HDSR
<https://systemreview.health.govt.nz/final-report/download-the-final-report/>

⁵Hauora: Report on Stage One of the Health Services and Outcomes Kaupapa Inquiry, Wai 2575, 2019
https://forms.justice.govt.nz/search/Documents/WT/wt_DOC_152801817/Hauora%20W.pdf

⁶Ministry of Health, 2020. Kia Kaha, Kia Māia, Kia Ora Aotearoa: COVID-19 Psychosocial and Mental Wellbeing Plan. Wellington: Ministry of Health
<https://www.health.govt.nz/publication/covid-19-psychosocial-and-mental-wellbeing-plan>



Tahi

Ā mātou kitenga

A large, light blue decorative scrollwork graphic is positioned on the right side of the page, extending from the top to the bottom. It features intricate, swirling patterns that resemble stylized acanthus leaves or calligraphic flourishes.

Section one

Our journey and our findings

Ā mātou kitenga

I whakatū te Komihana Tōmua i te Whiringa-ā-rangi i te tau 2019. Ko tōna kaupapa:

- he whakakipakipa i a He Ara Oranga: Te Pūrongo a te Uiui Kāwanatanga mō te Hauora Hinengaro me Ngā Waranga 2018 (He Ara Oranga)
- kia ū ki te mahi panoni i te pūnaha o te hauora hinengaro me te toiora i Aotearoa i te wā e hangaia ana te Komihana Tūturu.

Ko tā mātou he tuku i ngā tirotinga motuhake e pā ana ki ngā kauneke a te Kāwanatanga ki te whakapai ake i te hauora hinengaro me te toiora o Aotearoa, me te whakatairanga i te mahi tahi i waenganui i ngā rōpū e whakapau kaha nei ki te hauora hinengaro me te toiora. Otirā he whakawhanake i ngā tohutohu e pā ana ki te Komihana Hauora Hinengaro, Toiora Hoki, kia māro tōna haere.

Ko tā te Komihana Tōmua mahi he kaitiaki mā He Ara Oranga. I anga ā mātou mahi ki te whakatairanga i te reo me ngā whakakitenga a te iwi e whakaahuatia ana e He Ara Oranga:

“...e āhei ai mā te katoa te taumata oranga hinengaro pai, e taurite ai ngā putanga mā te katoa, e manawaroa hoki ai te hunga e pokea ana i ngā mate hinengaro, ki te whai rauemi me ētahi awhi anō hei whakapiki i tō rātou ora.”⁷

I te marama o Pipiri 2020 i whakaputaina a He Ara Oranga – Mānuka Takoto, Kawea Ake⁸, te pūrongo e whakaahua ana i te urupare a te Kāwanatanga ki ngā haepapa e whā a te Uepū. Ko te whakatau a te pūrongo tōmua, ahakoa te kauneke o ētahi o ngā haepapa tōmua ki te panoni i te pūnaha, “he roa tonu a raro”⁹.

I kitea e He Ara Oranga ngā tūtohunga 40 hei āki i te panonitanga. Ko tā tēnei pūrongo he whakautu atu i taua pātai: “e pēhea ana ngā panonitanga? E toru ngā wāhanga ki tēnei pātai:

- he aha ngā kauneke a te kāwanatanga i roto i āna urupare ki a He Ara Oranga?
- he tere rawa ngā kauneke (kei hea hoki tōna mutunga)?
- ko ēhea wāhanga me arohaepapa?

Kei raro iho e raupapahia ana ngā kitenga matua.

⁷He Ara Oranga, wh.11

⁸<https://www.mhwc.govt.nz/the-initial-commission/progress-reporting/>

⁹Pūrongo Tōmua He Ara Oranga – Mānuka Takoto, Kawea Ake, wh.7

Our journey and our findings

The Initial Commission was set up in November 2019 to maintain:

- the momentum of He Ara Oranga: Report of the Government Inquiry into Mental Health and Addiction 2018 (He Ara Oranga), and
- the work to transform Aotearoa New Zealand's mental health and wellbeing system while a permanent Mental Health and Wellbeing Commission is established.

Our role is to provide independent scrutiny of the Government's progress in improving Aotearoa New Zealand's mental health and wellbeing, and promote collaboration between entities that contribute to mental health and wellbeing. Our role is also to develop advice for the permanent Mental Health and Wellbeing Commission so that, once established, it can make swift progress.

The Initial Commission has acted as kaitiaki of He Ara Oranga. We have centred our work on upholding the voices and the vision of the people described in He Ara Oranga:

“...where a good level of mental wellbeing is attainable for everyone, outcomes are equitable across the whole of society, and people who experience mental illness and distress have the resilience, tools and support they need to regain their wellbeing”⁷.

In June 2020, we released an interim report, He Ara Oranga – Mānuka Takoto, Kawea Ake (Upholding the Wero Laid in He Ara Oranga),⁸ describing the Government's response to Cabinet's four initial priority areas. The interim report concluded that while some progress had been made with the initial priorities for system transformation, “there is a long way to go”.⁹

He Ara Oranga envisaged a transformed mental health and wellbeing system and made 40 recommendations to drive transformation across the system. This report addresses the question: “how is system transformation progressing?” We see this as a question in three parts:

- what progress is Government making in its response to He Ara Oranga?
- is progress happening fast enough (and how much further is there to go)?
- what areas require further focus or priority?

Our main findings are outlined in the following pages.



⁷He Ara Oranga, p.11

⁸<https://www.mhwc.govt.nz/the-initial-commission/progress-reporting/>

⁹Interim Report He Ara Oranga – Mānuka Takoto, Kawea Ake (Upholding the Wero Laid in He Ara Oranga), p.7

1. Kua whakaatuhia e te Kāwanatanga tōna ū ki te āki i ngā panoni me te tōwai i ōna here ki a He Ara Oranga

E kitea ana ngā kauneke ki ētahi o ngā tūtuhunga a He Ara Oranga. I whakaaengia e te Kāwanatanga te 38 o ngā tūtuhunga 40 a He Ara Oranga, ā, i tirohia e mātou te 36 o ēnei. Kīhai i tirohia e mātou ngā tūtuhunga e rua mō te panoni i te wāhanga taiki matua, nātemea e pā ana ērā ki te Arotake o te Pūnaha Hauora, Hauātanga.

Hei arotake i ngā kauneke, ka waihanga tahitia mai te Poutama. Ka whakaraupapa haere te Poutama i ngā pae matua e rima o te kauneke, mai i Te Kākano, tae noa ake ki tōna Puāwaitanga. Ko tā te Poutama he hoki mahara ki te huarahi kua paraia ki te panoni pūnaha, me te whakamana i te mahi tahi arā – kia Tū tangata mauri ora. E whakaatu nei ngā tukutuku o te Poutama i te huarahi ki te panoni pūnaha hei kurapae mō mātou.

O ngā tūtuhunga whai mana 36 e tātaringia nei e mātou, 31 kei te kauneke – e rima kei te taumata Puāwaitanga (tuku 5), kotahi kei te taumata Tipuranga (tuku 4), 14 kei te taumata Whanaketanga (tuku 3), 16 kei te taumata Whakaaratia (tuku 2). Mārakerake ana te kite atu i ngā kauneke i ngā haepapa matua a te Kāwanatanga:

- **ki te whakapiki i ngā whai wāhitanga me ngā kōwhiringa ratonga hauora hinegaro, waranga hoki**
- **he aropū ki te ārai mate whakamomori**
- **he whakakore, he whakahou i te Ture Hauora Hinengaro 1992**
- **he waihanga i te Komihana Hauora Hinengaro, Toiora Hoki.**

Kei ngā kaupapa whakangao i ngā whai wāhitanga me ngā kōwhiringa, te pitomata ki te waihanga i te pūnaha raukaha mō ngā tau e ara mai nei. Tērā pea ka pai ake ngā whai wāhitanga mō te taupori rawakore, mēnā ka uru mai hoki ēnei taupori ki ngā whakanekeneke, otirā kia mātau ai ngā hāpori he atanga ngā ratonga hou o ngā tūmanako, moemoeā hoki.

2. He wā, ehara ko te whakarerekē te kaupapa ake i He Ara Oranga

He wā, ehara ko te panoni te kitenga a He Ara Oranga, tae rawa mai ki ērā kei te whenua e mahi ana. I tēnei rā ko te tauira ratonga oranga koirā tonu tērā e whakatuanui ana ki te pūnaha o te hauora hinengaro me te waranga, ā, ko ngā tauira whānui pērā i te Kaupapa Māori me ngā momo ratonga tauawhi, ka warea ki te taha. Ina koa, ngaringari ana ngā whai hononga ki te Hunga Whai Wheako me ngā hāpori. Mā te wā ka eke rā anō ngā wawata mō te whānui o ngā ratonga hou me ngā huarahi hou hei arataki i te panonitanga o te pūnaha – engari e whanga ana te umanga mahi kia kamakamahia ake ngā whakarerekē.

- I runga i te kitenga a He Ara Oranga kia panonitia te pūnaha, ka tipu ngā whakaaro kaha a te umanga mahi me te hāpori whānui mō te hanganga me te tukutanga o ngā ratonga, me te tere o te mahi panoni. Ahakoa anō kua whai kiko ngā mahi whakangao, ka haepapatia, kātahi ka raupapatia ngā mahi whakangao.
- E mātau ana mātou he uaua te whakatātū i te katoa o ngā pūmanako panonitanga. Heoi kua kite te marea me ngā rōpū whai pānga matua i te whēuaua ki te uru atu ki te hanganga me te kunenga mai o ngā ratonga. He taurangi rawa ngā tūhonotanga ki ngā toihau, ngā kaiwhakarato, ngā Hunga Whai Wheako me ngā hāpori.
- Nā te noho momotu i waenganui i te taumata panoni pūnaha me ngā wheako e rangona ana i te iwi me ngā hāpori, ka hua ko te kōhukihuki. Ka kino ake te kōhukihuki mēnā ka kore e aro he aha te hononga o ngā whakarerekētanga hāpori ki te panonitanga pūnaha. Ka tino hē kē atu mēnā ka takaroa te whakaputaina o ngā ratonga.

1. Government has shown commitment to drive change and deliver on its obligation to He Ara Oranga

Progress on individual He Ara Oranga recommendations is visible. Government accepted 38 of the 40 recommendations included in He Ara Oranga, and we have assessed progress for 36 of these. The two recommendations designed to transform primary care were not assessed, as these relate to the Health and Disability System Review.

To assess progress, a Poutama was collaboratively developed. The Poutama outlines five key steps of progress, from Te Kākano (Potential) through to Puāwaitanga (Realisation). The Poutama is designed to reflect the journey towards system transformation, recognising that we are working together – Tu tangata mauri ora, flourishing together. The steps of the Poutama demonstrate that system transformation is a journey and an opportunity for us.

Of the 36 accepted recommendations we assessed, 31 are in progress – five are Puāwaitanga, (Realisation) (step 5), one is Tipuranga (Evolving) (step 4), 14 are Whanaketanga (Developing) (step 3), 16 are Whakaaratia (Activating) (step 2). Progress was particularly evident in the areas Government prioritised:

- **increasing access and choice of mental health and addiction services**
- **focusing on suicide prevention**
- **repealing and replacing the Mental Health Act 1992**
- **establishing a Mental Health and Wellbeing Commission.**

Significant investments in access and choice have the potential to create much-needed capacity in the system in coming years. These investments could have a greater impact and improve access for currently underserved populations when designed with these populations, with communities seeing new services as genuinely reflecting their needs and aspirations.

2. Change isn't always what was envisaged in He Ara Oranga

Change isn't always what was envisaged in He Ara Oranga, particularly by people on the ground who have high expectations for transformation. The mental health and addiction system continues to be dominated by the biomedical service model, while other holistic models of service delivery, such as Kaupapa Māori approaches and peer support, exist on the fringes. In particular, partnering with people with lived experience and communities is patchy. Achieving the scale and spread of new services and new ways of working will take time to lead to meaningful change in the system – while a frustrated sector wants to see more meaningful change faster.

- He Ara Oranga's vision for a transformed system created strong expectations within the sector and wider community for how services would be designed and delivered, as well as how quickly change would occur. While significant investment is happening, it has been prioritised and sequenced over time. There is tension between the speed of commissioning new services and meaningful co-design.
- We acknowledge it is difficult to meet such high expectations of transformation. However, people in the community and priority groups have found it difficult to engage meaningfully with service design and development. Partnering between commissioners, funders and people with lived experience and communities is particularly variable.
- The disconnect between system-level change and the things that people are experiencing and expecting in the community can create a strong sense of frustration. This frustration is further exacerbated because the connections between changes in their community and how this connects to system transformation are not always clear or easy to make. This disconnection is exacerbated when services take longer than the community anticipated to roll out.

- E āwanangawanga ana te marea me te hāpori kei te mura o te ahi, i te kore kite i tētahi rautaki takoto, ā, e māharahara ana he mahi tenei ngā whakangaotanga, he pōturi, kāore tonu e tau ki ngā wāhi e tika ana.
- Ko te aronga o mua, he whakarato tonu i ngā whakahaerenga o mohoa nei, kia whai wā anō ki te whakaawe i ngā ratonga e pā ana ki te Māori, ki Ngā Iwi o Te Moananui-a-Kiwa, ki te rangatahi, me ngā hoa aropā hoki.

E kite nei mātou inā kē te pukahu o ngā taumaha i heipū ake ki te pūnaha i te kaupare atu i te Mate Korona, ā, nā tēnei i whakaawe i te urupare a te Kāwanatanga ki a He Ara Oranga. Ko te huhua o ngā uiui me ngā kauhau o ā mātou aromatawai o roto i te pūrongo, he mea tuku i ngā rangi moata o te mate urutā – engari i reira tonu ngā anipā mō ngā kauneke i mua i te rāhui tuatahi.

Ōrua mai, i hua ake i te Mate Korona, te wairua auaha me te whirinaki nui kia rerekē ngā āhua o te mahi puta noa i te pūnaha – ko ērā hoki ētahi tūāhua ka kitea i roto i te panonitanga pūnaha.

3. E rerekē ai te pūnaha, mā ngā huarahi pūnaha whānui te rautaki e whakatinana, otiā mā te wā, mā te arotahi me te mahi arataki e tutuki ai

- Ka whai kiko tonu te kitenga i horahia e He Ara Oranga. Kua kitekita ake ngā mahi pai a ngā ratonga me ngā rōpū ki te whakapiki i te hauora me te toiora, i runga i ngā mātāpono me ngā tūtohunga a He Ara Oranga. Ka horaina atu ko ngā tauira e whā – he hōtaka ēnei e whakaatu ana i te hautoa o ēnei huarahi ahurea ki te tuara i ngā hāpori. E mārama atu ana mātou, e toru o ngā tauira e whā, he mea whakaratoa e te Kāwanatanga. He whakaatu tēnei, ki te mahi tahi a ngā kaiwhakarato me ngā toihau ki ngā hāpori.
- Ko ngā tauira pai o te mahi ngātahi a ngā tari kāwanatanga, ka noho hei anga ki te whakamana me te whakarato i ngā ratonga hauora, whakahiato ora hoki. E ai ki te tukanga o te Tahua Toiora, me whakawhanake e ngā tari (tae atu ki ōna Minita) ētahi kaupapa hei tautoko i ngā arotau puaki, e noho marara ana ki tēnā tari, ki tēnā tari, ki tēnā minita hoki. He mea whakaatu anō e te kāwanatanga, te mahi tahi a ngā tari ki te kaupare i te Mate Korona, me te hanganga mai o te Mahere Toiora Hinengaro, a ‘Kia Kaha, Kia Māia, Kia Ora Aotearoa¹⁰’. I runga i ēnei tukanga ka hua ngā whakapoapoa tau mō te mahi tahi a ngā tari, ā, mā te mahi pono, mā te aropū, me te mahi arataki hei pana i te panonitanga pūmau. Heoi he uaua tonu te kite i te pēheatanga o ngā mahi whakangao me ngā panonitanga ki ngā hāpori (āhea hoki), ā, me noho tahi rawa ngā hāpori, ngā kaiwhakarato me ngā toihau ki te whiriwhiri i te panonitanga e ea ai ngā tūmanako a te hāpori whānui.
- He maha ngā āhuatanga o te tūāpapa hei turuki i te panonitanga, ā, ka mihi ake ki te whakaūnga o ngā mātāpono a He Ara Oranga, hei whetū ārahi. E whanatū ai te panonitanga pūnaha, me kimihia te huarahi arataki ka whai uara, ka whakatinana hoki i te mahi tahi, i te whai wāhi, me te whai hononga.

¹⁰<https://www.health.govt.nz/publication/covid-19-psychosocial-and-mental-wellbeing-plan>

- People in the community and on the front line are concerned at the lack of a visible plan and worry investment is ad hoc, too slow and not targeted in the right areas.
- The initial focus has been funding through existing mechanisms with more time to commission kaupapa Māori, Pacific, youth and peer services. There is concern that services for people that need them the most are taking more time and that this will lead to increased inequities.

We note that the challenges of responding to COVID-19 placed additional burdens on the whole system and will have naturally influenced the Government's response to He Ara Oranga. Many interviews and voices underpinning our assessments within this report largely occurred during the early stages of the pandemic – however there was concern about progress before the first lockdown.

At the same time, COVID-19 created an environment of innovation and high trust to work in different ways across the system – the kinds of conditions we expect to see within a transformed system.

3. Transforming the system requires a whole-systems approach to planning and implementation, and will take time, focus and leadership

- The vision laid out in He Ora Oranga can be realised. We are seeing signs of services and movements improving health and wellbeing in a way that demonstrates the principles and recommendations of He Ara Oranga. We present four exemplars – these are programmes and services that illustrate how 'game changing' culturally responsive and engaged approaches can support communities. We also recognise three of the four exemplars outlined in this report were supported by Government funding, demonstrating how funders and commissioners can work with communities.
- There are positive examples of cross-agency coordination across Government that provide useful frameworks for commissioning and funding health and other social sector services. The Wellbeing Budget process requires agencies (and their Ministers) to develop initiatives supporting stated priorities that often sit across the responsibilities of multiple agencies and ministers. Government also demonstrated cross-agency coordination in its response to COVID-19, through the development of its Psychosocial and Mental Wellbeing Recovery Plan 'Kia Kaha, Kia Māia, Kia Ora Aotearoa'.¹⁰ These processes create good incentives for cross-agency activity, and with the right emphasis, focus and leadership can drive meaningful change on the ground. It remains difficult, however, to interpret how investment and change is expected to happen in communities (and when), and communities need to sit alongside funders and commissioners to ensure meaningful transformation that meets communities' needs.
- There are useful foundational elements and structures to build and guide transformation, and we acknowledge effort to ensure these are guided by the principles of He Ara Oranga. To progress system transformation, we need a values-based leadership style that embodies collaboration, inclusiveness and partnerships.

¹⁰<https://www.health.govt.nz/publication/covid-19-psychosocial-and-mental-wellbeing-plan>

4. Kei reira anō ngā tūmomo aronga hei tōpūtanga, hei whakaihonui i ngā whakangaotanga otirā hei tautoko i ngā pae kauneke e heke mai nei

- Kia whai wā ki te whakatakoto i te tūāpapa panonitanga ka whai takenga i Te Tiriti o Waitangi. Ka mutu, kia hiahia tonu te Kāwanatanga ki te mahi tahi ki te whakawhanaunga, ki te tuari, ki te takoha mana ki ngā hapori, ki te whakatairanga i te kotahitanga, ki te waihanga i te pono. Ko ēnei ngā waehanga nui.
- Kia mahi tahi te kāwanatanga katoa me ngā hapori ki te whakawhanake i te mahere mauroa, kia mārama katoa ai he aha ngā angitu me tōna āhua ki roto i a He Ara Oranga. Mā te mahi tahi ki te hanga i te mahere, ka whai wā anō ki te waihanga tahi, kia mātua tūhono ki te marea me ngā whānau.
- Kia mau tonu te āhua i mahi tahi rā tātou i te whatinga mai o te Mate Korona, kia noho tērā hei tūāpapa panoni i te pūnaha, ā, kia rite mai ai ngā kaupapa kakama, ngā kaupapa mahi tahi, e aratakingia ana e te hapori – otirā kia kanohi kitea ngā moka o te kāwanatanga ki te whakamahinga o He Ara Oranga.
- Kia tauawhitia ngā kaiāhei ki te tautoko i te horapa o ngā whai wāhitanga me ngā kōwhiringa, pērā i ngā mahi whakawhanake mahi, ngā pūnaha mōhiohio, ngā ture mō te whakarato me ōna here, ngā pūtea me ngā rauemi. Me kakari kia rite ai ngā kaiāhei ki te tautoko atu i ngā tāngata tōtika i te wā tika. Otirā kia tautuhia ngā momo pūnaha whai pūtea Māori; kia ōrite ai ngā whakarauemitanga; kia mahi tahi ai ki ngā tukanga whiwhinga, whakarato hoki, e whakatītike ana i te hunga mahi e mātau ai ki te torowhānui me te ahurea, me te whakarahi ake i ngā pūnaha torowhānui e mahi ana.
- Kia wharaupapatia ngā mahi ki te whakakaha i te inenga me te arotakenga i ngā putanga me ngā hohenga urupare ki a He Ara Oranga, tae atu ki te pounga o te tūāpapa. Me whai kia kapohia ngā raraunga, ngā anga mātirotiro, pēnei i te anga putanga toiora (e whakawhanaketia ana) ā te Komihana Tōmua, a He Ara Oranga – te pūrongo whakatōpū i te kitenga, i ngā putanga toiora e ono me te anga ine (e whanaketia ana).

4. There are opportunities where specific emphasis and focus would consolidate and leverage existing investment to support the next stage of progress and transformation

- Invest the time to lay a stable foundation for transformation that is grounded in Te Tiriti o Waitangi. A willingness from Government for working together in genuine partnership, sharing and shifting power to communities, promoting kotahitanga (solidarity) and building and enhancing trust are all essential components.
- Develop a clear, long-term, whole of Government action plan together with communities to support a shared understanding of what progress and success looks like, explicit to He Ara Oranga. A visible collaborative plan will enable time for genuine co-design and engagement with people and whānau at the centre.
- Maintain the way we worked together in response to COVID-19 as a platform for transformation across the system, specifically rapid, radical, cross-sector collaboration and community-led initiatives – paired with strong and visible cross-Government leadership to coordinate the implementation of He Ara Oranga.
- Embrace enablers to support expanded access and choice such as workforce development, information systems, funding rules and expectations, money and resources. Ensure these enablers are fit-for-purpose and reach the right people, at the right time. Specifically, Māori specific funding systems; equitable resourcing; collaborative procurement and funding processes that enhance holistic and culturally competent workforces and amplify holistic systems that are working well.
- Prioritise actions to strengthen measurement and evaluation of outcomes and actions undertaken in response to He Ara Oranga, including the establishment of a baseline. Ensure data capture supports monitoring frameworks, such as the Initial Commission's He Ara Oranga wellbeing outcomes framework (currently under development) which comprises an aspirational vision, six wellbeing outcomes and a measurement framework (also under development).

I hua mai te whanaketanga o tēnei pūrongo i te kitenga, i ngā mātāpono, me te tūmanako a He Ara Oranga. I whakahirangia e He Ara Oranga, “ahakoa ngā whakangaotanga ō mohoa”, kāore i te whakatātūngia ngā wawata e tūmanakohia ana e mātou mō te iwi. He kino ake ngā putanga mō Māori mā tēnā i ō Tauīwi, he nui ake ngā tono rongoā whakature i te Māori, me te whakamomotutanga.”¹¹

Kei te ihopū o te pūrongo nei ko te kitenga o tētahi anamata e whakarato ana i te Māori, e whakaū ana i te huarahi o Te Tiriti o Waitangi, e tauawhi ana i ngā tirohanga o te ao Māori, o te mātauranga Māori (ngā mātauranga tūturu me ngā ariā mātauranga Māori)¹² me te mana motuhake, tae atu ki te whanaketanga o ngā hononga ki ngā whānau Māori me te tangata whenua. Ko ā mātou tirohanga, tohutohu anō hoki, he whakatanatana i ngā tūmomo tirohanga hei whakamōhio i ā mātou mahi,¹³ pērā i ngā tirohanga a te Māori, a ngā tāngata mātau ā-wheako¹⁴ me ō rātou whānau, ngā iwi o Te Moananui-a-Kiwa, te hunga haua, ngā hāpori takatāpui, te rangatahi, ngā kaumātua, ngā mōrehu, ngā hāpori Ahiana, te hunga manene, ngā hāpori taiwhenua, ngā rerenga, ngā oranga i ngā whakamātau whakamomori, ngā tūroro pāngia ana e te mate onge, me ngā kaitaunaki tamariki.

He nui tonu ngā tōrite i te kaha tonu o te mate hinengaro, o ngā waranga me ngā whakarongoatanga. E ai ki te Tatauranga Hauora o Aotearoa i te tau 2019/20,¹⁵ e 1.9 te whakarea ake o te mate hinengaro¹⁶ o te pakeke Māori, tēnā i ō Tauīwi (whai muri i te whakarite atu i ngā tau pakeke me te ira).

Kua kake anō te mate hinengaro ki te hunga pakeke Māori mai, Pākehā/Tauīwi mai. Ko tōna 7.4 ōrau o te hunga pakeke (e 297,000) i pāngia e te mate hinengaro i te whā wiki i mua i tā rātou mahi i te rangahau. Kīhai i rerekē te tau 2018/19, engari e āta piki ana te mate hinengaro, arā, mai i te 4.5 ōrau i te tau 2011/12, ki te 6.2 ōrau i te tau 2014/15. Ko tōna 13.6 ōrau he Māori, 9.7 ōrau he uri nō Te Moananui-a-Kiwa, 7.5 he Pākehā, e 3.9 he Ahiana.

E 3.7 te whakarea o te hunga pakeke kei ngā wāhi rawakore rawa, ka pāngia e te mate hinengaro, tēnā i te hunga e noho ana ki ngā wāhi whai rawa.

Ko tōna rua tekau mā whitu ōrau o te hungha pakeke hauā kua pāngia e te mate hinengaro, ā, e 5.7 ōrau mō te hunga kore haua.^{17, 18}

¹¹He Ara Oranga: Pūrongo Kāwanatanga ki te Hauora me ngā Waranga, Whiringa-a-rangi 2018. wh.11

¹²Te Tari o te Toihau Hunga Tamariki, 2020. Te Kuku o te Manawa, wh.101

¹³Tirohia Ngā Tauaki Tūmau a te Komihana Tōmua me te Ture Komihana Toiora 2020

¹⁴Te Pou o te Whakaaro Nui, 2017. Te Reo Hāpai: The Language of Enrichment.

¹⁵<https://www.tepou.co.nz/resources/te-reo-hapai-the-language-of-enrichment-glossary>

¹⁶<https://www.health.govt.nz/publication/annual-update-key-results-2019-20-new-zealand-health-survey>

¹⁷Tikanga kupu – Ngā auhitanga ā-hinengaro (15+ tau) e pā ana ki te tangata e mate ana i te āwangawanga, i te mate hinengaro, i te kahupō i roto i te whā wiki

¹⁸Kāore i whakauruhia ngā take hauora hinengaro hei paearu mō te whakaahua i te taupori

¹⁹RHA Raraunga ā-tau. I tikina i te 30 o Whiringa-a-nuku 2020

The vision, principles and intent of He Ara Oranga, as well as the advice from our interim report, have guided the development of this report. He Ara Oranga highlighted that “despite the current level of investment, we’re not getting the outcomes we want for our people. The outcomes for Māori are worse than for the overall population, and Māori are subject to much greater use of compulsory treatment and seclusion.”¹¹

At the core of this report is a vision of a future that delivers for Māori, emphasises a Te Tiriti o Waitangi approach, embraces te ao Māori worldviews, mātauranga Māori (traditional Māori knowledge, Māori epistemology)¹² and mana motuhake (self-determination), and develops foundations for partnerships with whānau Māori as tangata whenua. Our views and advice seek to uphold the wide range of perspectives that inform our work,¹³ such as Māori, tangata mātau ā-wheako (people with lived experience)¹⁴ and their whānau and supporters, Pacific peoples, disabled people, Rainbow communities, youth, older people, veterans, Asian communities, migrants, rural communities, refugees, people who have survived suicide attempts, people bereaved by suicide, people with rare disorders and advocates for children. We use quotes in the report to preserve direct voice.

Significant inequities remain in the prevalence of mental health conditions, addiction and in treatment received. According to the 2019/20 New Zealand Health Survey,¹⁵ Māori adults were 1.9 times as likely to have experienced psychological distress¹⁶ as non-Māori adults (after adjusting for age and gender differences).

The rate of psychological distress has increased over time in both Māori and European/Other adults. Some 7.4% of adults (an estimated 297,000) had experienced psychological distress in the four weeks prior to taking part in the survey. This prevalence was unchanged from 2018/19, but has been increasing over time, up from 4.5% in 2011/12 and 6.2% in 2014/15. Some 13.6% of Māori, 9.7% of Pacific, 7.5% of European/Other and 3.9% of Asian adults had experienced psychological distress.

Adults living in the most socioeconomically deprived areas were 3.7 times as likely to have experienced psychological distress as those in the least deprived areas, after adjusting for age, gender and ethnic differences.

Twenty-seven percent of disabled adults experienced psychological distress, compared to 5.7% of non-disabled adults.^{17, 18}

¹¹He Ara Oranga: Report of the Government Inquiry into Mental Health and Addiction, November 2018. p.11

¹²Office of the Children's Commissioner, 2020. Te Kuku o te Manawa, p.101

¹³Refer Initial Mental Health and Wellbeing Commission Terms of Reference, and the Mental Health and Wellbeing Commission Act 2020

¹⁴Te Pou o te Whakaaro Nui, 2017. Te Reo Hāpai: The Language of Enrichment. <https://www.tepou.co.nz/resources/te-reo-hapai-the-language-of-enrichment-glossary>

¹⁵<https://www.health.govt.nz/publication/annual-update-key-results-2019-20-new-zealand-health-survey>

¹⁶Definition - Psychological, or mental, distress (aged 15+ years) refers to a person's experience of symptoms such as anxiety, psychological fatigue, or depression in the past four weeks

¹⁷Note that mental health issues were not included in the criteria for defining the disabled population

¹⁸NZHS Annual Data Explorer. Retrieved on 30 November 2020



Rua

Te kitenga panonitanga

A stylized, dark purple wing with intricate scrollwork and feather details, extending from the left edge of the frame.

Section two

The vision is transformation

A stylized, dark purple wing with intricate scrollwork and feather details, extending from the left edge of the frame.

Te kitenga panonitanga

Nā Te Uiui ki te Hauora Hinengaro me te Waranga te pātai ki te iwi, he aha te āhua o te panonitanga: “He aha te mea pai mō te hauora hinengaro o te iwi whānui ki tō tirohanga?”¹⁹ I puea ake ngā momo tirohanga katoa, pērā i ngā mahi arataki o āpōpō, te Aotearoa whai taketake i Te Tiriti, te whakatairanga hauora me te mahi ārai, ngā mōtika tangata, tae atu ki ngā ture. Ko te tirohanga i purua ki a He Ara Oranga, i kuhuna anō ai ki te Tahua Toiora 2019, arā, kia rite te panonitanga pūnaha:

“...mō te katoa o Aotearoa, ā, kia rahi ake ngā kōwhiringa e whai wāhi atu ki ētahi āwhina, ahakoa ki hea, ahakoa āhea; kia waihangatia ngā urupare i te taha o te iwi Māori, o te Hunga Whai Wheako, o Ngā Iwi o Te Moananui-a-Kiwa, o te tamariki me te rangatahi, o ngā hapori me ngā whānau; ā, kia anamata te titiro ki ngā kaupapa e manaaki ana i te Māori me ngā putanga taurite.”²⁰

Kua tutuki i te Komihana Tōmua te tautohu i ngā tauira o ngā ratonga me ngā whakahaerenga (ētahi e whiwhi ana i ngā pūtea Kāwanatanga) e tautoko ana i ngā hapori ki te whakapiki i te hauora otirā e hāngai tonu ai ki ngā mātāpono me ngā tūtohunga a He Ara Oranga. Ka whakaatu ngā tauira i te huarahi toiora e mahi tahi ai ngā ratonga ahurea ki ngā ratonga rata – ka kiia e mātou he ‘tauira’.

E mārama atu ana ki te tirohanga roa me te mahi a ngā whakahaerenga hapori e ū nei ki te mahi whaihanga, i mua, i te wā tonu o He Ara Oranga.

¹⁹ Government Inquiry into Mental Health and Addiction, Public consultation on mental health and addiction in Aotearoa New Zealand now, and into the future. wh.8

²⁰ <https://www.health.govt.nz/system/files/documents/information-release/cab-19-min-0182.pdf>

The vision is transformation

The Inquiry into Mental Health and Addiction asked people what transformational change could look like: “From your point of view, what sort of society would be best for the mental health of all our people?”¹⁹ People answered with their big picture ideas including views on future leadership, a Te Tiriti-grounded Aotearoa, health promotion and prevention, and human rights and legislation. The view that went forward into He Ara Oranga, and was taken into the 2019 Wellbeing Budget, was for system transformation that:

“...all New Zealanders will have more options for accessing the support they need, when and where they need it; that responses are designed in partnership with Māori, people with lived experience, Pacific peoples, children and young people, communities and whānau; and that our future approach delivers for Māori and is ground in a commitment to equity of outcomes”.²⁰

The Initial Commission has identified examples of services and movements (some of which receive Government funding) that are supporting communities to improve health and wellbeing in a way that demonstrates the principles and recommendations of He Ara Oranga. The examples demonstrate a wellbeing approach where cultural and peer-led services work alongside clinical services – we refer to them as ‘exemplars’.

We acknowledge the long-term vision and work of these community organisations to stand by their models and their courage to work differently, both before and since He Ara Oranga.

¹⁹ Government Inquiry into Mental Health and Addiction, Public consultation on mental health and addiction in Aotearoa New Zealand now, and into the future. p.8

²⁰ <https://www.health.govt.nz/system/files/documents/information-release/cab-19-min-0182.pdf>



Te Waharoa (Mātauranga Māori, whānau)

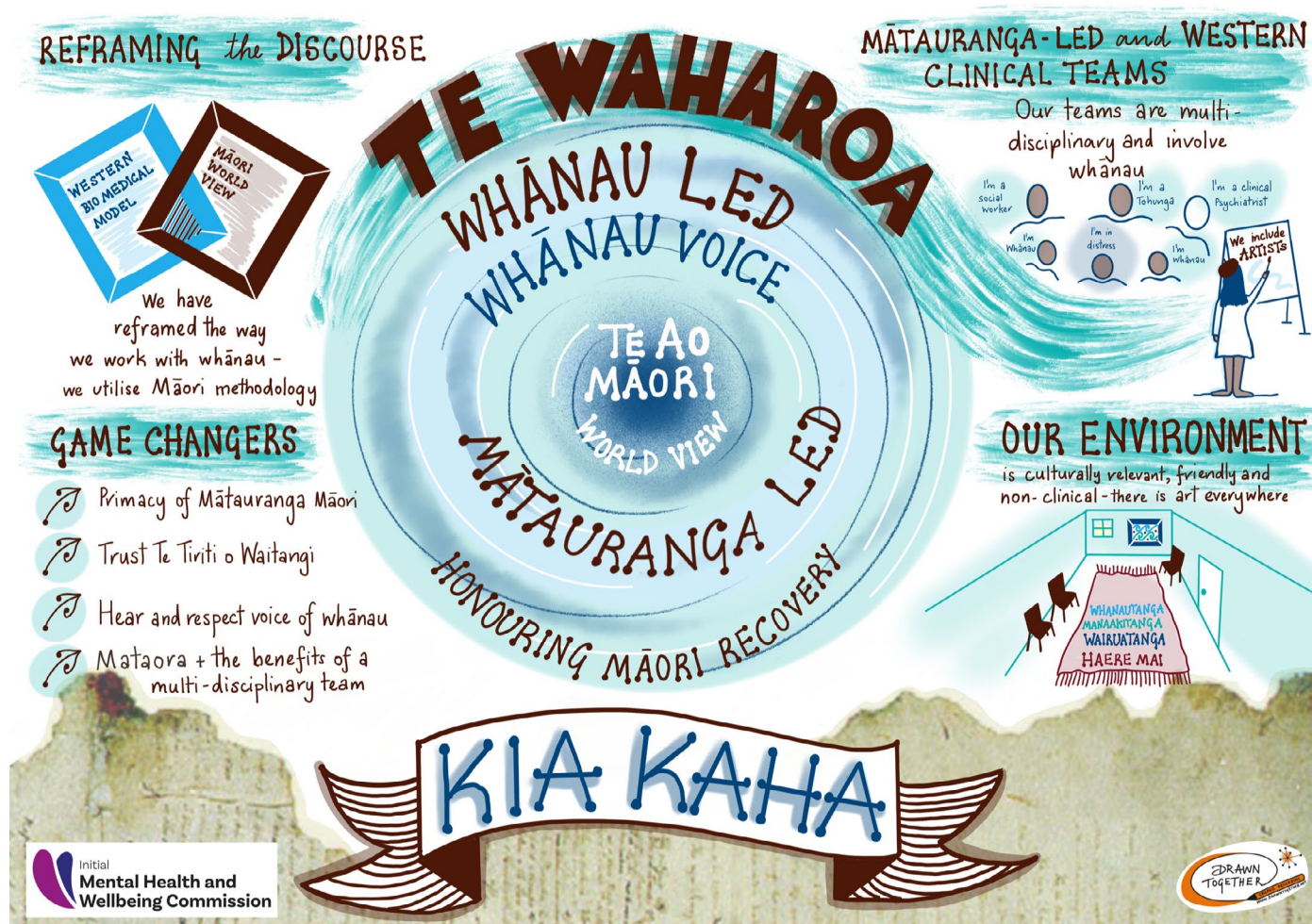
He hōnonga ngātahi a Te Waharoa i waenganui i a Te Kupenga Net Trust me Hauora Tairāwhiti (Tūrangānui-a-Kiwa). Ko tā rātou he tuku i te huarahi māmā ki ngā ratonga hinengaro, waranga hoki, mō te whānau e hūrangī ana. I takea mai a Te Waharoa i te ao Māori, me te tautokona o te whānau e te rōpū pūkenga maha, e mātiro ai ki ngā huarahi e taea ana e rātou. Ko te mea nui, ko te whānau tonu kei te ārahi, kāpā ko ngā whare rata.

He pēnei te tikanga mahi nei o te ao Māori i te pānga ki runga marae. Ko ngā mema o Te Waharoa ka tūtaki atu ki ngā whānau me ngā hunga hūrangī, hei whakatipu i te hōnonga. Ko ētahi hunga o ngā wānanga me ngā hui ka tū ki Te Waharoa, ko te whānau, ko te tangata hūrangī, ko tētahi tohunga (he tohunga rongoā Māori), ngā mātanga hauora, me ngā tohungatoa ka tāia e rātou te wānanga.

I roto i te 13 marama e whakatauirahia ana te hōtaka, he poto noa te wā tatari o ngā manuhiri i Te Waharoa, arā, e 20 ōrau i kitea i te rangi tonu o tō rātou tononga, kotahi hautoru i roto i te rua rā, kō atu i te haurua i roto i te wiki. He whakahirahira tēnei o ngā kitenga i ngā auheke e pā ana ki te takaroa o ngā wā e whanga ana mō ētahi ratonga, tautoko hoki. Ka mutu e taunaki ana tēnei i ngā tūtohu a He Ara Oranga.

I whakapiki ano a Te Waharoa i te rahi o te whānau ka whakauru ki ngā wānanga haumanu, ā, 60 ōrau te rahi o te whānau Māori, e 60 ōrau o tauhiwi i tūhono ki te wānanga.²¹ E tohu ana tēnei huarahi mahi ki te whai hiranga o te whānau me ngā hōnonga i te wā e whakaora haere ana. Ko te uara o te whānau ko te mahi tahi me te tautoko i te oranga hinengaro. Koina anō ētahi mea i kiia i roto i a He Ara Oranga.

²¹Rangahaua Te Kūwatawata! The Te Kūwatawata Evaluation, Final Report 2019, wh.86, 87



Te Waharoa (Mātauranga Māori, whānau led)

Te Waharoa, a joint programme by Te Kupenga Net Trust and Hauora Tairāwhiti based in Tairāwhiti (Gisborne), provides a direct, easy gateway to mental health and addiction services for whānau experiencing mental distress. Te Waharoa follows te ao Māori methodology and empowers whānau, supported by a multi-disciplinary team, to explore pathways that are meaningful and achievable. Importantly, it is whānau led, rather than clinically led. The te ao Māori methodology is like the ritual of encounter that happens on the marae. Members of Te Waharoa engage with the whānau and person in distress, to build and strengthen relationships. A wānanga or meeting at Te Waharoa can include whānau, the person in distress, tohunga (an expert in Rongoā Māori medicine), clinical experts and artists who draw the wānanga.

Over a 13-month pilot period, the 2019 evaluation found Te Waharoa had short wait times, with 20% seen on the day of referral, one third within two days and over half within a week. This finding is important given the challenge of wait times for accessing services and supports identified in He Ara Oranga.

Te Waharoa also increased other whānau members' involvement in the therapeutic sessions, achieving 60% whānau involvement by Māori and 60% by non-Māori in wānanga.²¹ This approach reflects the importance of whānau and personal relationships in recovery, shifting us away from an individualistic approach. The value of whānau-inclusive practices and working collaboratively to support people seeking mental wellness was also noted in He Ara Oranga.

²¹Rangahaua Te Kūwatawata! The Te Kūwatawata Evaluation, Final Report 2019, p.86,87



Do Good Feel Good (Young people)

Do Good Feel Good, is a movement led by young people aged between 17-24 in South Auckland. The Cause Collective, a Pacific social change agency, is the backbone of Do Good Feel Good. They are interested in social problems facing communities most in need to see what's getting in the way of them thriving.

Do Good Feel Good focuses on building the resilience and confidence of young people to actively manage their own health and wellbeing. Young people take action to create the social change they want for themselves, their families and their communities. This is achieved through a social infrastructure that mobilises young people to spread kindness through practical acts and deeds (SKWADS). They believe that using self-determination to do good will make you feel good.

Some of the key impacts from 2018 included a 10-week alleyway challenge completed by TOP SKWAD (formed with 10 young people from across the neighbourhood) and was powered by 500 youth voluntary hours. Do Good Feel Good also significantly increased its visibility and recruitment to their movement with a Facebook reach of 50,000 and engagement of 23,000. Do Good Feel Good's most popular Facebook posts were viewed over 50,000 times.

He Ara Oranga highlighted the high levels of distress experienced by young people, leading to deliberate self-harm, risk-taking, anxiety disorders and other troubling behaviours. Do Good Feel Good seeks to unlock the potential of South Auckland young people, and to give them a voice on issues pertaining to their health and wellbeing. The movement also connects young people to a pipeline of enterprise, business and employment.



Kotuku (Ngā arataki tautoko)

He ratonga whakangā arowhānui a Kōtuku kei Whakatū, e whakamana ana i te Hunga Whai Wheako. Ko Health Action Trust ngā kaiwhakahaere, he kaitiakitanga e tuku ana i ngā kaupapa whakatairanga hauora mō te 35 tau. He wāhi haumarua a Kōtuku mō ōna manuhiri, e whakangā ai, e torokaha ai rātou ki te hiki i ngā wero o te wā. Ko te hunga whakahoa ngā mea ka tuku i ngā huarahi oranga mā te mahi tahi me te hunga mahi whakapau kaha ki ngā ratonga hauora, hapori hoki.

Ka whai uara te whakarauora, ā, e ai ki te titiro ka taea. He mea whakatauiratia atu i ngā mahi me ngā wheako a te hunga mahi e tītari nei i tō rātou ake hikoi hei whakamana i ētahi atu ki te whakarauora.

Ko te mea rawe o te ratonga whai uara e kitea ana i te rangahau manuhiri a Kotuku; e 79 ōrau o ngā manuhiri i whakahoki atu i mea nā Kotuku rātou i āwhina i a rātou kia noho ki waho o te hohipera i runga i te nui tautoko a te hunga kua pāngia e te mate hinengaro.²² E whakahirahira ana tēnei kitenga i tōna whakaatu i te uara o Te Kotuku ki ōna manuhiri.

²²Rangahau Manuhiri Kotuku To Hōngongoi 2019 ki te 30 o Pipiri 2020



Kotuku (Peer-led support)

Kotuku is a holistic peer-led respite service, based in Nelson, that values the strength of Lived Experience. Run by Health Action Trust, who have been delivering health promotion initiatives for more than 35 years, Kotuku is a place where guests can relax, be themselves and build their resilience to face ongoing challenges. Wellbeing approaches to health are delivered by peers through a collaborative and progressive workforce that assists clinical and community services.

Recovery is valued and seen as possible. It is role modelled through a skilled and experienced workforce who share their journey in a way that empowers individuals to take the lead in their own lives as they work towards recovery. Kotuku reflects key aspects of the transformative approach called for in He Ara Oranga. It has a focus on wellbeing and community solutions that can intervene early and offer people a range of supports that sit outside of traditional biomedical models.

The value of a peer-led service has been evidenced through a Kotuku guest survey; 79% of guests responded that being at Kotuku helped them stay out of hospital because they had been supported by people who had also experienced mental illness.²² This finding highlights the value of Kotuku for its guests and their recovery.

²²Kotuku Guest survey 1 July 2019 to 30 June 2020

LeVa
NGĀ VARA Ō MUA *ka tukuna i roto i* NGĀ TIKANĀ HOU
FLO TE IWI O TE MOANANUI-Ā-KIWA MŌ ĀKE ĀKE
WHAKAMŌHIO

TE RANGAHAU KOUNGA
me NGĀ MŌHIOHIO TAUNAKI
MŌ NGĀ IWI O TE MOANANUI-
Ā-KIWA



NGĀ ARATOHU
mō TE HUNGA
PAPĀHO O NGĀ
IWI O TE MOANANUI-
Ā-KIWA

Nā mui ka whakawhanatia i roto
i te mahi tahi me ngā Kaipāho o ngā
iwi o Te Moananui-ā-Kiwa. Nā māhi
tino tau i te pūrongotanga o ngā whakamomori.

HE WHARE MĀTAURANGA

Nā rauemi me
ngā rangahau
Nā tātai
tiketike e rima
Nā mātauranga ārai
whakamomori
Whai muri
i te
matenga
Ki hea
kimihiā
āi ngā āwhina
i roto i ngā
whāwhati
tata

TE WHAIORANGA
HINENGARO

Ngā wānanga mātauranga
hāuora hinengaro mō te
rangatahi me ō rātou whānau

Mā te manaaki i tōu hāuora
hinengaro ka hua mai te
WHAIORANGA
hinengaro

WHITIKI KIA RITE

FLO
TALANOA



Neke atu i te
2000 ngā tāngata o
te hāpori kua
whakāungua

o Akonā ngā tohu aihua
o Aroha te horopaki ahurea
o me mōhio ki hea tiki āwhina ai
o Mōhio ki ngā mea tika +
me ngā mea hē hei whakahua
o Te ngā kōwhiri hāuora kōwhiri
te whakamomori i roto i te haumanutanga

WHAEA
DEE

He taputapu toiora tuihono
e āwhina nei i te
tāngata kia kākama ki te
Kaupare i ngā whakawhiu
me ngā rara o te ao

Whaea
Dee



ARATAKI

E 35 NGĀ KAUPĀ
HĀPORI A NGĀ IWI O TE
MOANA-Ā-KIWA HEI ĀRAI I
TE MATE WHAKAMOMORI



E Jōfs e le
alamea -
Kei ō tātou
hāpori nā whakautu



Flo: Pasifika for Life (ko Pasifika tonu e mōhio ana)

Mai noa i tōna orokohanga, kua aua atu i te 860,000 ngā pāpātanga a FLO: Pasifika for Life, i waenganui i te hāpori o Te Moananui-a-Kiwa. He tītari i ngā pukenga, ngā mātauranga me te kaha ki te ārai tahi atu i te mate whakamomori.²³

Ko FLO: Pasifika for Life te hōtaka tuatahi mō ngā whānau o Te Moananui-a-Kiwa, ki te kaupare atu i te mate whakamomori. He hōtaka whakamana tēnei i hangaia e te hāpori; i te taha o te hāpori, mō te hāpori, ā, ka whakamahi ngā mātauranga rata, te mātauranga ahurea, me ngā hononga hāpori hōhonu nei. Ka whiri tahi a Le Va i te “collaborACTION” ki ngā uara o ngā iwi o Te Moananui-a-Kiwa, pēnei i te aroha, te whakaute me te whanaungatanga hei whakaoho i te hāpori ki te panoni.

I hangaia a FLO: Pasifika for Life hei whakatatū i ngā hiahia a ngā whānau me ngā rangatahi o Te Moananui-a-Kiwa. Ka whakamōhio anō ia i ngā kaiarataki hāpori ki ngā rangahau me ngā mahi kounga e whai rauemi ai, kia pūkengatia ai rātou kia noho hei marutuna ki te whakatairanga i te ārai mate whakamomori.

Atu i te marama o Hōngongoi 2019 ki te Pipiri 2020, neke atu i te 14,000 ngā tāngata i whakapāpāhia e te hōtaka o FLO: Pasifika for Life, i runga anō i te whai wāhi mai o te hunga 290 te rahi ki te wānanga ārai mate whakamomori o FLO Talanoa Pasifika, ā, e 534 ngā rangatahi me ō rātou whānau i whakapiki i ō rātou mōhio ki te hauora o te hinengaro mā te tūmahi o Rawa Hinengaro. Kāti, 13,879 ngā tāngata i whakamahi i te taputapu whai whakautu o Aunty Dee.²⁴

²³Le Va Pūrongo hauwhā ā-tau 2020

²⁴Le Va pae tukutuku: <https://www.leva.co.nz/>



TRADITIONAL VALUES *delivered in* CONTEMPORARY WAYS

flo PASIFIKA FOR LIFE INFORM

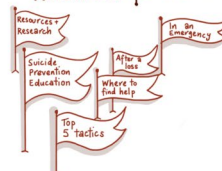
QUALITY RESEARCH and
EVIDENCE-BASED INFORMATION
for PASIFIKA



PASIFIKA MEDIA
GUIDELINES

Resource developed in collaboration with
Pasifika broadcasters... Best practice
when reporting suicides

KNOWLEDGE BANK



EQUIP

MENTAL WEALTH

Mental health literacy
workshops for young people
and their families



FLO
TALANOA

Over 2000
community
people
trained

- Learn the warning signs
- Appreciate the cultural context
- Know where to get help
- Right + wrong things to say
- Confidence to talk about suicide in a safe way

AUNTY DEE

An online wellbeing
tool that helps people
cope with stressful
life experiences through
support with problem
solving



LEAD

35 PASIFIKA COMMUNITY-LED
INITIATIVES TO PREVENT SUICIDE

Initial
Mental Health and
Wellbeing Commission



Flo: Pasifika for Life (Pasifika know what works best for them)

Since its inception, Le Va's evidence-based FLO: Pasifika for Life has had more than 860,000 engagements with Pasifika communities to spread the skills, knowledge and confidence to collectively prevent suicide.²³

FLO: Pasifika for Life is New Zealand's first national suicide prevention programme for Pasifika families. It is an empowering programme by communities, with communities, for communities, using clinically based knowledge combined with cultural wisdom and deep community connections. Le Va weaves "collaborACTION" with Pasifika values of love, respect and reciprocity to ignite communities and create change.

FLO: Pasifika for Life is designed to meet the unique needs of Pasifika families and young people. It informs community leaders of quality research on best practice and equips them with effective tools and training, so that the communities have inspirational leaders to promote and lead suicide prevention initiatives and to strengthen resilience.

From July 2019 to June 2020, the FLO Pasifika for Life programme has reached over 14,000 people through 290 participants attending a FLO Talanoa Pasifika suicide prevention workshop, 534 young people and their families increasing their mental health literacy through the Mental Wealth project, and 13,879 users entering real-life problems into a dedicated online problem-solving tool (Aunty Dee).²⁴

²³Le Va Quarterly reporting 2020

²⁴Le Va website: <https://www.leva.co.nz>

Ngā tirohanga me ngā karere mai i ngā tauiratanga

I tono mātou ki ngā whakahaerenga tauira e whā, he aha ngā mea kia mōhiotia e te kaiarataki e pā ana ki ngā ratonga panoni. Ko te tūmanako ka rangona ā rātou tohutohu hei urupare ki te panonitanga pūnaha. Ko te tohutohu matua:

- e mātau ana ngā hapori ki te tika mō rātou anō (iwitanga, pakeke, ahurea, tauwāhi)
- he pai ake kia maha ngā kōwhiringa, mēnā he nui ngā taiao rerekē ka kaha ake ngā whakataunga
- me mahi tahi, e whai reo ai tātou katoa ki te tēpu whiriwhiri i te huarahi ora, ā,
- ko te mea nui ko ngā whanaungatanga me ngā hononga.

I hiahia anō mātou ki te mōhio he aha ngā mea e hiahia nei e ngā kaiwhakatau me ngā kaihanga ture mō ā rātou mahi:

- me māia ki te tautoko i ngā mea e mahi ana
- me whakapakari ngā hapori, e mōhio ai rātou ki ngā mea e manako nei rātou
- he rerekē te āhua o te hauora ki ia tangata – kāore e pai mēnā e rite katoa ana te āhua o te hauora
- me whakatairanga, me whakaū i te nui o te mātauranga Māori mō te taupori Māori
- ka whiwhi koe ki ngā tūmomo tohutohu me ngā kōwhiringa pai
- me whakatau i te tirohanga taurite hei whakahui i te katoa ki te tēpu whiriwhiri
- me pono ki te kupu a te iwi e pā ana ki ngā ratonga, ka mutu me mōhio me whai wā ki te whai taunaki pūtaiao mō ētahi o ngā hua
- me whakarongo ki te reo o ngā whānau – me hāngai ngā ratonga ki ō rātou hiahia
- me whai wāhi te whanaungatanga (te whakapapa, me te whakapakari hononga) – me tīmata ngā kaihoko, ngā kaiwhakarato me ngā kaiwhakamahi ratonga ki te whakawhanaunga
- ehara te panoni i te māmā – engari ka taea tonu, mō te oranga o Aotearoa.

E whakaata ana ngā tauira i te pūnaha panonitanga e whāia ana i He Ara Oranga. Ko ēnei ētahi maramara whakamārama iti a ngā hapori, ngā whakahaerenga me te kāwanatanga, e koke tahi ai ki te kitenga a He Ara Oranga. Ki a mātou, he tātauira ngā tauira nei hei whai mā te hunga arataki, hei tautoko hoki i te horapatanga o ngā tauira pēnei i ēnei.

Key insights and messages from the exemplars

We asked the four exemplar organisations what they want leaders to know about transformative services, in the hope that their messages are taken up and applied to the system transformation response. Their main messages are:

- communities know what works for them (ethnicity, age, culture, location etc)
- options are best, multiple ways in different environments means empowered decision-making
- we need to work together, there is a place for everyone at the table to share solutions for wellbeing journeys, and
- relationships and meaningful connections are key.

We also asked what they wanted decision-makers and policy-makers to know and consider in their work:

- you must be brave and support what is working
- strengthen communities, they know what they need
- hauora looks different for different people – ‘one size fits all’ does not work
- elevate and emphasise the primacy of mātauranga Māori for Māori populations
- you will receive varying advice; choices have to be made
- apply an equity lens to bring everyone around the decision table
- trust the word of the people saying what services they need, know that benefits may not be immediately scientifically verifiable
- hear and respect the voices of whānau - services need to work for them
- whanaungatanga (kinship, strengthening relationships) must be part of the equation - buyers, providers, service users developing partnerships together
- transformation isn't easy, change is hard - but we can do it, we must do it for all of Aotearoa.

The exemplars display the system transformation sought in He Ara Oranga. The exemplars presented here represent just some of the ways in which local communities, organisations and Government are working towards the vision of He Ara Oranga. In our view, the exemplars provide a template for leaders to follow and implement structures that support widespread funding and development of models and programmes such as these.



Toru

**Ngā kauneke a te Kāwanatanga
mō He Ara Oranga**



Section three

Progress of the Government's response to He Ara Oranga

Ngā kauneke urupare ki a He Ara Oranga

Ka whakatākotokoto tēnei wāhanga i ngā rangahau tau me ngā rangahau kōrero ki te tiroiro i te kauneke o ngā tūtohunga 36 (o te 38) a He Ara Oranga i whakaaengia, i whakaae mātāponotia, i whakairia rānei e te Kāwanatanga. Nā runga anō i Ngā Tauākī Tūmau, i āta whai whakaaro mātou ki te tirohanga a te Māori, a Ngā Iwi o Te Moananui-a-Kiwa, a te Hunga Whai Wheako me ēra atu rōpū whai hiranga e whiua ana e te haumate.

Te Poutama

I takoto te mānuka, kia mau tonu ngā takune panoni pūnaha, kia tātari hoki i ngā kauneke o ngā tūmomo tūtohunga katoa. Kāore i mārama he aha ngā whakatutukitanga whai muri i te rua tau atu i te whakaputanga o He Ara Oranga, ahakoa ngā tono a ētahi kia kakama tonu ki te whakarerekē a waho me roto o te pūnaha.

I hangaia tēnei o ngā Poutama (he rauemi tātari kauneke) me te aromatawai kauneke i te taha o te iwi Māori, o Ngā Iwi o Te Moananui-a-Kiwa, me te Hunga Whai Wheako. E whakaatu ana te Poutama i te whanake o ia tūtohunga i ēnei rā tōmua o te panonitanga pūnaha, ā, ka whakamahi hoki i te kitenga, i ngā mātāpono me ngā pae kauneke e rima. He pai kē atu te whakamahi i te Poutama, tēnā i te kauwhata Pākehā, nātemea i hangaia kē tēnei hei whakaata i te ara panonitanga, ā, ehara i te whakawātanga o ngā putanga i tēnei wā tōmua.

Ko tā te Poutama he tuku i ngā huarahi whai pūnaha hei tiroiro i ngā kauneke e āhei ai mātou ki te whakaaroaro ki ngā kauneke tūtohunga katoa a He Ara Oranga. Ka whai hiranga tēnei ki te whakaaro he aha ka whai i muri atu.

Kei te [Tāpiritanga 1](#) te whakarāpopoto o ngā whanaketanga o te Poutama me tētahi tirohanga whānui o te aromatawai mō ia tūtohunga.

Ki ia wāhanga iti, ka whakaatuhia e mātou ngā raraunga me ētahi atu pārongo e pā ana ki ngā tūtohunga, ki ngā whakawhitihiti kōrero mō ngā kauneke, tae atu ki te arotake i ngā kauneke o ia tūtohunga e whakamahi ana i te Poutama. Ka tautokohia mātou i ngā tirohanga nei i roto i ngā whakaarotanga mō ngā pātai matua e ārahi nei i tēnei mahi:

He Ara Oranga, he aha ngā kauneke a te kāwanatanga i tōna urupare ki a He Ara Oranga?

Kei te kamakama te haere o ngā kauneke (kei hea tōna mutunga)?

He aha ngā wāhanga me haepapatia?



Progress of the Government's response to He Ara Oranga

This section brings together quantitative and qualitative information to assess progress on 36 (of the 38) He Ara Oranga recommendations that Government accepted, accepted in principle, or agreed to further consider. In line with our Terms of Reference, we have been particularly mindful of the perspectives of Māori, Pacific people, people with lived experience and other priority groups who experience relatively poorer mental health and wellbeing outcomes.

The Poutama

Holding the intent of system transformation, alongside assessing progress of recommendations that are very different in nature, presented a challenge. There was no clear view of what was expected to have been achieved two years post-release of He Ara Oranga, although there is an appeal for urgent change by people both within and contributing to the system.

The Poutama (a tool for assessing progress) and the evaluations of progress were developed in collaboration with Māori, Pacific peoples and people with lived experience of mental distress and addiction. The Poutama demonstrates how each recommendation is progressing in these early days of system transformation, and incorporates a vision, principles and five stages of progress. A Poutama was preferred over a traditional rubric, as it was designed to reflect a journey towards system transformation rather than a judgement of outcomes at this initial stage of the journey.

The Poutama provides a systematic approach to assessing progress and enables us to reflect on progress against all of the He Ara Oranga recommendations. This is important when thinking about where to next.

A summary of the development of the Poutama and an overview of the assessment for each of the recommendations is provided in [Appendix 1](#).

In each of the following sub-sections, we present data and other information relevant to the specific recommendations, discuss progress, and note assessment of progress for each of the recommendations using the Poutama. The evidence and insights presented in this section support us in reflecting on the key questions guiding this work:

What progress is Government making in its response to He Ara Oranga?

Is progress happening fast enough (and how much further is there to go)?

What areas require further focus or priority?

Tū Tangata Mauri Ora

Ka takoha atu te kāwanatanga me ngā peka o te pūnaha ki te kitenga mō ngā panonitanga e rārangitia ana ki He Ara Oranga, ki ngā hua me ngā putanga mō te Māori i tōna noho hei tangata whenua, otirā kia kitea hoki ēnei manaakitanga i Aotearoa whānui.

Puāwaitanga

Kua whakamahia, kua tatū rānei ngā tūtohunga. Ka tautoko te urupare i te tikanga mahi rite, mahi toitū mō Aotearoa.

Tipuranga

Kua tau haere ngā hohenga me ngā mahi, i runga i te mahi rite me te mahi toitū

Whanaketanga

E whakahaerehia ana ngā mahi me ngā hohenga, engari kāore anō i whai kiko te hohenga/panonitanga pūmau.

Whakaaratia

Kua oti ngā matapaki me ngā whakamahere hei urupare ki tēnei tūtohunga.

Te Kākano

Ka whakaatu te kāwanatanga i te koronga me te wana kia uruparetia tēnei tūtohunga, haunga rā te iti o ngā kauneke whakamua

E tuia ana Ngā Mātāpono a He Ara Oranga i roto i te urupare kāwanatanga kia tautokohia te tipu ora o Aotearoa

- Kia ū ki Te Tiriti o Waitangi
- Kia ū ki te mana taurite
- Tuatahi ko te tangata
- He kawenga mā te katoa e hāpai – kia uru mai ngā wāhanga whai pānga
 - He waihanga i runga i te tūāpapa kua oti kē te whakarite



Flourishing Together

The Government and all sectors in the system contribute to the vision for transformation outlined in He Ara Oranga, and the associated oranga/wellbeing benefits and outcomes for Māori as tangata whenua and for everyone in Aotearoa are evident.



Realisation

Recommendation has been fully implemented or completed. The response supports a consistent and sustainable approach for Aotearoa.



Evolving

Actions and implementation are in place and are becoming more consistent and sustainable.



Developing

Activities and actions are underway, although consistent and sustained action/change is yet to emerge.



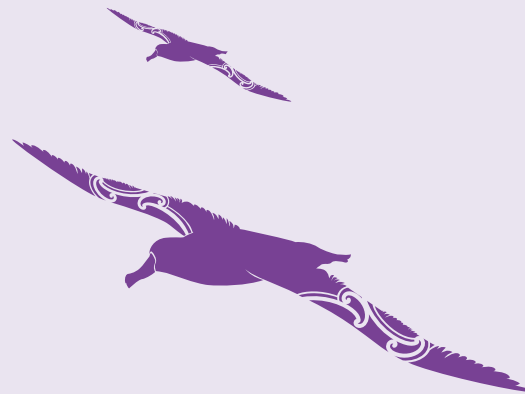
Activating

Discussion and planning have taken place to respond to this recommendation.



Potential

The Government demonstrates the desire and motivation to respond to the recommendation, although limited progress has been made.



He Ara Oranga Principles are woven through the Government's response to support a flourishing Aotearoa

- Commitment to Te Tiriti o Waitangi
 - Commitment to equity
 - People first
- A shared responsibility - involvement from all relevant sectors
 - Building on the foundations already in place

He tirohanga whānui ki ngā kauneke

I a mātou e kōrerorero ana ki te iwi mō ēnei mahi, ka tere tonu te kite atu he nui ngā rerekētanga me ngā kawatau e tohu ana i ngā mea me whakatutuki e te kāwanatanga. Nā te ngehe o tētahi mahere whai tinana ki te tuku urupare atu ki tā He Ara Oranga e kī nei, kāore he māramatanga whānui mō te ahu pēhea o ngā kauneke. He rerekē ngā tūtohunga, i te āhua ki ngā mahi ka arongia, me te momo uaua o ia tūtohunga. i runga anō i te Mate Korona, ka takaroa te urupare a te Kāwanatanga ki a He Ara Oranga.

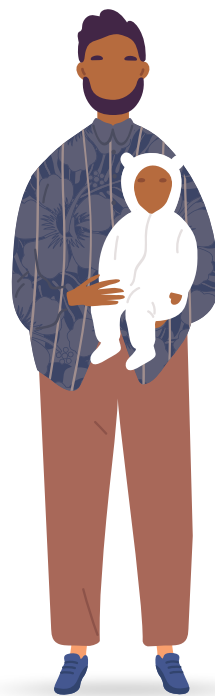
Ka whakahirahira ngā raraunga me ngā kitenga mai i te marea me te hāpori, i te kaha rerekē o ia kauneke puta noa i ngā tūtohunga katoa. Ka tautohu tēnei pūrongo i ngā kauneke a te kāwanatanga e kite ai rātou kei hea tātou ināianei.

Ka whakahirahira anō ngā kōrero mai a ngā tāngata me ngā hāpori mō te uara o roto i te waihanga tahi i te mahere hei tautoko i tā te kāwanatanga urupare ki a He Ara Oranga. Mā tēnei e tautoko anō i te māramatanga he aha tērā te mea 'pai', ā, kei hea ērā mea ā ngā tau e tū mai nei. Ka whai hiranga tēnei ki te whakamahinga o te Tarāwaho Putanga a te Komihana Hauora Hinengaro, Toiora Hoki.

I tēnei wā kei te pae o Whakaaratia me Whanaketanga ngā kauneke e haere ana. E whakarāpopotohia ana ngā kōrero tūtohunga ki te whārangi o muri mai.

E kitea māraakerake ana ngā kauneke ki ngā wāhi kua haepapatia e te Kāwanatanga, ā, e tika ana. E whakaneinei atu ana mā ngā wāhanga e whakawhanaketia ana hei whakatakoto i te tūāpapa mō te anamata. Hei tauira, ko te waihanganga o te Tari Ārai Whakamomori me te Komihana Hauora Hinengaro, Toiora Hoki.

E mārama ana mātou kua roa te pūnaha o te hauora me te toiora e tatari ana mō ētahi whanaketanga. Tāria te wā kātahi ka kitea ngā hua o ēnei panonitanga, kia toka hoki ēnei ki roto i te pūnaha. Me ū tonu te Kāwanatanga e kitea ai ngā kauneke o ngā tūtohunga a He Ara Oranga. Kei te wāhanga whai muri mai ko 'Tā mātou ki te Kāwanatanga', he hīnātore ki te āhua o tēnei aronga e ai rā ki ā mātou aromatawai.



An overview of progress

When engaging with people for this work, it quickly became apparent that there is great variation in the expectations of what Government should be achieving by now. The lack of an implementation plan for the response to He Ara Oranga means that there is not a shared understanding of where progress should be now. The recommendations are very diverse, both in terms of the types of activities that they focus on and the level of complexity associated with achieving them. The impact of COVID-19 will have also influenced the ability for the Government to progress its response to He Ara Oranga in 2020.

The data and insights from people and communities highlight the variation in the level of progress that has been made across the recommendations. This report identifies the progress that the Government has made with a view to reflecting on where we are at now. This is designed to support us in understanding areas that are well progressed, as well as areas that require additional focus in the future.

The insights from people and communities also highlight the value of co-developing a plan to support the Government's future response to He Ara Oranga. This would support a shared understanding of what 'good' looks like, and where we might expect to be in the coming years. This will be important for the implementation of the permanent Mental Health and Wellbeing Commission's Monitoring and Outcomes Framework, as future assessments will begin to focus on what difference has been made, as well as what has been done.

Overall, the current assessment indicates that progress is Whakaaratia (Activating) and Whanaketanga, (Developing). An overview of the assessment of progress for each of the recommendations is summarised on the following page.

Progress is particularly evident in the areas that the Government has prioritised, which is understandable. We anticipate that the areas that are further progressed are laying the foundations for future work. For example, the establishment of the Suicide Prevention Office and the permanent Mental Health and Wellbeing Commission highlight the Government's long-term commitment to mental health and wellbeing.

There has also been a significant focus on increasing access and choice. While there are some different perspectives on the focus of this work, the financial commitment is significant and the new ways of engaging with Kaupapa Māori services through reducing the need for written request for proposal (RFP) give us positive signals that we are heading in the right direction. Progress could be further evolved however, and our engagement with people and communities indicates they were expecting more in terms of the Government's response.

We acknowledge that the health and wellbeing system has been waiting for progress for a while. It will take time for the benefits of these changes to be felt in the sector, and for these approaches to become systemically embedded in the way we do things. Continued commitment from the Government should see further progress across the He Ara Oranga recommendations.

The following section 'Our Advice to Government' provides some insights into what this focus could look like and is informed by our assessment of progress to date.

He tirohanga whānui ki te whakamahinga o te Poutama ki ngā tūtohunga o He Ara Oranga

Ko ngā tūtohunga kāore i whakaaengia, kāore rānei i te whai pānga ki te urupare a te Arotake i te

Ratonga mō te Hauora me te Hunga Hauā me Ngā tiakitanga Matua a ARHH (13)
Ka arotahi ngā rautaki tiakitanga Matua ki te TTH (14)
Te pūrongo a Te Kawa Mataaho mō te oranga pāpori (17)
Te whāinga mō te whakaheke i te mate whakamomori (31)

Puāwaitanga

Te waihanga i te tari ārai mate momori (32)
Te waihanga i te Komihana Hauora Hinengaro, Toiora Hoki (36)
Te waihanga i te KHHT Takamua (37)
Te waihanga i te whakarōpūpūtanga o ngā rōpū HHT (40)

Tipuranga

Te pūrongo whanake a HAO (38)

Whanaketanga

Te whakapiki i te whai wāhitanga (1)
Te whakawhānui i ngā tūmomo ratonga (5)
Te tauākī mō te Tahua Pūtea 19 (6)
Te rautaki a te whānuitanga o te kāwanatanga mō ngā ratonga TTH (7b)
Ngā tautoko a te whānuitanga o te kāwanatanga mō te hanganga-ngātahi ā-motu (9)
Te hunga mahi mō Ngā Whai Wāhitanga me Ngā Kōwhiringa (10a)
Te whakawhānui i ngā whai wāhitanga (12a)
Te hunga kua whai wheako kē i roto i ngā mahi whakatau (20)
Ngā ārahitanga mō te whai hononga me ngā whānau (23)
Te urupare kāwanatanga ki te kai pūroi whai here (27)
Te rautaki ārai mate whakamomori o te motu (30)
Te whakakore, me te whakakapi i te Ture HH (34)
Te urupare kāwanatanga ki te kai pūroi whai here (27)
Te rautaki ārai mate whakamomori o te motu (30)
Te whakakore, me te whakakapi i te Ture HH (34)

Whakaaratia

Te whāinga hou hei whai wāhitanga atu (2)
Te pūrongo e pā ana ki ngā whāinga hou hei whai wāhitanga (3)
Te whai wāhi i runga i te matawaia (4)
Te whakarato i te pūtea tautoko ā-motu (8)
Te aroturuki i te whai wāhitanga me te kōwhiritanga (10b)
Te whakapiki i ngā kōwhiringa mō ngā ratonga (12b)
Ngā ratonga toi tangata (12c)
Te whakapakari i te wāhanga o Ngā Rōpū kei waho i te Kāwanatanga (15)
Te whakarite i ngā urupare a ngā kāhui mahi tahi a te kāwanatanga ki te oranga pāpori (16)
Te whakatairanga me te ārai i te Hauora Hinengaro (18)
Te rautaki mō te whakatairanga me ngā ārai hauora hinengaro (19)
Whakakaha i te reo o te kaihoko (21)
Whakatairanga i te Tikanga Whai Mana (22)
Pāhekohekotia ngā tohutohu mō te whai hononga ki ngā whānau (24)
Arotake i te tukanga whakatewhatewha i ngā matenga i te mate whakamomori (33)
He whakawhitinga kōrero ā-motu e pā ana ki te hauora hinengaro me te raru (35)
Te pānga o te APHH ki te TTH (39)

Te Kākano

Te whakahaere i te tukanga hanga tahi ā-motu (7a)
Ngā whiwhinga whai wāhitanga, kōwhiringa hoki (10c)
Te tatauranga o TTH (11)
Arotake i ngā tautoko ki ngā whānau (25)
Huarahi whai ture e pā ana ki te waipiro (26)
Ngā tūmomo ratonga whakaora mō te whakamahi matawhaiaro i te pūroi tāroi (28)
Ngā arataki i te whānuitanga o ngā wāhanga e pā ana ki te waipiro me ētahi atu pūroi (29)

Realisation

Establish suicide prevention office (32)
National suicide prevention strategy (30)
Establish MHWC (36)
Establish initial MHWC (37),
Establish cross-party MHW group (40)

Evolving

Progress report HAO (38)

An overview of the application of the Poutama to the He Ara Oranga recommendations

Recommendations not accepted or associated with Health and Disability Service Review response

HDSR primary care (13)
Primary care strategies focus on MHA (14)
SSC report back on social wellbeing (17)
Target for suicide reduction (31)

Developing

Increase access (1)
Broaden types of services (5)
Budget 19 proposal (6)
Cross govt. strategy for MHA services (7b)
Cross govt. support for national codesign (9)
Access & choice workforce (10a)

Access & choice monitoring (10b)
Expand access (12a)
People with lived experience in decision-making (20)
Guidance for partnering with families & whānau (23)
Civil response to personal use of controlled drugs (27)
Repeal and replace MH Act (34)

Activating

New target for access (2)
Report on new target for access (3)
Access based on need (4)
Fund national co-design (8)
Increase options for services (12b)
People-centred services (12c)
Strengthen NGO sector (15)
Coordinate cross govt. responses to social wellbeing (16)

Mental health promotion and prevention (18)
Strategy for mental health promotion and prevention (19)
Strengthen consumer voice (21)
Promote the Code of Rights (22)
Integrate guidance for partnering with families & whānau (24)
Review process to investigate deaths by suicide (33)
National discussion about mental health & risk (35)
HDSR Impact on MHA (39)

Potential

Facilitate national co-design process (7a)
Access & choice procurement (10c)
MHA survey (11)
Review support to families & whānau (25)
Regulatory approach to alcohol (26)
Full range of treatment services for personal use of controlled drugs (28)
Cross-sector leadership alcohol and other drugs (29)



Te whakawhānui i te whai wāhitanga me ngā kōwhiringa

Ko te whakawhānui i ngā whai wāhitanga me ngā kōwhiringa tētahi o ngā haepapa nui me ngā whakangaotanga nui a te Kāwanatanga. I kōrerohia tēnei i roto i te pūrongo a te Komihana.

I te wā e whakaarohia ana ngā aromatawai Poutama, he mea nui te tiro ki te urupare a te Kāwanatanga. Hei tauira, kua whakaae mātāponotia te tūtohunga 2. Kua tautohu te Kāwanatanga kāore he tino hua o te tiro ki tētahi aronga kotahi noa iho hei hiki ake i te pūnaha o te hauora hinengaro me te toiora. Nā reira kua tū ngā kōrero e pā ana ki tēnei o ngā tūtohunga, ā, kua rapua mai ētahi kōwhiringa anō.

Ngā Tūtohunga 1-4: Te Whakawhānui i ngā whai wāhitanga

Kei te pae o Whakaaratia me Whanaketanga ēnei tūtohunga, arā, kua tīmata ngā mahi, engari kei te tipu tonu ngā hohenga me ngā panonitanga.

Ngā Tūtohunga a He Ara Oranga	Urupare kāwanatanga	Tātaritanga kauneke
1. Kia whakaae ki te whakapiki i ngā whai wāhitanga ki ngā ratonga o te hauora hinengaro me te toiora mō te hunga e āhua mate ana, e mate ana rānei i ngā mate hinengaro me ngā waranga	Whakaaetia	 Whanaketanga
2. Whakatau i te aronga hou mō ngā whai wāhitanga ki te hauora hinengaro	Whakaae mātāponotia	 Whakaaratia
3. Whakahaungia te Manatū Hauora, i runga i ngā tohutohu a te Komihana Hauora Hinengaro, Toiora Hoki, kia tuku pūrongo mō ngā aronga hou a ngā ratonga hauora hinengaro, waranga hoki	Whakaae mātāponotia	 Whakaaratia
4. Whakaaengia ngā take e whai wāhi ai te tangata ki ngā ratonga o te hauora me te waranga: • kia whānui te horapa o ngā ratonga e ai rā ki ngā raupapatanga hiahia • kia noho ko te hunga mate nui ki te pae o mahara nui.	Whakaaetia	 Whakaaratia

Expand access and choice

Expanding access and choice is a key Government priority and significant investment has been made, with a comprehensive programme of work over a four-year period. The Initial Commission's Interim Report covered this work in detail.

When reflecting on the Poutama assessments, it is important to note the Government's response. For example, recommendation 2 is accepted in principle. The Government recognises that one target is not necessarily helpful for the complexities of the mental health and wellbeing system. Therefore, discussion and planning has taken place in relation to this recommendation and other options are being explored. This example reminds us that we are not judging outcomes through the Poutama, but assessing progress made against each of the recommendations at this stage of transformation.

Recommendations 1-4: Expand access

These recommendations are assessed as Whakaaratia and Whanaketanga. Activities and actions are underway, although sustained action or change is still emerging.

He Ara Oranga Recommendation	Government response	Assessment of progress
1. Agree to significantly increase access to publicly funded mental health and addiction services for people with mild to moderate and moderate to severe mental health and addiction needs.	Accept	 Developing
2. Set a new target for access to mental health and addiction services that covers the full spectrum of need.	Accept in principle	 Activating
3. Direct the Ministry of Health, with input from the new Mental Health and Wellbeing Commission, to report back on a new target for mental health and addiction services.	Accept in principle	 Activating
4. Agree that access to mental health and addiction services should be based on need so: - access to all services is broad-based and prioritised according to need, as occurs with other core health services - people with the highest needs continue to be the priority.	Accept	 Activating

Kei te takiwā o te kotahi ki te rima tāngata ka mate i tētahi momo mate hauora, waranga hoki, i roto i tētahi tau noa.²⁵

I te tau 2018/19, e 3.8 ōrau (186,540) o te taupori o Aotearoa i whai wāhi ki ngā ratonga o te hauora hinengaro me ngā waranga. I taua tau anō, e 6.4 ōrau (53,140) o te taupori Māori i whai wāhi ki ngā ratonga o te hauora hinengaro me te waranga.²⁶

‘E whakaarotia ana ka rima whakarea ēnei kino mō te hunga mauhere.²⁷ Nō te 30 o Pipiri i te tau 2020, e 52.3 ōrau o te hunga mauhere he Māori,²⁸ ahakoa e 16.8 ōrau te rahi o te Māori²⁹ i roto i te taupori whānui. E 80 ōrau o ngā mauhere Māori kua whai wāhi ki tētahi ratonga hauora hinengaro i roto i te 10 tau.³⁰ Mō rātou ngā mauhere kei raro i te 25 tau te pakeke, kei te takiwā o te 90 ōrau te rahi, i whakapā ki tētahi ratonga hauora hinengaro.³¹

E ai ki te arotake o Ngā Take Mōrehu Hoia, 1 o ngā mōrehu e 6 kua pāngia e ngā mate hinengaro me ngā waranga mauroa.³²

E ai ki te Arowhānui hauora o Aotearoa i te tau 2018, ka pākia te hunga takatāpui e ngā pōnana āhua kaha, taikaha rānei, e ngā kahupō āhua kaha, taikaha rānei, e ngā mate hinengaro teitei, tino teitei rānei. E 56 ōrau o te hunga takatāpui i whai wāhi, ka pākia e te mate hinengaro, mō ētahi atu o te hapori, e 30 ōrau noa iho.³³

He nui ngā whakangaotanga pūtea a te Kāwanatanga hei whakawhānui i ngā whai wāhitanga ratonga hauora hinengaro ki waenga i te hapori

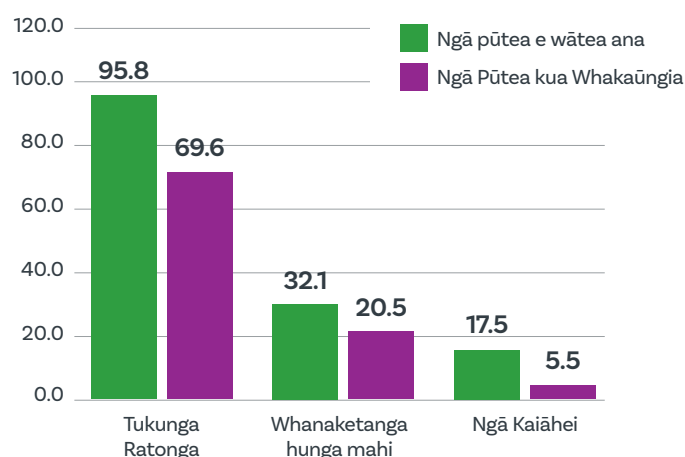
E whakangao ana te Kāwanatanga i te \$455 miriona i roto i te whā tau hei whakawhānui i ngā whai wāhitanga ratonga, e āhei ai te 325,000 o te marea (e 6.5 ōrau o te taupori) ki ngā ratonga hauora hinengaro, waranga hoki. Kua tuari kētia ēnei moni ki te tukutanga ratonga (\$339 miriona), ki te whanake hunga mahi (\$77 miriona) me ngā kaiāhei (\$39 miriona). Ka āhua takarua te whakamanatanga o ngā ratonga hou ki te wāhanga o ngā rōpu kei waho i te kāwanatanga, ko te whakaaro hei te rima tau kua horaina atu ēnei ki te pāparahua (hei te takiwā pea o te tau 2023/24)

E whakaatu ana te kauwhata nei i ngā ratonga e wātea ana mō te whakawhānui i ngā whai wāhitanga me ngā kōwhiringa mō te rua rau atu i 2019/20 ki 2020/21. Kua whakaūngia ngā ratonga tae noa ki te marama o Whiringa-a-nuku 2020.

I tēnei wā tonu, e rangona ana ngā pēhanga ki te ratonga me te tipu kaha o ngā ratonga tuarua. I whakangaotia anō e te Tahua Pūtea 2019 i te \$255 miriona mō ngā tau e whā ki ngā kaupapa mātanga, tikanga tūhura, mate hinengaro mōrearea, waranga hoki, hei whakamahea i ēnei o ngā pēhanga.

Kei te [Tāpiritanga 4](#) te tirohanga whānui o ngā kaupapa hauora hinengaro a te Kōwhiri Tahua Hauora 2019, ā, tae noa ki te pito o Whiringa-a-nuku 2020. Kei roto anō ko ngā kōrero mō ngā tūnga pūtea o ia kaupapa, ngā pūtea ā-tau i tuaritā e Tahua 2019 ki ia kaupapa, me ngā tahua kua whakaūngia tae noa ki te 31 o ngā rā o Whiringa-a-nuku 2020.

Te whakawhānui i ngā whai wāhitanga me ngā kōwhiringa 2019/20 - 2020/21 \$m



²⁵ JD Schaefer, A Caspi, DW Belsky, H Harrington, R Houts, LJ Horwood, A Hussong, S Ramrakha, R Poulton and TE Moffitt. 2017. Enduring mental health: Prevalence and prediction. *Journal of Abnormal Psychology* 126(2): 212–224. DOI: 10.1037/abn0000232

²⁶ Te Pūrongo Aroturuki a te Toihau Hauora Hinengaro 2020, wh129. I ahu mai ngā raraunga i PRIMHD me Tatauranga Aotearoa.

²⁷ Te mahitahi ki Te Hunga Hara, Te Ārai Mahi Whakamomori

<https://www.corrections.govt.nz/working-with-offenders/prison-sentences/managing-offenders/preventing-suicide-and-self-harm> - i tīkina i te Whiringa-a-nuku 2020

²⁸ Ngā whakatau tata a Tatauranga Aotearoa mō te taupori noho atu i te 30 o Pipiri 2019

²⁹ Ara Poutama: Ngā tatauranga whare herehere - Pipiri 2020

³⁰ Rautaki Hōkai Rangī Ara Poutama Aotearoa | 2019–2024. Ara Poutama. wh10. Mai i Tatauranga Aotearoa

³¹ Rautaki Hōkai Rangī Ara Poutama Aotearoa | 2019–2024. Ara Poutama. wh10. Mai i Tatauranga Aotearoa

³² Paterson, 2018. <https://www.veteransaffairs.mil.nz/about-veterans-affairs/our-programmes/the-paterson-report/>

³³ Tari Whakataunga Hauora, Te Toiora mō te Hunga Takatāpui - Pipiri 2019

Around one in five people will experience mental health and addiction challenges in any given year.²⁵

In 2018/19 3.8% (186,540) of Aotearoa's general population accessed mental health and addiction services. In 2018/19 6.4% (53,140) of Aotearoa's Māori population accessed mental health and addiction services.²⁶

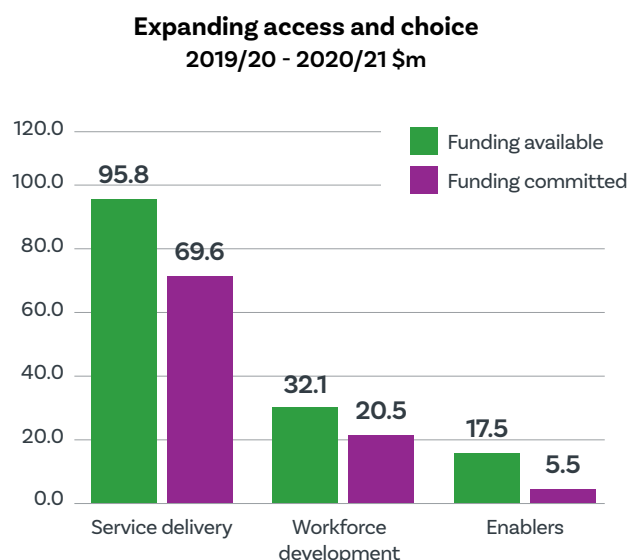
'Mental health disorders and illnesses are believed to be up to five times more prevalent among prisoners'.²⁷ As at 30 June 2020, Māori represent 52.3% of the prison population,²⁸ despite only accounting for 16.8%²⁹ of the population. 80% of Māori in prison have had contact with mental health services at some point over the last 10 years.³⁰ For those in prison aged 25 or under, around 90% have had contact with mental health services at some point over their lifetime.³¹

The 2018 review of Veteran Affairs noted that 1 in 6 NZDF veterans have long-term mental health and addiction issues.³²

Rainbow participants in the 2018 New Zealand Health Monitor were more likely to report moderate or severe anxiety, moderate or severe depression, high or very high levels of psychological distress, and having ever experienced mental illness. 56% of Rainbow participants had experienced mental illness in their lifetime compared to 30% for other people.³³

Government is making significant fiscal investment to expand access to mental health services in the community

The Government is investing \$455 million over four years to expand access to services and choice of services, to enable up to 325,000 people a year (6.5% of the total population) to access new models of primary mental health and addiction care. This has been allocated to service delivery (\$339 million), workforce development (\$77 million), and enablers (\$39 million). There is a time lag between new services being commissioned and getting up and running in the primary and NGO sector, with full roll-out expected after five years (i.e. by the end of 2023/24). The graph below shows the funding available to expand access to services and choice of services for the two years 2019/20 to 2020/21, and the funding committed to the end of October 2020.



In the meantime, there are service pressures and growing demand on secondary services. Budget 2019 also invested a further \$255 million over four years in specialist, forensic and crisis mental health and addiction initiatives to help alleviate these pressures.

[Appendix 4](#) provides an overview of the Vote Health Budget 2019 mental wellbeing initiatives up to the end of October 2020. This includes a breakdown of initiative financial positions, the annual funding allocated to each initiative through Budget 2019 and funding committed as at 31 October 2020.

²⁵ JD Schaefer, A Caspi, DW Belsky, H Harrington, R Houts, LJ Horwood, A Hussong, S Ramrakha, R Poulton and TE Moffitt. 2017. Enduring mental health: Prevalence and prediction. *Journal of Abnormal Psychology* 126(2): 212–224. DOI: 10.1037/abn0000232

²⁶ Monitoring and Advocacy Report of the Mental Health Commissioner 2020, p129. Data sourced from PRIMHD and StatsNZ

²⁷ Working With Offenders, Preventing Suicide and Self Harm <https://www.corrections.govt.nz/working-with-offenders/prison-sentences/managing-offenders/preventing-suicide-and-self-harm> - accessed October 2020

²⁸ Corrections. Prison facts and statistics – June 2020

²⁹ Based on StatsNZ estimated resident population for 30 June 2019

³⁰ Hōkai Rangi Ara Poutama Aotearoa Strategy | 2019–2024. Department of Corrections. p.10. Sourced from StatsNZ IDI

³¹ Hōkai Rangi Ara Poutama Aotearoa Strategy | 2019–2024. Department of Corrections. p.10. Sourced from StatsNZ IDI

³² Paterson, 2018 <https://www.veteransaffairs.mil.nz/about-veterans-affairs/our-programmes/the-paterson-report/>

³³ Health Promotion Agency, Wellbeing and Mental Health among Rainbow New Zealanders – June 2019

Kei roto i te moni whakangao \$455 miriona te rahi ko ngā whakangaotanga ki te iwi Māori, ki Ngā Iwi o Te Moananui-a-Kiwa, ki te rangatahi. Hei te otinga o te 30 o Pipiri 2021, ā, i runga i ngā hua o te tukanga whiwhi mahi, e takunetia ana e te Kāwanatanga ka ū ngā awa whakangao:

- e \$13 miriona i ia tau ki ngā kaupapa Māori
- e \$5.2 miriona i ia tau ki ngā ratonga mō Ngā Iwi o Te Moananui-a-Kiwa
- ko tōna \$15 miriona i ia tau ki ngā ratonga rangatahi

Ka whakaatu te [Tāpiritanga 2](#) i ētahi tauira o mohoa noa nei e hāngai ana ki te whakangaotanga Kōwhiringa Hauora e pā ana ki ngā ratonga o te Māori, o Ngā Iwi o Te Moananui-a-Kiwa, o te rangatahi me te hunga taunaki hoki.

Ki tā te pūrongo a te Manatū Hauora e hangaa ana e ēnei whakangaotanga te raukaha ki ngā pokapū rata whānui. Nō te pito o Whiringa-ā-nuku 2020, e whakamahia ana ngā Ratonga o te Hauora Hinengaro me ngā Waranga (RHHW) ki ngā pokapū rata whānui 117 te tokomaha puta noa i Ngā Poari Hauora Ā-Rohe (PHR) 15 te rahi. Ka whakaratoa ko ngā tūnga mahi hou ki ngā rata whānui, arā, Ngā Mātanga Whakapai Hauora (MWH), Ngā Kaiako Hauora me ngā Taituarā. Nō te pito o Whiringa-ā-nuku 2020, e 78 Ngā MWH, 117 Ngā Kaiako Hauora/Taituarā e tuku ana i ngā RHHW. Tōpū, e 54,499 ngā hui kua tūria e rātou. Hei te Pipiri 2021, ka tae ngā RHHW ki te taupori 1.5 miriona o Aotearoa. Nō te pito o Whiringa-ā-nuku 2020, ko te whakaaro i tau atu ki te hunga 780,000 te tokomaha.

Ko tētahi o ngā rongo pai o te whakangaotanga ki te wāhanga matua o ngā ratonga o te hauora me ngā waranga, ko tōna aro ki te whakapai ake i ngā mahi a Ngā Pokapū Rata hei urupare moata i ngā mōreareatanga hinengaro i mua i te paheke ki mate kē atu.

Ara atu ngā whakangaotanga i tuarihia e Tahua 2020 hei urupare anō ki te Mate Korona, pēnei i te \$25 miriona ka tuarihia i roto i te whā tau, mō te whakatere i te putanga o ngā kaupapa o te hauora hinengaro me ngā waranga, ki ngā tauira whare wānanga. I whakapikihia e Tahua 2019 ngā pūtea ki ngā mātanga, ngā tikanga tūhura, me ngā kaupapa hauora hinengaro mōrearea i roto i ngā tau e whā.

- e \$213 miriona ki te hiki ake i ngā pūtea motuhake a Ngā PHR.
- e \$8 miriona ki te whakakaha i ngā ratonga urupare mōrearea e aro ana ki ngā tari whawhati tata (TW), me ngā hua ake a te hāpori e rongoā i ngā mōreareatanga mate hinengaro e rangona e ētahi. Kua whāngahia atu ngā pūtea ki Ngā PHR 20 te tokomaha, hei whakapakari i ngā mahere āheinga me ngā whanaketanga ratonga i roto i ngā ratonga mōrearea TW, ā, e whakawhiti kōrero tonu ana ki te tauira atu i tētahi pūtahi mōrearea mō te hāpori ki Te Matau-a-Māui.
- e \$34 miriona ki ngā ratonga tikanga tūhura mō te hauora hinengaro, e tukuna ai:
 - te whakapiki i te raukaha o ngā ratonga hāpori me te tuku i ngā kaimahi wā-nui (KWN) hou mō te tikanga tūhura 10.75 te tokomaha mō te tau 2019/20
 - ngā akoako me ngā tauwhiroatanga mō ngā kaimahi e 30 i te tau 2019/20, me te 20 kaimahi i ia tau whai muri atu
 - te whakapai ake i ngā pūtea penapena ki ngā ratonga whare herehere
 - te whakatipu i te raukaha o ngā ratonga hāpori me te pūtea penapena mō ngā KWN 13 mō te hunga rangatahi
 - te whakapai ake i ngā tautoko karapoti i ngā kaimahi ratonga tikanga tūhura 20 te rahi, i ia tau
- e \$42 miriona mō te whakaniko ake i ngā ratonga waipiro, pūroi hoki.³⁴

³⁴ Te tāpiringa moni \$2 miriona mō te whā tau i tuaritia ki Kōwhiringa Whakatika mō ngā ratonga waipiro, pūroi hoki

The \$455 million investment also includes dedicated investment streams for Māori, Pacific and youth populations. By the end of 30 June 2021, as a result of procurement processes currently underway, the Ministry of Health expects to have committed dedicated investment streams from service delivery funding of up to:

- **\$13 million per annum ongoing for kaupapa Māori services**
- **\$5.2 million per annum ongoing for Pacific services**
- **approximately \$15 million per annum ongoing for youth-specific services.**

[Appendix 2](#) provides further examples of recent targeted Vote Health investment in mental wellbeing support for Māori, Pacific peoples, youth and peer services.

The Ministry of Health reported this investment is creating more capacity within general practice (GP) sites. As at the end of October 2020, integrated primary mental health and addiction services (IPMHAS) are being implemented in 117 GP sites across 15 District Health Boards (DHBs). The programme provides new roles at GP sites, these are Health Improvement Practitioners (HIPs) and Health Coaches and/or Support Workers. By the end of October 2020, there were 78 active HIPs and 117 active Health Coaches/Support Workers delivering IPMHAS. Collectively they have delivered 54,499 sessions. By June 2021, IPMHAS will reach an enrolled population of around 1.5 million people in Aotearoa. As at the end of October 2020, we estimate coverage of 780,000 people.

We heard that a positive aspect of the investment in the IPMHAS is the focus on improving GP practices' capability and capacity to respond to mental distress early before it escalates to more serious mental health concerns.

Further investment was allocated within Budget 2020 and as a result of the response to COVID-19, with \$25 million over four years to build on and accelerate the roll-out of youth-specific primary mental health, wellbeing and addiction initiatives to tertiary students. Budget 2019 increased funding over four years for specialist, forensic and crisis mental health and addiction initiatives.

- \$213 million as an uplift to DHBs' ringfenced funding
- \$8 million for enhancing crisis response services with a focus on emergency departments (ED) and community alternatives for people experiencing a mental health crisis. Funding has been provided to all 20 DHBs for capability planning and service development in ED crisis services, and discussions are underway to pilot a community-based alternative crisis centre in Hawke's Bay.
- \$34 million for forensic mental health services, providing:
 - *increased capacity of community-based services with provision for 10.75 new adult forensic full-time equivalent personnel (FTEs) in 2019/20*
 - *training courses and wrap-around support for 30 staff in 2019/20 and at least 20 staff per year ongoing*
 - *improvements in the provision of forensic prison in-reach services*
 - *increased capacity of community-based services with provision for 13 new youth forensic FTEs in 2019/20*
 - *training courses and wrap-around support for 20 youth forensic staff per year.*
- \$42 million for enhancing specialist alcohol and other drug (AOD) services.³⁴



³⁴An additional \$2 million over four years was allocated to Vote Corrections for alcohol and other drugs services

I roto i tana urupare ki te Mate Korona, ka whakangao te Kāwanatanga i tētahi \$15 miriona ki ngā kaupapa hei whakangako i te urupare hinengaro ā-iwi ki te Mate Korona, hei manaaki hoki i te oranga hinengaro o te iwi i a tātou e whakarauora ana i te mate urutā. Ka tāpiritia atu ki ērā ko ngā hoapā e 34,475 te maha.

Mā te whakangao hei whakapiki i te raukaha o te pūnaha, e aro atu ai ki ngā kaupapa kāore i te arohia i tēnei wā

Ahako te uaua o te ine i te kaha o tōna pānga, i te āhua rehurehu tonu o ngā kaha hiahia. Heoi, he whakangaotanga nui tonu ngā ratonga mō te 325,000 tāngata. Ka kitea te āhua o tōna pānga hei te taunga atu o ngā āwhina ki te hunga e mate ana. Kua kōrero mai te iwi kāore i tino ritetahi te whakawhānui i ngā whai wāhitanga ki ngā ratonga o te hauora hinengaro me ngā waranga, ā, ka takawaretia ētahi pērā i ngā ratonga waranga. Tirohia ētahi atu pārongo ki ngā tūtohunga atu i 26 – 29 mō te waipiro me ētahi ētahi atu pūroi.

Me mataara ngā kaiwhakarato me ngā toihau ki ngā ratonga hou me tō rātou whāngai i ngā taupori kei te takawaretia (tae rawa ki ngā taupori matua). Ko te hiahia a te iwi kia āhuru i te mōhio e hāngai ana ngā ratonga ki a rātou. E kī ana ētahi rōpū matua pērā i te hunga haua me te hunga takatāpui, ahako ngā kōrero pai a te Kāwanatanga ki te whakauru mai i aua rōpū, ki tō rātou titiro kāore i te rangona ō rātou reo.

- E amuamu ana ngā mōrehu hoia ki te noho kehe o ngā tari me ngā whakahaerenga auraki hei tautoko i ngā hokinga mai i te ope hoia ki te taiao o ia rā. Ki a rātou kua mokonahatia rātou.
- I kite te Hunga Whai Wheako me ngā whakahaerenga kaihoko i ngā wero nui e rua e pā ana ki te whakawhānui i ngā whai wāhitanga; kāore rātou i te whai rauemi tika e uru ai ki ngā mahi hanganga tahi, ā, ka pēpēhia ki raro ko ngā kaiarataki, ratonga hoki, me te aha, e tuku ana ngā ratonga matua hou i ngā kōrero tonu ki ngā ratonga whai tautoko (pēnei mō ngā waranga) – engari kāore anō ngā ratonga tautoko kia whakaratoa.

In response to COVID-19, the Government invested a further \$15 million in a package of initiatives to boost the psychosocial response to COVID-19 and support the mental wellbeing of people as we recover from the pandemic. This includes a current year (one-off) additional 34,475 contacts for mental health and addiction contact phone lines and the addition of a peer support warmline to the suite of services provided. It is expected that the peer support warmline will add capacity for an additional 10,000 contacts.

Investment will create significant additional capacity in the system, though it needs to be focused towards those who are not currently well served

While it is difficult to gauge the level of impact, as scale of unmet need is uncertain, services for 325,000 contacts is a significant investment. The extent of the impact will depend on how well these services flow to those who really need them. People have told us that expanding access to funded mental health and addiction services has not been consistent, and areas such as addiction services have been overlooked. See further information discussed with recommendations 26 – 29 on alcohol and other drugs.

Funders and commissioners need to be conscious of new services meeting the needs of those populations who are currently missing out (particularly the priority populations). People want reassurance that services will be fit-for-purpose, and able to reach the people who really need them. Priority groups, such as disabled peoples and Rainbow communities, have said that despite intentions stated by Government to target and include these specific groups, they do not see themselves in the development and delivery of options, and are not confident their voices have been heard.

- Veterans have described how poorly served they are by existing mainstream agencies and organisations when they seek help to transition from military life back to everyday life and feel coerced by a culture of silence that takes their stories and agency away from them.
- Lived Experience and consumer organisations noted two general challenges they are experiencing with expanded access; they are not resourced to participate in co-design and it places pressure on their leadership and services, and referrals are being made from new primary services out to peer support services (e.g. for addictions) – but peer support services have not received funding to expand.

Ā tōna wā pea ka kitea ēnei whakangaotanga e tautoko ana i ngā ārai tōmua me ngā tautoko hauora hinengaro

He wā kātahi ka kitea ngā hua o ngā whakangaotanga ki roto ki te hapori. E mātau ana kei te tōmuri te whakamanatanga o nga ratonga hou kia tiu, kia oha.

Mēnā e mana ana ngā whakangaotanga, e whakaarotia ana e mātau ka tōmua te kitea o te hunga e whai wāhi ana ki ngā ratonga, e urupare ai ērā ratonga ki ngā ahurea me ngā hiahia a te iwi.

I mua tonu i te whakangaotanga ki ngā whai wāhitanga me ngā kōwhiringa, i te piki haere ngā whai wāhitanga ki te pito o ngā ratonga mōrearea. Atu i te tau 2017 ki te tau 2018, tata tonu i rearua ngā haerenga ki te TW mō ngā mate hinengaro, ā, ka rearima ngā whanganga ki te TW mō tētahi moenga, ā, e piki haere tonu nei ngā pānga atu ki te pirihimana mō te mate hinengaro, mō te whakamātau rānei ki te whakamomori.³⁵ I tuku amuamu anō ngā kaimahi o te TW me ngā māngai a te ope pirihimana, ko te TW te wāhi e haumaruru atu ai te iwi i te katinga o ērā atu ratonga.

I whakahaerehia te Rangahau Hauora Hinengaro (RHH) a te Kuratini Ahitereiriahiana mō ngā Rongoā Whawhatitata (KARW), i ngā rangi e whitu i te Hakihea i te tau 2017 me te Whiringa-a-nuku i te tau 2018, ā, ka tautohua te ōrau o te iwi i tau atu ki te TW mō ngā mate hinengaro. i roto i te wā rangahau i kake te ōrautanga mai i te 3.7 ōrau i te tau 2017 ki te 7.4 ōrau i te tau 2018.

Waihoki ka roa ake te wā whanga ki te TW mō ngā mate hinengaro mōrearea i waenganui o Hakihea i te tau 2017 me Whiringa-a-nuku i te tau 2018. I roto i taua wā ka kake anō te ōrau o te hunga whanga moenga mō te 8 haora, neke atu rānei, mai i te 4.5 ōrau ki te 27.5 ōrau.³⁶

E whakahaere ana anō te KARW i tētahi atu rangahau hei te mutunga o te tau 2020. I tēnei wā he moroiti noa ngā raraunga mō te hunga mate hinengaro ka tau ki Ngā TW o Aotearoa. Atu i te tau 2021, ka whakaturea te whakamahinga o te SNOMED CT ki Ngā PHR, ā, mā ēnei kupu haumanu e tuku i ngā tātari whai tikanga mō ngā minenga ō roto o ngā TW.

Ngā Tūtohunga 5-6: Kia huhua ngā momo ratonga

E kitea ana ngā kauneke e pā ana ki te tuarima me te tuaono o ngā tūtohunga i ngā tūmomo kaupapa e whakaahuatia ana i raro. Kīhai anō i puea mai ngā kaupapa pūmau hei tautoko i ngā haumanu ahurea.

Ngā Tūtohunga a He Ara Oranga	Urupare kāwanatanga	Tātaritanga kauneke
5. Kia ū ki te whakapiki i ngā kōwhiringa mā te whakawhānui i ngā momo ratonga hauora hinengaro e wātea ana.	Whakaaetia	 Whanaketanga
6. Whakahaungia te Manatū Hauora kia tere whanakehia te tono ki te Tahua 2019, e hangaa ai ngā haumanu kōrero, ngā ratonga waipiro, pūroi hoki, tae atu ki ngā haumanu ahurea. Me taunakitia ēnei e ngā whakatauirā hunga mahi.	Whakaaetia	 Whanaketanga

³⁵<https://www.police.govt.nz/about-us/statistics-and-publications/data-and-statistics/demand-and-activity>

³⁶ACEM whakamahinga o te Ratonga Hauora Hinengaro o Aotearoa, Haratua 2019. wh.2

We expect that, in time, this investment will support early intervention and support for mental health needs – with downstream benefits for crisis services

It will take some time for this investment to translate into services in the community. There is an understandable lag between new services being commissioned and getting up and running.

If investment is making a difference for people, we expect over time to see more people accessing services earlier, for those services to be responsive to their culture and needs and for people's wellbeing to improve as a result.

Prior to the access and choice investment, access at the specialist and crisis end of services had been increasing. Mental health-related ED presentations nearly doubled and wait times in ED for an inpatient bed grew five-fold between 2017 and 2018, and police events related to mental distress or suicide attempts continue to increase.³⁵ Emergency medicine and police representatives expressed concern that after-hours the ED is the default place for people to go.

The Australasian College for Emergency Medicine's (ACEM) Prevalence of Mental Health Access Block Study, conducted over a 7-day period in December 2017 and in October 2018 identified the number and percentage of people presenting to participating EDs for mental health related reasons, increased significantly between the 2017 and 2018 study periods, from 3.7% of all presentations in 2017 to 7.4% in 2018.

The studies found people experiencing mental health crises experienced a significant increase in ED waiting times between December 2017 and October 2018. The proportion of mental health presentations who had an ED length of stay of eight or more hours while waiting for an inpatient bed increased between the 2017 and 2018 study periods, from 4.5% to 27.5%.³⁶

The ACEM is conducting another study in late 2020. There is currently a lack of data on people presenting to New Zealand EDs for mental health related reasons. The rollout of SNOMED CT is mandatory for all DHBs from 2021, and this clinical terminology should provide meaningful analysis for ED attendances in the future.

Recommendations 5-6: Increase choice of services

Progress against recommendations 5 and 6 is evident through a broad range of activities and actions, described in more detail below. The consistency and sustainability of these activities and actions, particularly in terms of supporting more culturally aligned therapies and a broader range of options for people and whānau are yet to emerge.

He Ara Oranga Recommendation	Government response	Assessment of progress
5. Commit to increased choice by broadening the types of mental health and addiction services available.	Accept	 Developing
6. Direct the Ministry of Health to urgently develop a proposal for Budget 2019 to make talk therapies, alcohol and other drug services and culturally aligned therapies much more widely available, informed by workforce modelling, the New Zealand context and approaches in other countries.	Accept	 Developing

³⁵<https://www.police.govt.nz/about-us/statistics-and-publications/data-and-statistics/demand-and-activity>

³⁶ACEM Mental Health service use: a New Zealand context, May 2019, p.2

Ngā tūmomo kaupapa hei whakarahi ake i ngā kōwhiringa i roto i te rima tau

Kua huatakina ngā whiwhinga mahi hei waihanga i ngā ratonga hauora hinengaro, waranga hoki ki ngā taiao o te Māori, o Ngā Iwi o Te Moananui-a-Kiwa, o te rangatahi, me te whakamahi i ngā huarahi hou e whai taunaki ana i ngā momo rōpū.

E wātea ana te Pūtea a te Māori me Ngā Iwi o Te Moananui-a-Kiwa ki te Ārai Whakamomori (\$12.4 miriona i roto i te whā tau, \$3.1 miriona i ia tau) hei whakarato i ngā kaupapa ārai whakamomori a ngā hapori nei. I te rauna tuatahi o tēnei pūtea, e 74 ngā kaitono mai i ngā whānau, hapū, iwi, haumi ā-rohe, rōpū Māori kē atu, i whakaratoa ki te \$1.6 miriona. Tāpiri, e 53 ngā kaitono o ngā momo rōpū mai i Ngā Iwi o Te Moananui-a-Kiwa i whakaratoa ki te \$0.9 miriona.

Kua whakarewahia ngā momo rauemi tuihono hei tautoko, pēnei i ngā taupānga tauawhi, ngā akoranga ī-haumanu, ngā whakatairanga toiora me ngā taputapu mā ngā mātua hei āwhina i te toiora o ā rātou tamariki.

Ko tā te Pūtea Whai Ora, Whiti Ora, a Te Manatū Hauora, he mea whakahaere e Mauri Tū, Mauri Ora. He pūtea ēnei e riro ai te \$20,000 ki ia o ngā rōpū aroha whai wheako/kaihoko/mōrehu, ki ngā rōpū, ngā kōtuinga, me ngā whakahaerenga hei awahi i a rātou mō te toru marama (tōpū e \$200,000)

Ahakoia ngā pāhōtanga pūtea me ngā whakaratonga ki ngā ūkaipō, kua kaha ake te tūtakarerewa a ngā kaimahi ki ngā hapori

E manako tonu ana ka rerekē ngā mahi o te pūnaha, ahakoia kua kaha ake te ū o te Kāwanatanga ki te tautoko i ngā kōwhiringa maha, he moroiti noa iho ngā panonitanga. Ahakoia ngā pāhōtanga pūtea me ngā whakaratonga ki ngā hapori, kua kitea e ngā ringa raupā he roa te wā e whai hua ai i ngā ratonga nei.

“Ka pāhōhia ngā tuku pūtea, ā, e whakamihi ana ngā hapori mō ngā pūtea, engari kāore anō i puta ngā pūtea. Ka mea tonu rātou, ‘Kei a koutou ngā pūtea’. Engari kāore anō i riro mai he pūtea” (reo o tētahi RWK).

E māharaharatia ana kāore i te rite ngā rōpū e whakangaotia ana, me te taumata o ngā whakangaotanga mō te whakawhānui whai wāhitanga, kōwhiringa hoki. Ina koa, e mea ana ngā kaiwhakarato me ngā hapori, kāore rātou e kōrerohia mō te waihanga me te tukutanga rānei o ngā ratonga e hāngai ana ki a rātou.

I tonoa te Kāwanatanga kia whai wāhi, kia whakamana hoki i ngā whakahaerenga kaupapa Māori, e ai rā ki ngā takune a He Ara Oranga – e rima kua whakamōhio mai i ō rātou whakaaro mō ngā kauneke a te kāwanatanga. Ahakoia e mātāu atu ana kāore he tirohanga kotahi a te Māori, he pai ngā kōrero moata e pā ana ki te tukanga whiwhinga mahi Māori.



A range of initiatives to increase choice are on track to be delivered over the next five years

Procurement is underway to establish new primary mental health and addiction services in kaupapa Māori, Pacific and youth settings, using new collaborative approaches informed by engagement and feedback from specific population groups.

Māori and Pacific Suicide Prevention Community Funds (\$12.4 million over four years, \$3.1 million per annum ongoing) are making funding available for Māori and Pacific community-led suicide prevention efforts. Following the first round of this fund, 74 applications from whānau and hapū, iwi organisations, regional collaborations, and other Māori groups have been funded for a total of \$1.6 million. Further, 53 applications from Pacific organisations and groups have been funded for a total of \$0.9 million.

A range of new psychosocial response digital resources and support options, including self-help apps, an e-therapy course, wellbeing promotion, and tools for parents to support discussions with their children about mental health and wellbeing have been launched.

The Ministry of Health's Whai Ora, Whiti Ora Fund, run by the Mental Health Foundation, is a contestable fund that provides up to \$20,000 each for Lived Experience/consumer/survivor charities, groups, networks and organisations to help them get through for three months (total funding pool of \$200,000).

Despite funding announcements and funding being delivered on the ground, there has been a rise in tensions for those working with communities

While there is hope for the system to do things differently, we heard that despite increased Government commitment for support of wider choice in services, changes at this stage are small and continue to be under-resourced. Despite funding announcements and funding being delivered on the ground, some people working with communities note that it takes too long for funding announcements to translate into services.

“You announce money, our communities are thankful for money, but money’s still not gone out. And they keep saying to us, ‘Well you’ve got the money’. We’ve got no money” (NGO voice).

There is also concern that what is being invested in, and the level of investment, is not expected to substantially increase access and choice. In particular, providers and communities feel like they aren't consulted or engaged in design or delivery of new approaches and services in ways that are meaningful for them. There is also an expectation for increased investment in culturally specific services as well as to primary care-based services. For example, some groups who provide the only culturally specific services in their region have not seen any support.

Government was asked to contribute to and enable work of kaupapa Māori organisations in accordance with the intent of He Ara Oranga – five of whom have updated us on their views about Government progress. While we acknowledge that there is no 'one Māori perspective', initial feedback about the new kaupapa Māori procurement process has been positive. However, overarching system transformation was described as slow and inconsistent.

Ngā Tūtohunga 7-9: Whakahaeretia ngā hanganga tahi me ngā whakatinanatanga

I kitea ngā kauneke mō ngā tūtohunga 7 ki te 9 ki ngā momo kaupapa maha. E ai ki ngā tātari o tūtohunga 7(a), me 8 hoki, kei te tōmuri tōna kauneke. Kei raro iho nei e whaiwhai ake nei ērā tātarianga.

Ngā Tūtohunga a He Ara Oranga	Urupare kāwanatanga	Tātarianga kauneke
7. Whakahaungia te Manatū Hauora me te Komihana hou (komihana tōmua rānei) kia:		
7a) Whakahaere i tētahi tukanga panoni ratonga ā-motu i te taha o te Hunga Whai Wheako ki te mate hinengaro me ngā waranga, i te taha hoki o Ngā PHR, ngā kaitiaki matua, Ngā RWK, ngā ratonga Kaupapa Māori, ngā ratonga hauora o Ngā Iwi o Te Moananui-a-Kiwa, ētahi atu o ngā kaiwhakarato, ngā kaituruki, ngā māngai whakahaerenga, ngā rōpū ngaio, ngā whānau, ngā kaimahi me ngā tari matua o te Kāwanatanga.	Whakaae mātāponotia	 Te Kāhono
7b) Hangaia mai te rautaki whakangao a te Kāwanatanga mō ngā ratonga hauora hinengaro, waranga hoki	Whakaaengia	 Whanaketanga
8. Ū ki te whakarato i te tukanga panoni, i te komihana hou hoki, hei taituarā mō te whakatinanatanga ki te motu, ki ngā rohe me ngā hapori.	Whakaae mātāponotia	 Whakaaratia
9. Whakahaungia a Te Kawa Mataaho kia mahi i te taha o te Manatū Hauora ki te waihanga i ngā tukanga e uru mai ai te Kāwanatanga whānui ki te tautoko i te tukanga hanga tahi i ngā ratonga hauora hinengaro, waranga hoki.	Whakaae mātāponotia	 Whanaketanga

Recommendations 7-9: Facilitate co-design and implementation

For recommendations 7 to 9, progress was evident in a range of activities and actions. Recommendations 7a and 8 were assessed as being in the earlier stages of progress. The rationale for these assessments are provided below.

He Ara Oranga Recommendation	Government response	Assessment of progress
7. Direct the Ministry of Health, in partnership with the new Mental Health and Wellbeing Commission (or an interim establishment body) to:		
7a) facilitate a national co-designed service transformation process with people with lived experience of mental health and addiction challenges, DHBs, primary care, NGOs, Kaupapa Māori services, Pacific health services, Whānau Ora services, other providers, advocacy and representative organisations, professional bodies, families and whānau, employers and key Government agencies	Accept in principle	 Potential
7b) produce a cross-Government investment strategy for mental health and addiction services.	Accept	 Developing
8. Commit to adequately fund the national co-design and ongoing change process, including funding for the new Mental Health and Wellbeing Commission to provide backbone support for national, regional and local implementation.	Accept in principle	 Activating
9. Direct the State Services Commission to work with the Ministry of Health to establish the most appropriate mechanisms for cross-Government involvement and leadership to support the national co-design process for mental health and addiction services.	Accept in principle	 Developing

Kua whai te Kāwanatanga ki te whakawhiti kōrero ki ngā hapori, kua raupapahia ōna takune e whai kaha ai ngā whanaungatanga

E mārama atu ana kua whakapiki te kāwanatanga i tōna kaha ki te kōrerorero ki ngā hapori mō ngā mahi waihanga. He maha ngā whakawhiti kōrero ki ngā whānau, ngā hapori me te wāhanga o te hauora hinengaro me ngā waranga e mārama ake ai ngā wāhanga i hopū o ngā ratonga e whai hiranga ana ki te iwi.

Kīhai te Kāwanatanga i ruku ki te tukanga hanga tahi ā-motu. Otirā ko te Manatū Hauora te kaiwhakahaere i te urupare hanga tahi – ehara i te mahi rangitahi, engari ka mauroa tōna ū ki ngā tūhonotanga.

“Ka kōrero ana te kāwanatanga mō te hanga tahi, e kōrero ana ia mō ngā whakawhitinga kōrero a ngā āpiha. Ka kōrero ana mātou, e kōrero ana mō ā mātou haerenga ki te kōrero tahi ki ngā whānau me ō mātou hapori” (reo o Ngā Iwi o Te Moananui-a-Kiwa).

Ka puta ngā whakaaro a ētahi me whai kanohi ngā rōpū matua, ā, me mahi tahi atu kia rātou ki te whakahaere i ngā panonitanga. Ahakoa te mārama atu o te iwi ki te huatau hanga tahi, i puta hoki ngā āwangawanga mēnā kāore e whakaturehia tōna whakatinana, he whakapai kanohi noa iho te mahi.

Kua tīmataria ngā mahi whakahaere a te kāwanatanga puta noa, pērā i te kāhui o te kāwanatanga hei tautoko i te whakamahinga o te mahere hinengaro ā-iwi, me ngā mahi hauora hinengaro e hāngai ana ki te whakarauoratanga i te Mate Korona.

Ko tētahi take wenerau a te mano ko te kore āhei ki te hanganga o ngā ratonga

I whakaara ētahi i te moroiti rawa o te hunga Māori me te Hunga Whai Wheako i ngā taumata katoa o ngā hanga tahi, pērā i te waihanga me te whakamahinga o ngā ratonga. Ka whākina e te iwi he moroiti rawa ngā whakawhitinga hihiko ki ngā rōpū matua, pērā i te hapori Takatāpui, te hunga haua, te rangatahi, te hunga kaumātua, ngā mōrehu hoia, ngā manene me ngā rerenga, e uru ai tēnei hunga ki ngā whanaketanga rautaki, ngā auahatanga, whakamahinga hoki o ngā ratonga.

“...ki a au nei, kāore i tino tau mai ngā kupu ārahi, ko tā rātou ‘E 24 haora tā koutou ki te whakahuri’, nā konei kua kore ngā Māori e āhei ki te whakapā ki te iwi. I pēhia ana mātou kia riro ko mātou anō hei reo whakataū, engari kāore e whai kiko tērā mahi ki a mātou” (reo o te RWK).

Government has been undertaking targeted community engagement and have outlined its intent to build stronger relationships

We recognise that Government has increased its emphasis on community engagement and co-design. Considerable time has been spent collaborating with whānau, communities and the mental health and addiction sector to understand the core components of mental health and addiction services that are important to people. Funding has also been set aside to support co-design.

“So when the Government talks about co-design they talk about officials talking to officials. When we talk about co-design we talk about going to our families and going to our communities and co-designing with them” (Pacific voice).

The Government did not commit to a national co-design process. The Ministry of Health is leading the Government co-design response – not as a one-off event, but as an ongoing, sustained commitment and partnership.

Equitable representation of, and collaboration with, priority groups were strongly suggested as ways to facilitate change. While the concept of co-design was familiar to all people, there was a common concern that without a shared understanding of co-design principles and a national policy for its implementation, attempts at co-design were often felt as tokenistic, ineffective and frustrating.

Actions are underway to facilitate cross-Government involvement such as the establishment of a cross-Government group of senior leaders to support the implementation of the psychosocial plan and ongoing mental wellbeing work as part of the COVID-19 recovery.

There was a common concern among those we talked to that these principles had not consistently translated into better co-design with communities

Concern within the community at the lack of representation in co-designing services was a common theme in the interviews. People raised significant concerns about the lack of relevant representation from Māori and people with lived experience of mental distress and addiction at all levels of co-design, including service design and implementation. People also told us that there has not been enough, or in some instances any, proactive engagement with priority groups, such as Rainbow communities, disabled people, youth, older people, veterans, migrants and refugees on strategy development and the design and implementation of services. Tight timeframes for RFP processes further challenged a credible co-design approach with the priority populations.

“...it has not been, I don’t feel, very consultative in lots of spaces, and what they have consulted on has been ‘You’ve got 24 hours to turn this around’, which means particularly for Māori we don’t get to go to our people. We’re being asked to be the be-all-speak-all voice and it doesn’t work for us” (NGO voice).

Ngā Tūtohunga 10-12: Ngā kaiāhei hei tautoko i te whakawhānui i ngā kōwhiringa me ngā whai wāhitanga

Kei ngā tūmomo taumata kauneke ngā kaiāhei e tautoko ana i ngā kōwhiringa me ngā whai wāhitanga, ngā pūnaha mōhiohio me ngā ture, herenga hoki e pā ana ki te tonono pūtea.

Ngā Tūtohunga a He Ara Oranga	Urupare kāwanatanga	Tātaritanga kauneke
10. Whakaae kia arotakengia ētahi, kia whakatūhia hoki ēnei mea hei tautoko i te whakawhānuitanga o ngā whai wāhitanga me ngā kōwhiringa:		
10a) te whanaketanga kaimahi me ngā arotau toiora kaimahi	Whakaaetia	 Whanaketanga
10b) ngā pārongo, ngā aromātai me ngā aroturuki (tae atu ki ngā putanga aroturuki)	Whakaaetia	 Whanaketanga
10c) ngā ture whakarato me ngā here, pērā i ngā tautuhi a ngā PHR me ngā ratonga hauora hinengaro, me te taiapa tūtaki o te hauora hinengaro, hei whakahāngai atu ki te tautoko i te aronga hei panoni i ngā ratonga.	Whakaae mātāponotia	 Te Kākano
11. Whakaae kia whakahaere, kia whakamohoa i ngā tatauranga hauora hinengaro, waranga hoki	Whakaae mātāponotia	 Te Kākano
12. Kia ū ki te huarahi whakarato e ora mai ai ngā tūtohunga ki te whakapai i ngā whai wāhitanga me ngā kōwhiringa, pērā i te:		
12a) Whakawhānui i ngā whai wāhitanga ki ngā ratonga mō te hunga e āhua māuiui ana, e māuiui ana, ā e tino māuiui ana	Whakaaetia	 Whanaketanga
12b) Ngā kōwhiringa maha ki ngā kōrero haumanu me ngā ratonga e hāngai ana ki te waipiro, te pūroi, me te ahurea	Whakaaetia	 Whakaaratia
12c) Kia hangaia, kia whakamahia ngā whakapainga hei hanga i ngā ratonga e aro ana ki te hā o te tangata	Whakaaetia	 Whakaaratia

Recommendations 10-12: Enablers to support expanded access and choice

Enablers to support expanded access and choice, such as workforce development, information systems and funding rules and expectations, are still in various stages of progress.

He Ara Oranga Recommendation	Government response	Assessment of progress
10. Agree that the work to support expanded access and choice will include reviewing and establishing:		
10a) workforce development and worker wellbeing priorities	Accept	 Developing
10b) information, evaluation and monitoring priorities (including monitoring outcomes)	Accept	 Developing
10c) funding rules and expectations, including DHB and primary mental health service specifications and the mental health ring fence, to align them with and support the strategic direction of transforming mental health and addiction services.	Accept in principle	 Potential
11. Agree to undertake and regularly update a comprehensive mental health and addiction survey.	Accept in principle	 Potential
12. Commit to a staged funding path to give effect to the recommendations to improve access and choice, including:		
12a) expanding access to services for significantly more people with mild to moderate and moderate to severe mental health and addiction needs	Accept	 Developing
12b) more options for talk therapies, alcohol and other drug services and culturally aligned services	Accept	 Activating
12c) designing and implementing improvements to create more people-centred and integrated services, with significantly increased access and choice.	Accept	 Activating

Kua tīmata te hōtaka rima tau hei pīrori atu i ngā ratonga matua, hapori hoki e pā ana ki te waranga

I whakangaotia e Tahua Pūtea 2019 te \$80 miriona i te whā tau mō ngā whakangungu me ngā whanaketanga, pērā i ngā kaimahi hou me ngā whakapakari ngaio. He hōtaka rima tau tēnei e whakahora ana i ngā ratonga hapori, me te whakapakari kaimahi ki ngā aroākapa ratonga.

He maha ngā tukanga whiwhinga mahi i whakakaupapatia e Tahua 2019. Nā ngā ture whiwhinga mahi a te kāwanatanga me kimi te iho o waenganui i te whakaputa wawe i ngā ratonga, me te whakanoho ka tau ngā pūtea ki ngā kaupapa kua taunakitia ka whai uara ki te tūmatanui. Mā te whakangao ka whakawhānuihia ngā whai wāhitanga, ā, koiane tētahi o ngā kōrero a ngā hapori, kia aro ake ki ngā ratonga waranga whai ahurea.

Ka tuku kirimana te Manatū Hauora ki ngā pūtahi ratonga ā-motu hei mātanga i roto i te whanaketanga kaimahi – ko Le Va, ko Werry Workforce, ko Te Pou Whakaaro Nui (Te Pou) me Te Rau Ora.

Ko tā Te Pou³⁷ he whakawhanake i te hunga mahi mō ngā tūnga hou a te RHHW ki ngā wāhi RW.

- He whakangungu Kaimahi Whakapai Hauora – nō te Hakihea 2020, 118 e whakangungu ana, kua oti rānei ngā whakangungu
- He whakangungu Kaiako Hauora – 148 kua whakangungu, e whakangungu ana rānei.
- He tautohu i ngā pukenga ki te mahi ki ngā tūmomo tūranga ki roto i ngā RWK, ngā PHR me ngā WHM.
- He tautoko i te hōtaka whakangungu tāpuhi e akona ana e Te Ao Mārama.

E tautokona ana ngā kaimahi o nāiane i ngā wāhi whakangungu hou 100 te tokomaha mō te hunga paetahi e rangahau ana ki ngā wāhanga mātanga, pērā i: te arataki whare haumanu, te haumanu whanonga whakaaro (HWW), te kōhungahunga, ngā tamariki e mate hinengaro, e mate waranga ana, te whakamahi pūroī me te hauora hinengaro o te rangatahi me ngā pākeke.

³⁷<https://www.tepou.co.nz/initiatives/primary-mental-health/125>

There is a five-year programme of work to roll out new primary and community-based mental health and addiction services

Investment from Budget 2019 provided \$80 million over four years for workforce training and development, and includes a combination of new staff and professional development. Rolling out new primary and community-based mental health and addiction services is a five-year programme of work and growing the workforce for these new frontline services will take time.

Work to deliver Budget 2019 initiatives has involved a number of procurement processes. Undertaking procurement in accordance with Government procurement rules required finding a balance between delivering new services quickly, and taking the steps necessary to ensure that funding goes to evidence-informed services that deliver the best public value. Significant investment is evident for expanding access, and people and communities consistently noted the need for greater focus on culturally aligned services and addiction services.

The Ministry of Health contracts with four national mental health and addiction workforce centres as specialists in workforce development for the mental health and addiction sector - Le Va, Werry Workforce Whāraurau, Te Pou o te Whakaaro Nui (Te Pou) and Te Rau Ora (the Workforce Centres).

Te Pou³⁷ has a role to provide the workforce development for the new roles in the IPMHAS at GP sites. This includes:

- Health Improvement Practitioner training - 118 trained or in training by December 2020
- Health Coach training - 148 trained or in training by December 2020
- Identifying the knowledge and skills required to work in an integrated approach across a range of roles based in NGO, DHB and PHO providers
- Supporting the nurse credentialing programme for primary care nurses delivered through te ao Maramatanga New Zealand College of Mental Health Nurses.

Existing workforces are being supported with more than 100 new training places for post-graduate study in specialist practice areas available, including: clinical leadership, cognitive behavioural therapy, infant, child and adolescent mental health and addiction, co-existing substance use and mental health, and forensic youth and adult mental health.



³⁷<https://www.tepou.co.nz/initiatives/primary-mental-health/125>

Nō te ekenga o ngā tautoko wawe ki te iwi, ka puta mai te kaha hiahia ki te ahu whakamua e aro ake ai ki ngā kaupapa Māori, ki ngā tautoko me ngā kaimahi whai ahurea

E marama ana puta noa i te pūnaha me whanake te hunga mahi toiora, ā, me whai rauemi rātou mō te oma roa:

“Nō wai te hē, kāore he kaimahi, kāore rānei he mahere? Ki te rerekē te pūnaha, me rerekē te hunga mahi. Koinei te matakite a Tā Mason Durie mā i te tau 2011, engari tē paku neke ērā kaupapa. Tata tonu he hakurara ērā mahi.” (reo RWK).

E eke ai ngā tautoko hihiko, i kitea he mea whai hiranga kia koke whakamua me te aropū ki ngā kaupapa Māori, ki ngā tauawhitanga, me ngā hunga mahi whai ahurea. I kitea ngā taunaki whakangaotanga i roto o te Manatū Hauora. Heoi he āhua rerekē ngā momo whakaaro a te marea mēnā i te ahu whakamua ēnei kaupapa:

He maha ngā raru ki te hunga mahi, ki te raukaha me ngā āheitanga” (reo RWK).

Kua tīmataria ngā mahi waihanganga ratonga hei kokenga i waenga o ngā tiakitanga matua me ngā tiakitanga mātanga. Ahakoa kua kaha ake ngā whakangungu māramatanga ahurea, koinā anō tētahi o ngā wāhanga i whakaaratia hei whakapai ake.

He mea nui me whai māramatanga tātou ki te āhua me te horapa o ngā mate hinengaro me ngā waranga i Aotearoa

Me whai wā, me whai rauemi te whanaketanga o tētahi rangahau whānui mō te āhuatanga hauora. Mā tēnei ka āwhinatia mātou ki te whakawhanake i ngā huarahi aukati, tae atu ki te whakamahere me te whakarite ratonga. Heoi i tēnei wā, e arotake ana te Manatū Hauora i ngā raupapa raraunga o roto i ngā pūnaha hauora, whakahiato ora, mātauranga, manatika hoki.

Kia inea te tautoko a ngā ratonga i te iwi ki ngā take hāngai me ngā pārongo matawā

He mahi nui te kohikohi i ngā pārongo hāngai, matawā hoki, mō te kaitiakitanga matua. Ka taea te whakamahi i ngā wāhi whanake raraunga e te tini o ngā ratonga whai kirimana ki te whakaāhei i ngā raraunga matawā. E whakangao ana te Manatū Hauora ki te whakapai ake i ngā raraunga mā Ngā Kaupapa Hauora Hinengaro Matua – te mahi tahi me ngā kaitiakitanga matua kia whai wāhi ki ngā whai wāhitanga ratonga a NHI. E āhei ana te whakamahi hei tātari i ngā momo tau pakeke, ngā iwitanga, ngā rōpū matua.

Achieving responsive, people-centred support, created some urgency to go forward in a more focused way with kaupapa Māori, peer support, and culturally relevant workforces

There is awareness across all levels of the system that a 'wellbeing workforce' requires development through a holistic lens and needs to be resourced with a long-term view:

“Who’s accountable for the fact we still really don’t have a workforce, a coherent workforce plan? A system change is workforce change. Mason Durie and others of 2011 predicted exactly what we have before us today, nothing happened. It’s almost unethical” (NGO voice).

To achieve responsive, people-centred support, it was considered urgent to go forward in a more focused way with kaupapa Māori, peer support, and culturally relevant workforces. At the Ministry of Health there was evidence of investment and expanded activity on this. From people on the ground there was a mixed response about whether progress was happening in this area, views varied based on factors such as ethnicity, shared experiences, population group and geographical location:

“We’ve got workforce issues, we’ve got capacity issues, we’ve got capability issues” (NGO voice).

Work has started to create services that provide a next step between primary and specialist care, which are more diverse and culturally aligned, and use a co-design approach. While increased investment in cultural competency training is being delivered, cultural competency has been raised as an area needing ongoing and careful attention through adequate and appropriate training and understanding that cultural components of a service are not a cultural model.

It is vital that we have a clear picture of the nature and prevalence of mental disorder, distress and addiction in Aotearoa New Zealand

The development of an in-depth epidemiological survey will take time and resources. This will help us to develop preventative approaches, and planning and organising services. In the interim, the Ministry of Health is reviewing datasets already available within the health system and across the social, education and justice sectors.

Understanding how well services and supports are meeting peoples’ needs requires fit-for-purpose, real-time information

Collecting fit-for-purpose, real-time information in primary care requires substantial work. The development of consistent data infrastructures that can be used by a range of contracted services will be important for enabling access to real-time data that is consistent and connected across providers. The Ministry of Health is investing in improved data through the Primary Mental Health Initiatives – working with primary care to access NHI-based reporting of access to services, reasons for service use, visits, reported helpfulness and outcomes. This information will be able to be analysed for different ages, ethnicities, and priority groups. The ability to systematically access this information is still in development, as data was unable to be shared for this report.

Ahakoia ngā kakari ki te whakatika i te tokoiti rawa o ngā raraunga, kīhai te pūnaha e kohikohi i ngā raraunga tōtika mō ngā tātaritanga aroturuki i ngā putanga ratonga (tae atu ki ngā pānga ki te toiora)

E wātea ana ētahi pārongo ki ngā momo rōpū raraunga, i ngā kaiwhakarato me ngā hōtuhi (i ētahi wā). E whakahira ana tēnei i te whai hiranga o te waihanga ātea mō ngā raraunga me ngā pārongo hei tautoko i te ako me te mahi whanake, ka mutu he pai ake i ngā herenga ō mua kāore e aro ki te mahi tahi e panoni ai te pūnaha.

Kua mahia ngā kauneke i runga i te arotake i ngā ture me ngā here tonu pūtea, tae atu ki ngā tikanga whiwhi mahi hei tuku i ngā kaupapa o Tahua 19

E whakamātau ana te Manatū Hauora i ngā huarahi whiwhinga mahi hou e hāngai ana ki ngā hiahia i huaina e ngā kaiwhakarato Māori.

Hei painga mō ngā kaiwhakarao o Te Moananui-a-Kiwa, e whakapau kaha ana te Manatū Hauora kio te whakapai ake i ngā tukanga māhaki, pērā i te tuku i tētahi tuhinga, kiriatia tohutohu hoki, hei tautoko i ngā i te hunga kāore i te mātau, kāore rānei i te mārāma ki ngā tukanga.

Ngā Tūtohunga 13-14: Panonitia te hauora matua

Ngā Tūtohunga a He Ara Oranga	Urupare kāwanatanga	Tātaritanga kauneke
13. Kia mōhio koe, e tautoko ana tēnei Uiui i te aronga ki te wāhanga tiaki matua me te Arotake o te Wāhanga Hauora, Haua Hoki, ā, ka noho hei tūāpapa mō te whanaketanga o ngā urupare ki te hauora me ngā waranga, ā, kei whai wāhi ki ngā ratonga hauora utu māmā.	Whakaaengia	Tē taea te arotake i ngā kauneke i tēnei wā
14. Me whakamana kia aropū ngā rautaki anamata o te hauora matua ki te whakatika i ngā hiahia o te wāhanga hauora hinengaro, waranga hoki, ā-motu, ā-rohe hoki, kia whakahāngai ki te kitenga me te aronga kei roto i te Uiui	Whakaae mātāponotia	Tē taea te arotake i ngā kauneke i tēnei wā tonu

Kāore anō i tirohia e mātou ngā kauneke tūtohunga 13-14 nātemea e tirohia ana e te Kāwanatanga te pūnaha hauora, haua hoki.

E kite nei mātou e hāngai ana ngā kjitenga me ngā mātāpono a He Ara Oranga me te Pūrongo Arotake i te Pūnaha Hauora Haua, he mea whakaputa i te 16 o ngā rā o Pipiri i te tau 2020, pērā i:

- te whakawhenuatanga o ngā mātāpono o Te Tiriti o Waitangi me te mātauranga Māori
- kia renarena ai te taukāea o te pūnaha whānau e hāngai ai ki ngā huarahi hauora hei whakapai ake i te mana taurite.
- kia arohia te toiora o te māmā me te tamaiti hei whakatika i ngā hapa whakareanga ki te Māori (me ētahi atu o ngā rōpū matua)
- kia arohia ngā auaha a te hāpori i ngā kōtuinga matua me ngā tautuhinga hāpori (i tūtohu te Arotake kia hanumia ēnei hei ratonga 'Pae 1'). Ka takea mai ngā putanga hauora Māori ki konei.

Despite previous efforts to address data shortages, the system does not yet collect data suitable for the kinds of analysis needed to monitor service outcomes (and associated impacts on wellbeing)

Some information is available, but is spread across multiple datasets, providers and (often) formats. This highlights the importance of creating a shared space for data and knowledge to support learning and development, over traditional accountability requirements that do not demonstrate a commitment to a collaborative journey to system transformation.

Progress has been made reviewing funding rules and expectations, including procurement practices as part of work to deliver Budget 19 initiatives

The Ministry of Health is trialling new procurement approaches tailored to reflect the preferences articulated by Māori and Pacific providers during consultation in 2019/20. For Māori providers, the Ministry has reduced the administrative burden with a greater focus on kōrero and direct engagement in place of written proposals. For Pacific providers, the Ministry has made efforts to improve the user-friendliness of processes, including by providing a hints and tips document and a video to support providers who are not familiar or confident with the process.

Recommendations 13-14: Transform primary health care

He Ara Oranga Recommendation	Government response	Assessment of progress
13. Note that this Inquiry fully supports the focus on primary care in the Health and Disability Sector Review, seeing it as a critical foundation for the development of mental health and addiction responses and for more accessible and affordable health services.	Accept	Unable to assess progress at this time
14. Agree that future strategies for the primary health care sector have an explicit focus on addressing mental health and addiction needs in primary and community settings, in alignment with the vision and direction set out in this Inquiry.	Accept in principle	Unable to assess progress at this time

We have not assessed progress of recommendations 13-14 given the wider review of the health and disability system currently being considered by Government.

We note there is alignment between the vision and principles of He Ara Oranga and the Health and Disability System Review Report released on the 16 June 2020, including:

- Te Tiriti o Waitangi principles are incorporated and mātaurangi Māori embedded
- a more connected and whānau-centred system based on population health approaches according to need, in ways that improve equity. These include access that is locality based, available through digital means, and enables people to have greater control over their care
- a focus on maternal and child wellbeing to address intergenerational inequities for Māori (and other priority groups)
- a focus on community-led design of networked primary and community settings (the Review recommended combining these into 'Tier 1' services), where the majority of Māori health outcomes will stem from. Responses should be location, culture and people orientated.

Tūtohunga 15: Whakapakaringia te wāhanga RWK

Ngā Tūtohunga a He Ara Oranga	Urupare kāwanatanga	Tātaritanga kauneke
15. Tautohua tētahi tari hei: - tuku i te mahi kaitiaki e pā ana ki te whanaketanga me te orangatonutanga o te wāhanga RWK, tae atu ki ngā ratonga RWK me ngā Kaupapa Māori o te hauora hinengaro me te waranga - ārahina ngā mahi ki te whakapai i te whakamanatanga o ngā ratonga o te hauora me te waranga ki Ngā RWK.	Whakaae mātāponotia	 Whakaaratia

Kei te wāhanga Whakaaratia tēnei tūtohunga; e kitea ana ētahi hua; e kitea ana ētahi o ngā hua engari kāore anō i eke ngā whiriwhiringa kauneke mō tēnei o ngā tūtohunga. I whakahira o mātou i te takawaretanga o Ngā RWK.

E mārama ana te hiahia a te Kāwanatanga ki te whakapai ake i te whakamana a ngā RWK i ngā ratonga hauora, ā, e tautoko ana ngā tari i ngā whanaketanga

Ko te whakamana me te whakarato ētahi hua nui ki te panonitanga. Koiane ngā raru e pā nei ki ngā RWK, tae rawa ki ngā āheitanga, ngā raukaha me te utu taurite. Ko te takune a te Kāwanatanga he whakapai ake i te whakamanatanga o ngā RWK i ngā ratonga hauora. I takina e te Manatū Whakahiato Ora me Oranga Tamariki te hōtaka kōrero tahi ki te wāhanga RWK. I te 3 o Hereturikōkā 2020, i whakaae te Uepū kia whakaputaina te pepa tohutohu hei arataki i ēnei o ngā mahi me te whanaungatanga i waenga i te kāwanatanga me te wāhanga pāpori whānui.³⁸

I whakatikangia te orangatonutanga a ngā RWK mā ngā ratonga Mate Korona:

- Te Pūtea Whakaara Hapori a Te Manatū Whakahiato Ora. E \$27 miriona te uara o tēnei pūtea hei whakaora i ngā ratonga whakahiato ora i te wā o te Mate Korona. Ko tōna \$4.8 miriona i whakataua ki te tautoko i te wairua auaha ki roto ki ngā hapori. Neke atu i te 900 ngā kāhui hapori i whai hua i tēnei ratonga
- Te Pūtea Mana Hapori a te MWO hei whakapiki anō i ngā hapori i te Mate Korona. E \$36 miriona e wātea ana mō te rua tau, atu i te 1 o te marama o Hereturikōkā 2020. Ka tautoko tēnei pūtea i ngā rōpū matua pērā i te Māori, Ngā Iwi o Te Moananui-a-Kiwa me ngā rōpū ahurea, iwi reo maha hoki.

³⁸<https://www.msd.govt.nz/about-msd-and-our-work/publications-resources/planning-strategy/social-sector-commissioning/index.html>

Recommendations 15: Strengthen the NGO sector

He Ara Oranga Recommendation	Government response	Assessment of progress
15. Identify a lead agency to: - provide a stewardship role in relation to the development and sustainability of the NGO sector, including those NGOs and Kaupapa Māori services working in mental health and addiction - take a lead role in improving commissioning of health and social services with NGOs.	Accept in principle	 Activating

This recommendation has been assessed as Whakaaratia; some results are visible, though there was also a lack of consensus for progress against this recommendation. Our interviews highlighted a sense that NGOs are often overlooked, and that NGOs need to be seen as an important part of the sector.

Government's intent to improve NGO commissioning of health services is clear and agencies are committed to better support their development and sustainability

Commissioning and funding is a major lever for change as it underpins many of the issues NGOs experience, especially around capability, capacity, and pay equity. Government's intent to improve NGO commissioning of health services is clear and agencies are committed to better support development and sustainability of NGOs. Oranga Tamariki and MSD have led a work programme involving consultation with the NGO sector on ways to improve commissioning of social services. On 3 August 2020, Cabinet agreed to release a direction setting paper for consultation³⁸ that will guide future commissioning and the relationship between Government and the rest of the social sector.

NGO sustainability was specifically addressed through COVID-related grant funds such as:

- The Ministry of Social Development's (MSD) Community Awareness and Preparedness Grant Fund. \$27 million new funding so essential social services could keep delivering for communities through COVID-19. Up to \$4.8 million was available to support innovative, community-led solutions that support local resilience. More than 900 community groups have benefitted from the fund.
- MSD's Community Capability and Resilience Fund to community groups for initiatives that support the rebuild and recovery from COVID-19. \$36 million is available from 1 August 2020 for two years. Initiatives that support priority groups, which include Māori, Pacific, ethnic migrant communities, and culturally and linguistically diverse (CALD) groups will be targeted.

³⁸<https://www.msd.govt.nz/about-msd-and-our-work/publications-resources/planning-strategy/social-sector-commissioning/index.html>

Ki tā mātou i titiro atu kāore i te taurite ngā whakaurunga a Ngā RWK ki te tukanga

I kī mai ētahi wāhanga o ngā RWK kāore i te arohia ā rātou whakaaro ki ngā tukanga hei whakapai ake i te whakamanatanga o ngā ratonga, ā, ki ētahi o ngā mea iti, e takawaretia ana rātou.

“Kua tauarotia atu mātou e te Manatū ki ngā whakahaerenga auraki whai rawa, whai rauemi hoki, ā, e kī nei rātou kō tā rātou mahi, mō te iwi whānui, Māori mai, me Ngā Iwi o Te Moananui-a-Kiwa” (reo RWK).

Kei konā ngā huarahi kirimana e whai hua ai

I tautokona e te Manatū Hauora me ētahi o ngā tari Ngā RWK hei urupare ki te Mate Korona mā te pīrori aunoa i ngā kirimana me te tuku i ngā tautoko ohaoha ki ngā rōpū aroha. Ahakoa he nui ngā wero o te Mate Korona, i whai hua ai te kitenga o te mahi tahi. Mā te whakamahi i ngā huarahi pēnei ka taunakitia ngā whanaketanga o te wāhanga RWK me te pūnaha hauora hinengaro, waranga hoki.

Ngā Tūtohunga 16-17: Whakakahangia ngā whakatairanga toiora me ngā ārai

Ngā Tūtohunga a He Ara Oranga	Urupare kāwanatanga	Tātaritanga kauneke
16. Waihangatia te aronga mārāma o ngā haepapa toiora pāpori kei roto i te iho Kāwanatanga e tukuna ai ngā rautaki, ngā tohutohu ture me te whakarite i ngā urupare a te Kāwanatanga ki ngā take toiora pāpori, pēnei i: • ruku ki ngā take pāpori e pā nei ki ngā hua o te manakoretanga • he whakapai ake i te whakangaotanga a te Kāwanatanga i ngā kaupapa ārai, whakakaha hoki	Whakaae mātāponotia	 Whakaaaratia
17. Whakahaungia a Te Kawa Mataaho kia tuku i te pūrongo me ngā kōwhiringa huanui e pā ai ki te oranga pāpori pērā i: • tōna āhua me tōna tauwāhi (he tari hou, he wāhanga o tētahi tari mohoa, he whakarerekē i tētahi tari mohoa rānei) • ōna mahi	Kaua e whakaaetia	 Kāore e hāngai ana

Our impression is that NGOs do not have equal input into this process

Some parts of the NGO sector told us they do not have equal input into processes to improve commissioning of social services, with some smaller NGOs and consumer organisations experiencing no improvement and at times feeling excluded.

“The Ministry has pitted us up against mainstream organisations who have more money, more resources to draw on, who sell themselves as serving all people, including Māori and Pacific” (NGO voice).

There are opportunities for flexible contracting to achieve outcomes

The Ministry of Health and other agencies supported NGOs to respond to COVID-19 with flexibility and initiative by automatically rolling over contracts and giving charities access to the Government’s economic support package. The COVID-19 environment while challenging provided some useful insights into what is possible when we are all working towards a shared vision. Continuing to draw on approaches such as these would support the development and sustainability of the NGO sector, and importantly the mental health and wellbeing system.

Recommendations 16-17: Enhance wellbeing, promotion and prevention

He Ara Oranga Recommendation	Government response	Assessment of progress
16. Establish a clear locus of responsibility for social wellbeing within central Government to provide strategic and policy advice and to oversee and coordinate cross-Government responses to social wellbeing, including: - tackling social determinants that impact on multiple outcomes and that lead to inequities within society - enhancing cross-Government investment in prevention and resilience-building activities.	Accept in principle	 Activating
17. Direct the State Services Commission to report back with options for a locus of responsibility for social wellbeing, including: - its form and location (a new social wellbeing agency, a unit within an existing agency or reconfiguring an existing agency) - its functions.	Do not accept	 Not applicable

E whakahau ana He Ara Oranga kia kaha mai tātou ki te huarahi whakakotahi ki ngā whakangaotanga oranga pāpori, whakatairanga, ārai hoki

Ko te mahi a te Poari Toiora Pāpori he poipoi, he rangaranga i te tira ārahi tari e kitea ana i ngā hua mutunga ā-pāpori, ā-oaha hoki.

He nui ngā hōtaka mahi tahi e mahia ana, pērā i:

- te Mahere Kore Kāinga o Aotearoa
- te Rautaki Toiora Tamariki
- te Whare Haumi Pārurenga
- te Mahere Rangatahi 2020-2022, me
- te Mahere Mahi Haua

I whakaatuna i te Tahua 2019 te ū a te Kāwanatanga kia tautokohia te iwi ki te toiora. Hei tauira, kua whakangaotia e te Kāwanatanga:

- te whakamaru whare me te tautoko i te iwi kore kāinga mā te kaupapa Whare Tuatahi
- he whakarato i te whai wāhi atu o ngā tauira kura tuatahi, kura tuarua hoki, ki ngā ratonga haumarua

Mā ēnei kaupapa ka pai ake ngā putanga toiora a te iwi, heoi e kī ana ētahi kāore i tapatahi ngā whakaaro ki te aronga whakangaō.

Ngā Tūtohunga 18-19: Whakahaerengia te whakatairanga hauora hinengaro me ngā ārai

Ngā Tūtohunga a He Ara Oranga	Urupare kāwanatanga	Tātaritanga kauneke
18. Agree that mental health promotion and prevention will be a key area of oversight of the new Mental Health and Wellbeing Commission, including working closely with key agencies and being responsive to community innovation.	Whakaae mātāponotia	 Whakaaratia
19. Direct the new Mental Health and Wellbeing Commission to develop an investment and quality assurance strategy for mental health promotion and prevention, working closely with key agencies.	Whakaae mātāponotia	 Whakaaratia

He Ara Oranga advises that we need a more concerted and organised approach to our investment in social wellbeing, promotion and prevention

The Social Wellbeing Board has a role to foster stronger cross-agency leadership that spans across all social and economic determinants.

There are significant cross-agency programmes of work underway, including:

- the Aotearoa/New Zealand Homelessness Action Plan
- Child Youth Wellbeing Strategy
- the Joint Venture for Family Violence and Sexual Violence
- Youth Plan 2020-2022, and
- the Disability Employment Action Plan.

The Wellbeing Budget 2019 showed the Government's commitment to giving more people support to enjoy wellbeing. For example, Government invested in:

- housing and supporting people who are experiencing homelessness and multiple, high, complex needs via the Housing First initiative
- funding greater access for primary and secondary students to guidance counsellors and counselling support services.

Individual initiatives like these are likely to improve wellbeing outcomes, however feedback suggests there does not feel like there was a common goal for investment.

Recommendations 18-19: Facilitate mental health promotion and prevention

He Ara Oranga Recommendation	Government response	Assessment of progress
18. Agree that mental health promotion and prevention will be a key area of oversight of the new Mental Health and Wellbeing Commission, including working closely with key agencies and being responsive to community innovation.	Accept in principle	 Activating
19. Direct the new Mental Health and Wellbeing Commission to develop an investment and quality assurance strategy for mental health promotion and prevention, working closely with key agencies.	Accept in principle	 Activating

Ngā whakangaotanga kia rahi ake ngā whai wāhitanga me ngā kōwhiringa ki ngā kaupapa whakatairanga hauora, ngā ārai me ngā aukati tōmua

Ko te Manatū Hauora te kaiarataki mō tēnei wāhanga, ā, e mahi tahi ana ki ngā tari matua kia wawe whakautu ki ngā auahatanga a te hapori. Ko ētahi o ngā whakangaotanga o mohoa he whakatauranga, he ārai, he aukati hoki.

Kīhai te kāwanatanga i whakaae kia whitikina ngā haepapa whakatau a ētahi peka o te pūnaha ki te Komihana

Kīhai te Kāwanatanga i whakaae ki te whakawhiti i ngā haepapa whakatau (mō te hanga rautaki, te hanga ratonga, te whakature, te whakangungu kaimahi, ngā whakarato) a ētahi atu peka o te pūnaha ki te Komihana. Heoi, mā te Komihana kē e arotake, e pūrongo hoki i ngā huarahi whakatairanga hauora hinengaro, ngā mahi whakarato, mahi whakangao, me te tuku tūtohunga mō ētahi whakapainga.

Ngā Tūtohunga 20-22: Ko te iwi ki te iho o te whakaaro

Ngā Tūtohunga a He Ara Oranga	Urupare kāwanatanga	Tātaritanga kauneke
20. Whakahaungia Ngā PHR kia tuku pūrongo ki te Manatū Hauora mō te whai wāhi o te iwi whai wheako ki ngā rōpū tohutohu kaihoko o roto i ngā whakahaerenga o te hauora hinengaro me te waranga, ngā whakamahere, ngā ture me ngā whakataunga whanake ratonga.		 Whanaketanga
21. Whakahaungia te Manatū Hauora kia mahi me te Hunga Whai Wheako, te Komihana o te Hauora Kouna me Ngā PHR ki te whiriwhiri i te whakapakaritanga o te reo kaihoko ki Ngā PHR, ngā tiakitanga matua me Ngā RWK.	Whakaaetia	 Whakaaratia
22. Whakahaungia te Toihau o Ngā Take Hauora, Haua, kia whakaterehia ngā momo kaupapa hei whakatairanga i te Uhingaro Ratonga Hauora mō Ngā Mōtika Kaihoko ki ngā kaiwhakarato, e mataara ai rātou ki ō rātou mōtika kaihoko e pā nei ki ngā ratonga hauora hinengaro, waranga hoki.	Whakaae mātāponotia	 Whakaaratia

Mā te whakanoho i te tangata ki waenganui ka tīmata te whai hononga, me te mahi tahi.

“...tēnā ki te pono koe ki te whānau me te ui atu ‘He aha te āhua o whānau ora ki a koe? ...he aha tērā ki a koe?’ Ka hua mai ngā tini whakautu.” (reo o RWK).

Investment to build access and choice includes a number of initiatives that involve promotion, prevention and early intervention

The Ministry of Health is the Government lead for mental health promotion and prevention, and is working with key agencies and seeking to be responsive to community innovation. To date, the access and choice investment includes a number of initiatives that involve promotion, prevention, and early intervention. Agencies are working collaboratively to build on their health promotion work programmes and the accelerated promotion and prevention initiatives that were fast tracked through the COVID-19 response.

The Government did not accept the transfer of decision-making responsibilities from other parts of the system to the Commission

The Government did not accept the transfer of decision-making responsibilities (including for strategy and policy development, service design and delivery, regulation and enforcement, workforce development, funding etc.) from other parts of the system to the Commission. Instead, the Commission will assess and report on the adequacy of approaches to mental health promotion and prevention, including funding and investment, and make recommendations for improvement.

Recommendations 20-22: Place people at the centre

He Ara Oranga Recommendation	Government response	Assessment of progress
20. Direct DHBs to report to the Ministry of Health on how they are including people with lived experience and consumer advisory groups in mental health and addiction governance, planning, policy and service development decisions.	Accept in principle	 Developing
21. Direct the Ministry of Health to work with people with lived experience, the Health Quality and Safety Commission and DHBs on how the consumer voice and role can be strengthened in DHBs, primary care and NGOs, including through the development of national resources, guidance and support, and accountability requirements.	Accept	 Activating
22. Direct the Health and Disability Commissioner to undertake specific initiatives to promote respect for and observance of the Code of Health and Disability Services Consumers' Rights by providers, and awareness of their rights on the part of consumers, in relation to mental health and addiction services.	Accept in principle	 Activating

Placing people at the centre starts with people being partners in their care and having an agreed plan.

“...when you actually just invest, place your faith in the families and say ‘What is it that whānau ora looks like to you? ...what does it mean for you?’ You’ll always get an abundance of responses.” (NGO voice).

Whakakahangia ngā hononga ki te tangata mātau ā-wheako me te whānau i roto i te tuku tiakitanga

Ahakoia kua whakaterahia ngā mahi ki te whakapakari i ngā tātanga mātau ā-wheako me ngā hononga tiakitanga whānau, he nui tonu ngā mahi hei patu i ngā haurerea o te reo whai wheako me te reo rata. I te tau 2018-19, e 76% o ngā tātanga mātau ā-wheako me ngā whānau i kī i whai āhuru rātou i tōe rātou tiakitanga, ā, e 75% i mea mai he mahere³⁹ tā rātou i arotakengia.

E whakamana ana te Kāwanatanga i te uara o ngā whakahau a te kaihoko, ā, kua ū ki te reo whai wheako

Ko tētahi mea me kaha ki te whakautu i ngā tāwewē hei tūāhua nui o te panoni pūnaha.

Kua rongo mātou i ngā wero mō te āhua o te tūnga tohutohu kaihoko e pā ai ki ngā ratonga e whakanui ana i Te Tiriti o Waitangi me ngā hononga pūmau ki te Māori, ā, e kite nei mātou i he tokoiti rawa ngā tūranga tohutohu kaihoko o te motu e whai wheako ana ki ngā mātauranga tangata mātau ā-wheako.

E kauneke ana ētahi o Ngā PHR e pā ana ki ngā tūranga tohutohu

Kei roto i ngā ratonga mātanga hinengaro a ngā PHR ngā tūranga tohutohu mārama, me ētahi anō tikanga pērā i ngā kaunihera kaihoko me ngā rōpū pānga, ki te kimi i ngā whakaaro a ngā kaihoko. Heoi kua tāmia te whakatinana i ngā whakaarotanga nā te moroiti o te pūtea ki ngā whakawhānuitanga i ngā whakaurunga a te hunga kaihoko, kaitohu whānau hoki. He iti rawa hoki ngā pāhekoheko ki te hunga kaihoko mō ā rātou tūmomo mōhiotanga.

Kua waihangatia e te Manatū Hauora tōna kapa whai wheako ki te Tari Tohutohu Take Hauora Hinengaro, Waranga Hoki

Mai i te whakaputanga o He Ara Oranga, kua waihangatia e te Manatū Hauora te Tari Tohutohu – he hunga e ahu mai ana i ngā momo wheako, ka mutu he tuatahi tēnei mō ēnei momo tātanga ki roto i te Manatū, ā, he tohutohu, he whaiwhai i ngā kōrero hapori tā rātou mahi. Ko te arotau a te Manatū Hauora, i roto i te Mahere Ārahi PHR 2019/20 me 2020/21, me tūhono tahi Nga PHR ki te Māori me te marea whai wheako hei whakaatu i te ū ki te hiki ake i te Hunga Whai Wheako me ngā whānau ki ngā tūnga mahi. I tōwaitia tēnei ūnga i te Reta Arotau a te Manatū Hauora ki Ngā PHR i te tau 2020/21.

Ahakoia he tukanga kei te Manatū Hauora me Ngā PHR, ko te āhua nei kua iti ake ngā tikanga hei tautoko i te Hunga Whai Wheako kia whakauru kōrero mō ngā ratonga RWK, WHM hoki

Tikanga whakahaere kia mārama te āhua o ngā mahi tohutohu kaihoko i roto i ngā ratonga mātanga hauora hinengaro a ngā PHR, engari anō i ngā ratonga waranga me ngā tikanga pēnei i ngā kaunihera kaihoko me ngā rōpū pānga. He itiiti rawa te whakauru kōrero whai wheako ki ngā ratonga RWK, WHM hoki. Nā te kaha o te aro ki ngā taumata tiaki hauora hinengaro o te hapori me te wāhanga matua, me whakapiki rawatia ngā tikanga me ngā mahi Hunga Whai Wheako me ngā aratakitanga ki ēnei wāhanga.

E tohu ana ngā kōrero whai wheako mō ngā nganana kia hanga tahi i ngā ratonga matua, me kaha tautoko ngā ratonga o ngā WHM, ngā RWK me ngā PHR, me whai tohutohu, tukanga rānei e mārama ake ai ki te uara o te kōrero whai wheako. Me whai kia mana ēnei kōrero (tae atu ki te whakarato atu).

³⁹Monitoring and Advocacy Report of the Mental Health Commissioner 2020, p.133

Strengthen partnership with tangata Mātau ā-wheako and whānau in the delivery of care

While some work is underway to strengthen tangata Mātau ā-wheako and whānau partnership in care, there is more to be done to overcome the ingrained power imbalance between Lived Experience and medical voice. In 2018/19, 76% of tangata Mātau ā-wheako and whānau reported they felt involved in their care, and 75% had a plan that was reviewed regularly.³⁹ There is also important work underway by Southern DHB in partnership with a research team to make better use of advance directives to support clinicians to work with tangata Mātau ā-wheako preferences to the maximum extent possible, including those who are subject to compulsory treatment.

Government acknowledges the value of Lived Experience/ consumer input and advice, and has committed to strengthening the Lived Experience voice

Addressing inconsistencies and providing more clarity around the role for Lived Experience input has been identified as an important aspect of system transformation.

We have heard people question what consumer advisory roles should look like in the context of services honouring Te Tiriti o Waitangi and genuine partnership with Māori, and we note that there are limited consumer advisory roles around the country requiring the joint lived experience and cultural knowledge of tangata Mātau ā-wheako. Further conversations nationally around a Te Tiriti approach to Lived Experience/consumer advisory input are needed.

Some DHBs are making progress reflecting on their current consumer advisory roles and mechanisms

There are clear consumer advisory roles within DHB specialist mental health services, and other mechanisms like consumer councils and reference groups to seek views of consumers. However, implementation of suggestions is constrained by a lack of funding for expansion of consumer or family advisory input, and the ways in which consumers are engaged and recognised for their expertise varies widely across the country.

The Ministry of Health has established its own Lived Experience team within the Mental Health and Addiction Directorate

Since the publication of He Ara Oranga, the Ministry of Health has established its own Lived Experience team within the Mental Health and Addiction Directorate – the first Lived Experience roles of this kind within the Ministry, who are providing advisory input internally and engaging with communities for wider input. The Ministry of Health signalled the expectation through the 2019/20 and 2020/21 DHB Annual Plan Guidance that DHBs engage and work in partnership with Māori and people with lived experience and demonstrate a commitment to supporting and employing Lived Experience and whānau roles. This expectation was reinforced in the Minister of Health's 2020/21 Letter of Expectations to DHBs.

While the Ministry of Health and DHBs have systems and processes in place, there appear to be fewer mechanisms to support Lived Experience input into NGO and PHO services

Mechanisms for Lived Experience input into NGO and PHO services are less evident. With increased emphasis on community and primary level mental health care, developing strong mechanisms and dedicated roles for Lived Experience input and leadership in these areas of the system is crucial.

Lived Experience feedback regarding recent attempts to co-design new primary-level services indicate that PHO, NGO and DHB services may require much greater support, guidance and/or accountability processes to understand the value of Lived Experience input, and to ensure that this input is enabled (including funding this expertise), genuinely engaged with, and has an impact.

³⁹Monitoring and Advocacy Report of the Mental Health Commissioner 2020, p.133

“I roto i te whakahaerenga whai wheako, e tonoa ana mātou ki te tuku tohutohu atu, ki te whakakao i ngā reo karanga, me te tuku ārahi ki ngā take me ngā rōpū huhua i runga anō i te kore utu, i te “kongakonga” noa iho rānei. Ka ‘whakamihia’ mātou, engari he toenga kirimana noa iho ki te tauritea ki ngā mano haora i whakapaua e mātou i runga i te aroha” (RWK, reo whai wheako).

E tautokona ana ngā tūranga tohutohu kaihoko e ngā tikanga whakahaere whānui, e rangona ai te reo o ngā kaihoko

He mea nui ngā whakahoki kōrero a te Hunga Whai Wheako me ngā whānau ki te whakapai ake i ngā ratonga. E taituaratia ana ngā tūranga tohutohu i ngā tikanga whānui pērā i ngā tatauranga aropū ā-motu e pā ana ki te whai wheako o ngā ratonga. Ko ētahi tauira o ngā tatauranga kaihoko:

- Ko Mārama Real-Time Feedback,⁴⁰ he tatauranga kaihoko e whakahoki kōrero ai ngā tāngata whai wheako me ngā whānau mō ngā ratonga ki ngā wāhanga o te hauora hinengaro me te waranga o ngā PHR me ngā RWK.
- Ko Ngā Poutama: Ngā kaihoko me ngā whānau,⁴¹ he tatauranga ā-motu e pā ana ki ngā wheako whakamahi i ngā ratonga o te hauora hinengaro me te waranga.

Ahakoa he whakahirahira ngā tatauranga kaihoko, kia kaua ērā e whakakapi i te kakenga o te Hunga Whai Wheako ki ngā tūnga teitei. He mea nui kia whai wāhi te hunga o ngā rōpū matua ki te tēpu whiriwhiri.

E kaha ana te kitea o te Hunga Whai Wheako ki ngā mahi puta noa i te pūnaha, heoi he uaua mā ētahi o ēnei hunga kia whai ngako i roto i te whakahaerenga mātauranga rata. E ai ki te Kāwanatanga he huarahi whakahirahira te whakarauemi i ngā mahi whai wheako hei whakaihonui, hei whakapakari i te reo o te kaihoko.⁴²

E whakahiratia ana e te Toihau Hauora, Haua, kia aropū tātou ki te waehe hauora o ngā mōtika kaihoko, nātemea ka hāngai tēnei ki te iwi e whakamahi ana i ngā ratonga oranga hinengaro, waranga hoki

E haere tonu ana ngā hui me ngā whakamahere kia kauneke tonu – pērā i ngā hui e pā ana ki te waehe, ngā te whai tohutohu i te taupori me ngā whakahaerenga, te whai tohutohu i te Hunga Whai Wheako, ngā whānau, me te hunga kaimahi.



⁴⁰<https://www.tepou.co.nz/outcomes-and-information/real-time-feedback/259>

⁴¹<https://www.hqsc.govt.nz/our-programmes/mental-health-and-addiction-quality-improvement/projects/survey-of-mental-health-and-addiction-consumers-family-and-whanau/>

⁴²https://www.health.govt.nz/system/files/documents/information-release/cbc_response.pdf

“As a Lived Experience organisation, we are being constantly asked to provide consultation, collect and collate voices, and provide advice on dozens of projects and working groups and yet are never paid for this, or at most paid unsustainable “meeting fees”. When raised we are ‘thanked’, but our contracts never reflect the thousands of hours we volunteer” (NGO, Lived Experience voice).

Consumer advisory roles are supported by broader mechanisms for consumer voices to be heard

Feedback from tangata mātau ā-wheako and whānau is a critical component of service improvement. Consumer advisory roles are supported by broader mechanisms, such as focussed and national level surveys on how services are experienced. Key examples of consumer surveys included:

- Mārama Real-Time Feedback⁴⁰ is a consumer experience survey for tangata Mātau ā-wheako and whānau to provide feedback on the services they receive in the DHB and NGO mental health and addiction sector.
- Ngā Poutama: Consumer, family and whānau⁴¹ was a national survey about the experience of using mental health and addiction services.

While consumer surveys are an important aspect of service improvement, they should not be a substitute for having people with lived experience in decision-making roles in higher positions of power. This is needed for people from priority groups to be able to make a meaningful impact.

People with lived experience are holding more roles across the system, yet some people in these roles describe difficulty in driving change as individuals within an organisation that mainly values traditional clinical-based knowledge and experience. Government has described how the resourcing of Lived Experience roles is an important way to address national inconsistencies in strengthening consumer voice.⁴²

The Health and Disability Commissioner (HDC) is bringing focused attention to the code of health and disability consumers’ rights as this applies to people using mental health and addiction services

Discussion and planning is taking place to ensure progress - such as engaging and supporting different groups on educating on the code, seeking advice from population groups and organisations, including seeking advice from tangata Mātau ā-wheako, whānau and people working in the sector on what is working and ways to improve.

⁴⁰<https://www.tepou.co.nz/outcomes-and-information/real-time-feedback/259>

⁴¹<https://www.hqsc.govt.nz/our-programmes/mental-health-and-addiction-quality-improvement/projects/survey-of-mental-health-and-addiction-consumers-family-and-whanau/>

⁴²https://www.health.govt.nz/system/files/documents/information-release/cbc_response.pdf

Ngā Tūtohunga 23-24: Tautokohia ngā whānau ki te tiaki i ō rātou ake whānau

Ngā Tūtohunga a He Ara Oranga	Urupare kāwanatanga	Tātaritanga kauneke
23. Whakahaungia te Manatū Hauora kia ārahina ngā whanaketanga me ngā kōrerorero mō ngā ārahitanga whakamohoa hei tiritahi i ngā pārongo ki ngā whānau	Whakaaetia	 Whanaketanga
24. Whakahaungia te Manatū Hauora kia whakanoho i te hanumitanga o te ārahitanga whakamohoa me te hononga ārahi ki: • ngā whakangungu kaimahi oranga hinengaro • ngā kirimana, ngā paerewa, ngā tautuhi, ngā aratohu, ngā tukanga kouna me ngā ritenga whai pānga.	Whakaaetia	 Whakaaratia

Ko tā te aronga a te Manatū Hauora i mua he whakapakari i ngā tohutohu mō ngā whai wāhi o te whānau ki ngā hohenga e pā ana ki te Ture Oranga Hinengaro (Aromatawai, Rongoa Whakature) 1992

I whakaputaina ngā Aratohu Ture Oranga Hinengaro⁴³ i te Mahuru i te tau 2020, ā, ka hāngai ki te whai wāhi o te whānau.

Me aropū ngā tohutohu hou ki te takahuri i te paheketanga o te whai wāhi o te whānau ki ngā whakaoranga o tō rātou anō whānau

Kua pā mai ētahi panoni, engari e ai ki ngā whānau, e takawaretia ana rātou, ā, he putuputu noa te whakapā ki a rātou mō te hanga i ngā ratonga me ngā huarahi hou.

“Kei te whaitua rā anō o te raina ngā whānau, ka warewaretia rātou i roto i ngā kōrerorero” (reo RWK).

Me riro mā te tirohanga a ngā whānau Māori me ērā o Te Moananui-a-Kiwa hei whakamōhio atu ki ngā whanaketanga pūnaha, ā, me whakawhiti kōrero kouna ki ngā iwi katoa, tae rawa ki te Māori, i te mea ko ia te tangata whenua.

Kua taka te ōrau o ngā whānau e rongorongo ana kei te whai reo rātou i roto i ngā whakatau tiaki whānau mai i te 80 ōrau i te tau 2016-17 ki te 75 ōrau i te tau 2018/19.⁴⁴ Ko ētahi o ngā amuamu ki te Toihau Hauora, Haua, kāore e kitea ana te Hunga Whai Wheako me ngā whānau ki ngā mahere whakaora.⁴⁵

⁴³<https://www.health.govt.nz/publication/guidelines-mental-health-compulsory-assessment-and-treatment-act-1992>

⁴⁴Te Pūrongo Aroturuki a te Toihau Hauora Hinengaro 2020, wh.133

⁴⁵Te Pūrongo Aroturuki a te Toihau Hauora Hinengaro 2020, wh.65

Recommendations 23-24: Support families and whānau to be active participants in the care and treatment of their family member

He Ara Oranga Recommendation	Government response	Assessment of progress
23. Direct the Ministry of Health to lead the development and communication of consolidated and updated guidance on sharing information and partnering with families and whānau.	Accept	 Developing
24. Direct the Ministry of Health to ensure the updated information-sharing and partnering guidance is integrated into: • training across the mental health and addiction workforce • all relevant contracts, standards, specifications, guidelines, quality improvement processes and accountability arrangements	Accept	 Activating

The Ministry of Health's initial focus has been on strengthening guidance on family and whānau involvement in activity relating to the Mental Health (Compulsory Assessment and Treatment) Act 1992

Updated Mental Health Act Guidelines⁴³ were published in September 2020 and have a focus on family and whānau involvement. The Guidelines have a broadened section that discusses section 7A of the Mental Health Act concerning family/whānau consultation.

The new guidelines will need to turn around a trend of decreasing family and whānau involvement in the treatment of family

Feedback told us there has been some shift, but whānau feel like an afterthought in their family members' care and have not been consistently involved in the co-design of new services and approaches.

“Family and whānau are at the very end and the most forgotten, left out of the conversation” (NGO voice).

Family and whānau perspectives of Māori and Pacific peoples need to inform system-level developments and consideration needs to be given to quality and credible engagement with all groups, especially Māori as tangata whenua. This issue has been identified as a priority by all DHBs through the national Key Performance Indicator Programme.

The percentage of whānau that report they feel involved in decisions about the care of their family member has dropped from 80% in 2016/17 to 75% in 2018/19.⁴⁴ Inadequate involvement of tangata mātau ā-wheako and whānau in treatment plans continues to feature in complaints to the HDC.⁴⁵

⁴³<https://www.health.govt.nz/publication/guidelines-mental-health-compulsory-assessment-and-treatment-act-1992>

⁴⁴Monitoring and Advocacy Report of the Mental Health Commissioner 2020, p.133

⁴⁵Monitoring and Advocacy Report of the Mental Health Commissioner 2020, p.65

E whakahou ana te Manatū Hauora i Ngā Paerewa Ratonga Hauora, Haua, kia whakaurungia ngā tohutohu hou mō te tuari me te whai hononga ki ngā whānau

E taki hui ana te Manatu Hauora e pā ana ki Ngā Paerewa Hauora, Haua. Ka whakaurua ki ēnei paerewa ko ngā tohutohu hou mō te tuari kōrero me te whai hononga ki ngā whānau. Ko te takune kia noho ēnei hei whakamārama atu i ngā kirimana me ngā tautuhi a ngā ratonga o te inamata me te anamata. E whakapau kaha ana te Manatū ki te whakawhiti whakaaro ki ngā hiahia a te hunga mahi.

Ahakoia te takune a te Manatū kia whanakehia ngā hōtaka hei whakamōhio i ngā whānau ki ngā ratonga mātanga rata, he iti noa iho ngā mahi ki te whakangungu i te hunga mahi oranga hinengaro

Tērā te aroā he iwikore ngā mahi whakangungu i te hunga mahi oranga hinengaro, i te mahara kē ki te whakatūnga o ngā mātanga hauora i ngā RHHW ki ngā wāhi RW.

Tūtohunga 25: Tautokohia te toiora o te whānau

Ngā Tūtohunga a He Ara Oranga	Urupare kāwanatanga	Tātaritanga kauneke
25. Whakahaungia te Manatū Hauora, me ōna haumi a Te Tāhūhū o te Mātauranga, a Te Puni Kōkiri me te Tari Whakahiato Ora ki te: - arataki i te arotake o ngā tautoko ki ngā whānau a te hunga e hia āwhina ana i te mate hinengaro me ngā waranga - kia tuku pūrongo ki te Kāwanatanga hei whakakī i ngā āputa kei roto i te arotake ā kia tautokohia te whai wāhi, te utu māmā me ngā kōwhiringa maha mō ngā whānau.	Whakaae mātāponotia	 Te Kāmano

I tohutohu mai te kāwanatanga kia āta tirohia tēnei tūtohunga mō te pae tawhiti o ngā mahere panoni

Tērā ētahi taunaki o ngā panoni iti e pā ana ki ngā whai wāhitanga atu, engari kei te pae o Te Kāmano noa iho ngā panonitanga pūnaha. E mahi motuhake mai ana ngā tari pēnei i te Manatū Hauora me te MWO. Kīhai ngā taunaki i whakaatu mai mēnā he pai tonu te mahi motuhake, me te aronga o te hunga e tautokona ana e ēnei tari hei whakapai i ngā putanga.

The Ministry of Health is updating the Health and Disability Service Standards to include updated guidance on information sharing and partnering with whānau

The Ministry of Health is currently consulting on the Health and Disability Service Standards. These standards will include updated guidance on information sharing and partnering with whānau and are intended to inform existing and future service contracts and specifications. The Ministry is also undertaking sector consultation to understand workforce requirements.

While the Ministry of Health has stated its intent to develop programmes for information sharing with families for clinical staff in specialist services, there has been limited action in terms of training across the mental health and addiction workforce

There is a perception that there has been limited action in terms of training across the mental health and addiction workforce, with most efforts focused on the establishment of health improvement practitioners and health coach roles in the IPMHAS at GP sites.

Recommendation 25: Support the wellbeing of families and whānau

He Ara Oranga Recommendation	Government response	Assessment of progress
25. Direct the Ministry of Health, working with other agencies, including the Ministry of Education, Te Puni Kōkiri and the Ministry of Social Development, to: • lead a review of the support provided to families and whānau of people with mental health and addiction needs and where gaps exist • report to the Government with firm proposals to fill any gaps identified in the review with supports that enhance access, affordability and options for families and whānau	Accept in principle	 Potential

Government advised this recommendation is to be considered in the context of longer-term transformation planning

There is some evidence of localised change regarding inclusiveness and accessibility, but change at a Government or system level is assessed as Te Kākano. Agencies, such as the Ministry of Health and MSD, continue to work on their own specific initiatives. Evidence did not indicate whether consideration is given to how individual work collectively achieves goals and how each approach is experienced by the people agencies collectively support to improve outcomes.

There is a community and sector-wide concern for families and whānau that little additional support will be available, despite funding announcements, as a result.

Kīhai te hunga kōrero i whai kupu ki tēnei o ngā tūtohunga – heoi i kōrerotia te toiora

Ko ngā kaupapa i whakaarahia ko te whakakaha anō i te mana ki te whānau whānui

“He uaua. Nātemea he rawe kē te whānau. Ko te hiahia hoki kia toi te ora roa. Engari kua kaha rawa ināiane te rongo atu i ngā pānga hē, ka titi tērā ki te hinengaro. Anō nei ka pōhēhē koinā anake tāu e pahawa ai. Nā reira ka meatia koe kia hinga” (reo RWK).

Ngā Tūtohunga 26-29: Kia kaha te nanati i ngā take waipiro, pūroi hoki

E whakaaro tonutia ana ēnei tūtohunga i te aro kē a te Kāwanatanga ki ērā o ngā tūtohunga.

Ngā Tūtohunga a He Ara Oranga	Urupare kāwanatanga	Tātaritanga kauneke
26. Kia taikaha tonu ngā ture mō te hoko waipiro e ai rā ki te arotake a te Komihana Ture, me te Hui Minita mō ngā Pānuitanga Waipiro me te pūrongo a te Tāhū o te Ture i te tau 2014 mō ngā utu waipiro.	Me whai whakaaro tonu	 Te Kāhono
27. Whakakapingia ngā taihara mau pūroi ki ngā urupare ōkawa (hei tauira, he whaina, he tonotanga ki te hui pūroi a tētahi whakahaerenga hauora, he tonotanga rānei ki te hōtaka whakaora	Me whai whakaaro tonu	 Whanaketanga
28. Tautokohia te whakakapinga o ngā taihara mau pūroi ki ngā whakaoranga me ngā ratonga horoi whēkau.	Me whai whakaaro tonu	 Te Kāhono
29. Waihangahia ngā aratakitanga me ngā whakahaerenga ngātahi puta noa i te Kāwanatanga mo te waipiro me ngā pūroi.	Whakaaetia	 Te Kāhono

People we spoke to didn't specifically respond to this recommendation – however, the notion of wellbeing was discussed

The key themes raised were initiatives need to be strengths-based and mana-enhancing, building resilience, inclusive of the whole whānau.

“It’s frustrating. Because our whānau are awesome. They want to live long, healthy, happy lives just as much as anybody else. But I think we’ve got to the stage now where we hear those negative impacts so much that it’s almost a very deep-seated brain washing, well that’s all I’m going to amount to. So you know. You’re set up for failure” (NGO voice).

Recommendations 26-29: Take strong action on alcohol and other drugs

These recommendations are largely under consideration, as Government has prioritised action on other recommendations.

He Ara Oranga Recommendation	Government response	Assessment of progress
26. Take a stricter regulatory approach to the sale and supply of alcohol, informed by the recommendations from the 2010 Law Commission review, the 2014 Ministerial Forum on Alcohol Advertising and Sponsorship and the 2014 Ministry of Justice report on alcohol pricing.	Further consideration needed	 Potential
27. Replace criminal sanctions for the possession for personal use of controlled drugs with civil responses (for example, a fine, a referral to a drug awareness session run by a public health body or a referral to a drug treatment programme).	Further consideration needed	 Developing
28. Support the replacement of criminal sanctions for the possession for personal use of controlled drugs with a full range of treatment and detox services.	Further consideration needed	 Potential
29. Establish clear cross-sector leadership and coordination within central Government for policy in relation to alcohol and other drugs.	Accept	 Potential

He nui ngā pouritanga ki te pōturi o ngā kauneke mō te Ture Hoko Waipiro 2012, he wāhanga kua neke atu i te 10 tau te roa e iwikore ana

I roto i te urupare a te kāwanatanga ki a He Ara Oranga, i whakaae te Kāwanatanga ki te takune ki te whakaheke i ngā tūkino o te waipiro me ngā pūroi. Heoi i taua wā me āta tiroiro anō ki tēnei hei. tūāpapa mō ngā mahi. Ko ētahi o ngā mahi nei he neke ki ngā huarahi hauora me te tautoko i te Pirihimana ki te whakatutuki i ēnei mahi.

Mā roto mai i a He Ara Oranga ka karanga te iwi ki te whakaheke i ngā taihara mō te mau pūroi me te whakapiki i ngā huarahi hauora ki te waipiro me te pūroi

E whakaae tahi ana te pūrongo a te Komihana Ture. i te tau 2010 a Alcohol in Our Lives: Curbing the Harm me te World Health Organisation's SAFER Framework for Preventing and Reducing Alcohol Related Harms, me taikaha ake ngā ture waipiro hei ārai i ngā kino ki te Māori. Ko te huarahi pai mō te taha ki te utu he whakaheke i te wātea me te uara o te waipiro, pērā anō ki te pūroi. I te tau 2018 e ai ki ngā whakatau tata a te Ohanga Rangahau kei te takiwā o te \$7.85 piriona te utu o ngā hua kino o te waipiro i ia tau ki Aotearoa nei.⁴⁶

Ahakoia kei konā ngā whakangaotanga hei whakapiki i ngā ratonga, kāore anō i panonitia, ā, e puhake ana te raukaha

Kua whakataua te \$69 miriona hei tautoko i te whakarauora waranga⁴⁷

- e \$44 miriona ki ngā ratonga o te waipiro me te pūroi
- e \$14 miriona ki te whakaniko i ngā urupare waranga me te whakawhānui i ngā momo tautoko e wātea ana ki te 5,000 tāngata e pāngia ana e te WMP i ia tau.
- \$7 miriona hei whakapiki i ngā tautoko ki ngā mātua e mate waranga ana mā te whakawhānui i te Ratonga mō Ngā Hapūtanga me Ngā Mātua ki ngā ratonga e rua
- \$4 miriona mō te hōtaka i te Tai Tokerau hei whakaheke i ngā tūkino o te pī. E 751 ngā tāngata i āwhinatia e Te Ara Oranga i te tau 2019. Ā, nō te Hereturikōkā i te tau 2020, e 341 ngā tāngata me ngā whānau i tautokohia
- Ngā ratonga tautoko hou ki ngā rohe pēnei i a Taranaki, a Te Tairāwhiti, a Waiairiki, a Waikato, a Te Moana-a-Toi me Te Waipounamu.

I puta anō ngā karanga mō ngā wāhi haumaruru mō te hunga e pāngia ana e ngā mate o te waipiro me te pūroi nā te iwikore o ngā tari whawhati tata ki te whakamaru i ēnei tū mate.⁴⁸

⁴⁶ I horaina e Ganesh Nana, Kaihoaaha Matua, BERL i te 15 o Hereturikōkā 2018 ki te Pūtahi Rangahau o SHORE & Whariki ki te hui Mā Wai e Utu i Ngā Tūkino o te Waipiro

⁴⁷ <https://www.beehive.govt.nz/release/specialist-alcohol-and-drug-addiction-services-strengthened-across-new-zealand>

⁴⁸ Voices of Hope ngā tuhinga karere matua

There was widespread disappointment about the lack of progress related to the Sale and Supply of Alcohol Act 2012, an area that has lacked political will for change for more than a decade

In the Government's response to He Ara Oranga, it was noted that Government agrees with the intent of reducing harm from alcohol and other drugs. However, at the time further consideration was needed as how best to give effect to this, building on work underway. This work includes the shift to a health-based approach and supporting police discretion in prosecution for possession for personal use, to increasing funding for drug and alcohol responses.

Through He Ara Oranga, people called for reducing criminal sanctions for personal drug possession and increasing health-based approaches to alcohol and other drug related harm

The 2010 Law Commission report Alcohol in Our Lives: Curbing the Harm and the World Health Organisation's SAFER Framework for Preventing and Reducing Alcohol Related Harms both agree stricter regulation of alcohol is necessary to prevent and reduce harm, especially for Māori. The most cost-effective measures to prevent and reduce alcohol harm are reducing the availability, affordability and promotion of alcohol, as was done with tobacco. In 2018 economists at Business and Economic Research (BERL) estimated harmful alcohol use cost New Zealand \$7.85 billion annually.⁴⁶

While there is further investment to increase services, demand is unchanged and remains above capacity

\$69 million has been allocated to support the addiction treatment sector⁴⁷

- \$44 million to existing alcohol and other drugs services and continuing care health services to help people maintain their recovery after treatment
- \$14 million to enhance primary addiction responses and expand the range of support available to approximately 5,000 people with mild to moderate AOD issues each year
- \$7 million to increase intensive parenting support for those who have addiction issues through expanding the Pregnancy and Parenting Service to two new sites
- \$4 million to continue the methamphetamine harm reduction programme in Northland. Te Ara Oranga supported 751 people and whānau in 2019. As at August 2020, 341 people and whānau have been supported in 2020.
- New peer-led addiction services in a range of districts, including Taranaki, Tairāwhiti, Lakes, Waikato, Bay of Plenty and the South Island are being delivered.

There was a call for places of safety to take people with alcohol and drug related mental distress somewhere other than hospital emergency departments which are poorly equipped to meet people's mental health needs.⁴⁸

⁴⁶Presented by Ganesh Nana, Principal Economist, BERL on 15 August 2018 to the SHORE & Whariki Research Centre and Alcohol Action conference Who Should Pay for All the Harm From Alcohol

⁴⁷<https://www.beehive.govt.nz/release/specialist-alcohol-and-drug-addiction-services-strengthened-across-new-zealand>

⁴⁸Voices of Hope key message document

I runga i te whakatinana haere a te Manatū Hauora i ngā whakangaotanga ki ngā ratonga WMP ka kite tātou i ngā kauneke pērā i te mahi tahi ki te wāhanga WMP hei whakawhanake i ngā ārahitanga ā-motu o te tauira tiaki a ngā ratonga WMP. Whai muri i te ngaru tuatahi o te mate urutā ka whakawhanakehia mai e te Manatū a Kia Kaha, Kia Māia, Kia Ora Aotearoa: Te Mahere Oranga Hinengaro mō te Mate Korona. Ka whakawhanake te Manatū i te Tarāwaho Toiora WMP, ā, hei te Poutūterangi 2021 kua tīmata te wāhanga tuatahi ki te whakawhiti kōrero me te umanga whānui.

Mā te Tāhū Ture tonu e ārahi ngā mahi i te taha o te Uepū Whakawā, te Manatū Hauora, te Tari Whakatika, Ngā Pirihimana o Aotearoa me ētahi atu o ngā hoa hei pīrori i Ngā Kōti (Te Whare Whakapiki Wairua), Rongoa Waipiro, Pūroi Hoki (RWP). I tauratia a Te Whare Whakapiki Wairua ki Waitākere i Tāmaki-makaurau. Whai muri i te arotake, ka whakaae te Kāwanatanga kia hangaia tētahi anō ki Waikato. He wāhanga matua ngā ratonga whakarauora o Te Whare Whakapiki Wairua, ā, ka totoro ngā ratonga nei ki roto o Waikato. Ko te aronga o ēnei kōti he arotake i ngā raru o te kai pūroi me te mahi taihara. E whakaatu ana ngā putanga RWP he pai ake ngā tauira ka puta i Te Whare Whakapiki Wairua, arā, he mākohakoha ki te whānau, ki te hauora, ki te mahi me ngā ahurea, wairuatanga hoki. I roto i te rua tau, kīhai i tino kaha te hoki tuarua ki ngā mahi taihara, ki te whiua ki rō herehere, kia raru i te Pirihimana rānei.⁴⁹

I kī ake te Tāhū Ture ka whakaūngia i te Ture Whakahou i te Whakamahi Hē i te Pūroi 2019, ko te kawatau kia āta whakatau te Pirihimana mēnā ka hāmenetia te tangata mō te mau pūroi tāroi. Nō te whakamanatanga o te Ture Whakahou i te Whakamahi Hē i te Pūroi 2019 ka kaha takunetia e te Kāwanatanga kia aropū ki te hunga whenumi, hoko, tuku pūroi kino, ā, kia kaha ki te tuku hauora ki te hunga kai pūroi.

I ara anō i ētahi ngā take taurite mō te whakakapi a te whakataunga pirihimana i te whiunga taihara mō te mau pūroi. I āwangawanga nei ētahi ki ngā take taurite e pā ana ki te whakataunga pirihimana whakawhiu mō te mau pūroi kino, me te tautoko kia whakakapi ngā whiunga taihara ki ngā hui whakahiwa i te mahi pūroi me ētahi momo ratonga whakaora, horoi hoki.

Ngā arataki mārama puta noa i te iho kāwanatanga kia whakature e pā ana ki te waipiro me ngā pūroi

Kei konā tonu ngā tikanga mohoa ka taea te whakapai ake hei tuku i te arataki me te mahi tahi e pā ana ki te waipiro me te pūroi. Hei tauira, e whakahaere ana a Te Hīringa Hauora i te Kāhui Arataki Wāhanga Waipiro. Mā te whakahau rawa a te Kāwanatanga ki te arataki me te whakatikatika kātahi ka āhei te whakautu atu i tēnei o ngā tūtohunga.

⁴⁹<https://www.justice.govt.nz/assets/Documents/Publications/AODTC-Summary-Evaluation-Report-June-2019.pdf>

The Ministry of Health's continued implementation of the investments in alcohol and other drugs services and rollout of new initiatives will see more progress. This includes leading work with the AOD sector to develop national guidance on a new 'model of care' for AOD services. Following the first wave of the pandemic, during which the Ministry developed *Kia Kaha, Kia Māia, Kia Ora Aotearoa: COVID 19 Psychosocial and Mental Wellbeing Plan*, the decision was made to rescope the model of care as an AOD Wellbeing Framework to align it with *Kia Kaha*. The Ministry will be developing the AOD Wellbeing Framework, taking a phased approach, and intends to engage with the wider sector on phase 1 by March 2021.

The Ministry of Justice will continue to lead work, in collaboration with the Judiciary, Ministry of Health, Department of Corrections, New Zealand Police and other partners, to roll out more Alcohol and Other Drug Treatment (AODT) Courts (Te Whare Whakapiki Wairua). The AODT Courts were a pilot in Waitākere and Auckland. Following evaluation, the Government agreed to consider these permanent and set a new one up in Waikato. Treatment services are a key component of the AODT Courts, and the Ministry of Health will expand AODT services in the Waikato, in consultation with local iwi and other people and organisations. The AODT Courts address a profoundly difficult problem where substance abuse and offending behaviour are entangled. The AODT outcomes evaluation shows that AODT Court graduates experience better relationships with whānau, improved health, and better connections with work or training, and with cultural and spiritual values. Within two years, AODT Court participants were less likely to reoffend, less likely to be in prison, and were less involved with police.⁴⁹

The Ministry of Justice noted that the Misuse of Drugs Amendment Act 2019 affirmed the expectation that police will exercise discretion as to whether they prosecute for possession and use of all controlled drugs. The passing of the Misuse of Drugs Amendment Act 2019 signalled Government's strong intent to focus enforcement on those who manufacture, sell and supply illicit drugs, and to emphasise a health-based response to drug use.

People raised concerns about equity issues related to police discretion being a mechanism for replacing criminal sanctions for drug possession with more civil ones. People also raised concerns about equity issues related to continued police discretion to prosecute for the possession of illicit drugs, and supported replacing criminal sanctions for drug possession with civil and health-centred responses such as drug awareness sessions and a full range of treatment and detox services.

Clear cross-sector leadership and coordination within central Government for policy in relation to alcohol and other drugs is still needed

There are existing mechanisms that can be enhanced to provide cross-sector leadership and collaboration in relation to alcohol and other drugs. For example, Te Hīringa Hauora convenes the Alcohol Sector Leaders Group that could provide leadership. The desire and motivation to respond to this recommendation needs to be more clearly guided by a Government response to strengthen cross-sector leadership and coordination.

⁴⁹<https://www.justice.govt.nz/assets/Documents/Publications/AODTC-Summary-Evaluation-Report-June-2019.pdf>

Ngā Tūtohunga 30-33: Ārai mate whakamomori

Kei tawhiti ēnei o ngā tūtohunga e haere ana, ā, e rua o ngā tūtohunga e toru, kei te pae o Puāwaitanga.

Ngā Tūtohunga a He Ara Oranga	Urupare kāwanatanga	Tātaritanga kauneke
30. Kia tere tonu te whakaoti i te rautaki ārai mate whakamomori, kia whai hoki ki te tautoko atu i te rautaki ki ngā rauemi whakakake mō te ārai whakamomori me te hui ō muri mai.	Whakaaetia	 Puāwaitanga
31. Kia heke te auau whakamomori mā te 20% hei te 2030.	Kaua e whakaaetia	 Kāore i te hāngai
32. Waihangatia te tari ārai mate whakamomori hei tuku i te mana arataki ki te pana i te autaia mate rā.	Whakaaetia	 Puāwaitanga
33. I runga i ngā tohutohu a te Komihana Hauora Kounga me ngā kōrero mai a ngā whānau, me whakahau Ngā Manatū o te Ture me te Hauora, kia arotakengia ngā tukanga whakatewhatewha mate whakamomori, tae atu ki te mata tukanga tiro tūpāpaku i te taha o ngā arotake PHR, me te Toihau Hauora, Haua.	Whakaaetia	 Whakaaratia

E mārama ana te Kāwanatanga ki ngā hiahia hei whakaheke i te mate whakamomori ki Aotearoa me tana tautohu kia whakaotia te rautaki ārai mate whakamomori hou hei arotau tōmua

Kua waihangatia te Tari Ārai Mate Whakamomori, ā, kua whakaputa te Kāwanatanga i te rautaki ārai whakamomori He Tapu te Oranga o ia Tangata: te Rautaki Ārai Whakamomori 2019-29 me te Mahere Ārai Whakamomori 2019-24 i Aotearoa, i whakaputaina i te Mahuru i te tau 2019.

I whakatūhia e te Tari Ārai Whakamomori ngā kaimahi Māori, Hunga Whai Wheako hoki hei āwhina, hei whakatinana hoki i a He Tapu te Oranga

Hei tautoko i te whakatinanatanga o He Tapu te Oranga, i whakatūhia e te Tari Ārai Whakamomori ngā kaimahi Māori, Hunga Whai Wheako hoki hei tuku tohutohu ki te whakahono i te umanga, ngā hapori me ngā tari kāwanatanga.

I tūmanakohia e te hunga kōrero ka tīmata ngā mahi a te Tari Ārai Whakamomori i te whenua, engari me kaha ki te whakauru i ngā kupu tohutohu a ngā whānau.

Recommendations 30-33: Prevent suicide

These recommendations are well progressed, with two of the three accepted recommendations being assessed as Puāwaitanga.

He Ara Oranga Recommendation	Government response	Assessment of progress
30. Urgently complete the national suicide prevention strategy and implementation plan and ensure the strategy is supported by significantly increased resources for suicide prevention and postvention.	Accept	 Realisation
31. Set a target of 20% reduction in suicide rates by 2030.	Do not accept	 Not applicable
32. Establish a suicide prevention office to provide stronger and sustained leadership on action to prevent suicide.	Accept	 Realisation
33. Direct the Ministries of Justice and Health, with advice from the Health Quality and Safety Commission and in consultation with families and whānau, to review processes for investigating deaths by suicide, including the interface of the coronial process with DHB and Health and Disability Commissioner reviews.	Accept	 Activating

The Government recognises more needs to be done to reduce suicide in Aotearoa and identified completing a new suicide prevention strategy as an initial priority

A Suicide Prevention Office has been established and the Government has released a new suicide prevention strategy and action plan, Every Life Matters – He Tapu te Oranga o ia Tangata: Suicide Prevention Strategy 2019–2029 and Suicide Prevention Action Plan 2019–2024 for Aotearoa New Zealand (He Tapu te Oranga), in September 2019.

The Suicide Prevention Office established external Māori and Lived Experience advisory support to support and inform implementation of He Tapu te Oranga

To support and inform implementation of He Tapu te Oranga, the Suicide Prevention Office has established external Māori and Lived Experience advisory support and has focused on building links to the sector, communities, and other Government agencies.

People we spoke to were hopeful the Suicide Prevention Office is applying a bottom-up approach but needed to make sure solutions were informed by whānau and developed with them.

Kāore te iwi i kite i ngā mahia kua whakaatahia i He Tapu te Oranga

I puta te āwangawanga ehara te Tari Ārai Mate Whakamomori i te tari motuhake atu i te Manatū Hauora, ā, kāore i te whai rauemi, whakaritenga hoki. E māharahara ana te hunga kaihoko kāore te Hunga Whai Wheako i te tuku tohutohu ki te Tari Ārai Whakamomori.

He whāiti rawa te aronga-rata – kīhai te katoa o ngā mate whakamomori e mate i te mate hinengaro, ahakoa te nui o ngā auhitanga. Nā reira me whai rauemi te mahi ārai whakamomori e hāngai ana ki te whakatika i ngā mōrearea me te hanga hōtaka toiora.

Ahakoa kua heke te nui o ngā mate me te auau whakamomori o te tau ki te 30 o Pipiri i te tau 2020,⁵⁰ he mea nui kia tirohia ngā rerekētanga i roto i te 10 tau ki te tau 2020, ā, kua kitea kua kake te auau whakamomori.

I arotakengia te Ratonga Tītari Raraunga mō Ngā Mate Whakamomori i te tīmatanga o Mahuru i te tau 2020. I taiua marama anō ka tau mai te pūrongo whakamutunga mō te arotake i ngā ratonga a ngā hapori me ngā rohe. Kua tū kē ngā hui ki te arotake i ngā tukanga whakatewhatewha i ngā mate whakamomori, ā, he hohenga nui tēnei a He Tapu te Oranga.

E tautokohia ana te Tari Ārai Whakamomori me He Tapu te Oranga ki te whakangaotanga pūtea \$40 miriona i roto i te whā tau, pērā i:

- Ngā Kaupapa Ārai Whakamomori mō Ngā Uri a Kiwa (\$12.4 miriona i roto i te whā tau, \$3.1 miriona i ia tau), mō ngā whakapau kaha a ēnei hapori ki te ārai whakamomori. Whai muri i te rauna tuatahi o te Pūtea Ārai Whakamomori e 74 ngā whakahaerenga kua whakawhiwhia ki te pūtea \$1.6 miriona. Ko ngā kaiwhakarato o Te Moananui-a-Kiwa kei te whiriwhiri i ngā kirimana
- \$9.1 miriona mō tētahi ratonga tangihanga hei tuku i ngā haumanu mō te whānau pani
- \$1.2 million ki te whakapai i te ratonga pārongo ārai whakamomori
- Te tuari i te \$1.5 miriona ki Ngā PHR i waenganui i te 1 o Paengawhāwhā 2020 me te 30 o Mahuru 2021 hei whakarato i ngā FTE e tautokona ai ngā hapori whai muri i te matenga whakamomori.

⁵⁰Ngā tatauranga a te Kaitiaki Tūpāpaku Matua ki te 30 o Pipiri 2020. He tatauranga tārewa o ngā matenga whakamomori katoa it ukuna ki te pūnaha tiroiti tūpāpaku, tae atu ki ngā take kei mua tonu i te Kaitiaki Tūpāpaku.

People didn't see how actions undertaken to date are reflected in He Tapu te Oranga

There is concern the Suicide Prevention Office is not a separate entity to the Ministry of Health, and that it lacks resource and infrastructure. Consumer organisations are concerned that the Suicide Prevention Office is not sufficiently informed by Lived Experience advice, which should be present from the outset of sector and service design.

A medically focused approach to suicide prevention is too narrow - not everyone who dies by suicide is mentally ill, even though there might be high levels of distress. Suicide prevention therefore requires a range of services, some more attuned to crisis management, others to broader wellbeing programmes.

While we have seen a decrease in the number of deaths and drop in the suicide rate in the year to 30 June 2020 based on provisional suspected suicide figures,⁵⁰ it's important to look at changes over time and over the 10 years to 2020 we have seen an increase in the number and rate of suicide.

The Coronial Suspected Suicide Data Sharing Service was reviewed in early September 2020. A final report about the review of regional and community-level suicide prevention and postvention services and resources was received in September 2020. Discussion and planning to review processes for investigating deaths by suicide has occurred and is a key action in He Tapu te Oranga. The findings of both these reviews will help inform the progression of numerous actions and investments in future.

The Suicide Prevention Office and He Tapu te Oranga is supported by investment of \$40 million over four years including:

- Māori and Pacific Suicide Prevention Initiatives (\$12.4 million over four years, \$3.1 million per annum ongoing), for Māori and Pacific community-led suicide prevention efforts. Following the first round of a Māori Suicide Prevention Community Fund, 74 applications from whānau and hapū, iwi organisations, regional collaborations, and other Māori groups have been funded for a total of \$1.6 million. Contracts are currently being negotiated with Pacific providers.
- \$9.1 million for a national suicide bereavement response service to provide free counselling for people bereaved by suicide.
- \$1.2 million to enhance the family and whānau suicide prevention information service.
- Providing all DHBs with a share of \$1.5 million between 1 April 2020 and 30 September 2021 to fund additional non-clinical FTE to provide suicide postvention support to communities.

⁵⁰Chief Coroner annual provisional suicide statistics to 30 June 2020. Provisional count of all self-inflicted deaths referred into the coronial system, including active cases before a Coroner where intent is yet to be established by a Coroner.

Ngā Tūtohunga 34-35: Whakahoungia te Ture Hauora Hinengaro

Ngā Tūtohunga a He Ara Oranga	Urupare kāwanatanga	Tātaritanga kauneke
34. Whakakorengia, whakakapia atu te Ture Hauora Hinengaro (Ngā Aromatawai Whakature, Whakaora Hoki) 1992 kia whakaatanga ngā huarahi mōtika tangata, kia whakatairangatia te mahi whakatau, kia hāngai ake ki te whakarauora me te tauira oranga hinengaro, kia tukuna ngā mahi hei whakaheke i ngā whakaora whakature, uruhi rānei.	Whakaaetia	 Whanaketanga
35. Whakatenatenahia ngā rōpū māngai oranga hinengaro, ngā kaiarataki o te umanga ngā Hunga Whai Wheako, ngā whānau, ngā kāreti ngaio, ngā tumuwhakarae o ngā PHR, ngā kaitiro tūpāpaku, te Toihau Hauora, Haua, Ngā Pirihimana o Aotearoa me te Komihana Hauora Kounga, Haumarua Hoki, kia taki hui ki te whakapuaki i ngā whakaaro, ngā taunaki me ngā whaiaro ki te oranga hinengaro me ngā tūraru.	Whakaaetia	 Whakaaratia

He arotau mātāmua te whakakorenga, me te whakakapinga o te Ture Oranga Hinengaro, ā, ko te Manatū Hauora e ārahi ana i ngā mahi

Ko te Manatū Hauora te ihu o te waka mō ngā tūtohunga 34 me 35. Ka noho te oranga hinengaro te take nui i roto i ngā whakawhitiwhiti kōrero mō te rautaki whakakore, whakakapi hoki i te Ture Oranga Hinengaro. Haunga kua tū ētahi kōrero hōhonu mō ngā kaupapa tiketike, kāore anō i kōrero ki te iwi mō tēnei panoni ture. Ko te takune a te Manatū, kia whānui te kōrero i ngā take me te mahi tahi i te iwi Māori me te Hunga Whai Wheako. Ka rapua anō ngā whakaaro a ngā iwi o Te Moananui-a-Kiwa, a te hunga haua, me te Hunga Takatāpui.

Ka āta whai wā tonu te whakatatūtanga o tēnei mahi, nā te nui o ngā tirohanga me. ngā take huhua e pā ana ki te iwitanga, te ture me te ture ārahi, otirā me āta tirohohia hei karo i ngā raruraru kei pā mai.

Recommendations 34-35: Reform the Mental Health Act

He Ara Oranga Recommendation	Government response	Assessment of progress
34. Repeal and replace the Mental Health (Compulsory Assessment and Treatment) Act 1992 so that it reflects a human rights-based approach, promotes supported decision-making, aligns with the recovery and wellbeing model of mental health, and provides measures to minimise compulsory or coercive treatment.	Accept	 Developing
35. Encourage mental health advocacy groups and sector leaders, people with lived experience, families and whānau, professional colleges, DHB chief executive officers, coroners, the Health and Disability Commissioner, New Zealand Police and the Health Quality and Safety Commission to engage in a national discussion to reconsider beliefs, evidence and attitudes about mental health and risk.	Accept	 Activating

The repeal and replacement of the Mental Health Act is an immediate Government priority and this work is underway, led by the Ministry of Health

The Ministry of Health is the lead agency for recommendations 34-35. Mental health and risk will be an important issue for discussion as part of the detailed engagement strategy for the repeal and replacement of the Mental Health Act. While some initial engagement on the high-level issues has occurred, they have yet to engage with people in the detailed way required for this level of legislative reform. The Ministry intends to engage widely on the issues and will collaborate closely with Māori and people with lived experience. They will also actively seek the perspectives of Pacific peoples, disabled people and the Rainbow community.

Completion of this action will take some time as it involves diverse perspectives and complex ethical, legal and policy issues that require careful consideration to avoid unintended consequences.



Ko te takune kia mahia atu ngā whakahounga paetata hei whakatau atu i ngā take tata me tētahi hōtaka paetawhiti hei whakakapi atu i te Ture

Ko tōna tikanga hei te tau 2021 kua whanake ngā mahi, me te whakakorenga atu o ngā rongoā whakature.

I te marama o Hereturikōkā i te tau 2020 ka whakaae te Kāwanatanga kia kaunehia ngā raupapa tōmua o ngā whakahounga ki te Ture Hauora Hinengaro, pērā i te whakakorenga o ngā rongoā whakature. E waihanga tonutia ana te Pire, hei te tau 2021 kua whanake haere. Ko ngā hui whakamōhio ki ngā tukanga ture paetawhiti ka whai atu i te wāhanga tōmua tonu o te tau 2021.

I whakaputaina ngā aratohu whakahou i te Ture Hauora Hinengaro i te 8 o Mahuru i te tau 2020 hei wāhanga o ngā hohenga paetata ki te whakapai i ngā wheako mohoa. Ka matapaki atu ngā aratohu ki te whakamahinga o ngā mātāpono o Te Tiriti o Waitangi, ngā whakataunga whai tautoko, me ngā whakaoranga 'here iti', ki rasro i te Ture Hauora Hinengaro. Ka matapaki anōtia e ngā aratohu hou te whai hiranga o te whakaute i te ahurea me te tuakiri o te tangata inā ka tiakina ana ki raro i te Ture Hauora Hinengaro.

Kei roto i te hōtaka mahi a te Manatū Hauora ko ngā whakapainga paetata ki te mahi me ngā whakahoutanga ture, tae atu hoki ki ngā whanaketanga paetawhiti mō ngā ture hei whakakore, hei whakakapi i te Ture. Kīhai te nuinga o ngā whakahaerenga e mātau ki ēnei huarahi, nā reira e rēre ana ngā whakapae e whakanuku noa iho ana rātou i ngā pou piro.

“I te tōnga o te rā me pēhea e whai kiko ai Te Tiriti o Waitangi ki roto ki ngā mahi mēnā e tango ana koe i te rangatiratanga i raro i te Ture. Ko tērā tōna otinga. Mēnā koirā, e kore e eke te kaupapa.” (reo whai wheako).

He nui ngā āwangawanga me te pūhohe ki ngā whakahoutanga paetata

I mea te iwi i āhua paheke ngā whakawhitiwhitinga i te tīmatanga o te tau, ā, kāore anō i whai whakaarotia ngā mahi. I puta katoa ngā āwangawanga mō te tino āhua o ngā aratohu hou. I kitea i ngā whakahoki kōrero mō te whakaputanga o Ngā Aratohu, te uaua o te iohunui i waenga i te mōtika o te tangata me te whakamahinga o te ture.

I kake te tokomaha o te tangata i whiua ki te rongoā whakature o te Ture Hauora Hinengaro mai i te 5931 i te tau 2016/17 ki te 6317 i te tau 2018/19. E 38 ōrau o tērā hunga he Māori, te tau nui rawa mō tētahi iwi. Waihoki ka kake te nui tangata i noho momotu ki ngā hōhipera mai i te 802 ki te 850. Ā, e 44 ōrau o tērā hunga, he Māori anō.⁵¹

E ahu whakamua tonu ana te Komihana Hauora Kouniga, Haumarū, me Aukatia te noho punanga: E whai ana ki te whakakore i te noho punanga i mua o te 2020 Zero seclusion: Te whakakore i te noho momotu hei te tau 2020. E arotahi ana tēnei ki te mana taurite me te whakaheke i te rahi o ngā noho momotu a te Māori. Nō te Hereturikōkā i te tau 2020, e 135 ngā rā wātea a te PHR o Te Tai Poutini, ā, kāore he nohotanga momotu i Ngā PHR o Waitematā, o Tāmaki-makaurau me Whanganui. He rongo pai tēnei.

⁵¹Te Pūrongo Aroturuki a te Toihau Hauora Hinengaro 2020, wh.135.
Puna Nā te Manatū Hauora i tuku i te Poutūterangi 2020.
Kia mōhiotia, ehara tēnei tau i te tau pūtea.

Government intends a combination of short-term amendments to address some of the immediate concerns, as well as a longer-term programme to fully repeal and replace the Act

This work is expected to progress in 2021 and will include eliminating indefinite treatment orders.

Government agreed in August 2020 to progress a series of initial amendments to the current Mental Health Act, including the elimination of indefinite treatment orders. A Bill is currently in development and is expected to progress in 2021. Further engagement to inform the long-term policy development process is expected to start later in early 2021.

Revised guidelines under the Mental Health Act were published on 8 September 2020 as part of the immediate short-term actions to improve current experiences. The new guidelines discuss how the principles of Te Tiriti o Waitangi, supported decision-making and 'least restrictive' care and treatment should be applied under the Mental Health Act. Revised guidelines also discuss the importance of respecting a person's cultural and ethnic identity and a person's gender identity when providing care and treatment under the Mental Health Act. The Ministry will support the implementation of the changes through training and education for providers.

The Ministry of Health's work programme includes both short-term improvements to practice and legislative amendments, as well as longer-term development of policy and legislation to fully repeal and replace the Act. Most organisations do not appear to be aware of this approach, and therefore concerns have been raised about simply shifting the goal posts when a complete refresh of the Act is expected.

"Because fundamentally it comes down to how are you ever going to incorporate Te Tiriti o Waitangi into what we're doing if you're fundamentally removing te rangatiratanga from people under the [Mental Health] Act. It really comes down to that. If that's going to continue to happen then the alignment is never going to be complete." (Lived Experience voice).

People we spoke to expressed significant concern as well as cynicism around the short-term reform work

People say that engagement at the beginning of the year dropped off, and that feedback has not been considered or reflected in work to date. They expressed considerable concern about a lack of input into the final layout of the updated guidelines. Feedback on the publication of the Guidelines illustrates the complexity of balancing human rights considerations alongside the practical application of legislation, and the importance of carefully working through the different views and expectations on these matters.

The number of people subject to a compulsory community treatment order under the Mental Health Act increased from 5931 in 2016/17 to 6317 in 2018/19. Māori remain disproportionately high at 38% of those people. Likewise, the number of people in inpatient units who were secluded increased from 802 to 850 over the same time. Again, Māori remain disproportionately high at 44% of those people.⁵¹

The Health Quality & Safety Commission continues to make progress with Aukatia te noho punanga: E whai ana ki te whakakore i te noho punanga i mua o te 2020 Zero seclusion: Towards eliminating seclusion by 2020. This priority area has a strong focus on equity and reducing seclusion of Māori. As at August 2020, West Coast DHB had achieved 135 days seclusion free, and Waitematā, Auckland and Whanganui DHBs all reported periods of no seclusion in their acute units. This is encouraging news.

⁵¹Monitoring and Advocacy Report of the Mental Health Commissioner 2020, p135. Source Ministry of Health supplied March 2020. Note calendar year not financial year. Note also that this indicator measure has been changed from CTOs in an "average day" to total in a year, to enable splits by ethnicity.

Ngā Tūtohunga 36-38: Waihangatia te Komihana Hauora Hinengaro, Toiora Hoki

Ngā Tūtohunga a He Ara Oranga	Urupare kāwanatanga	Tātaritanga kauneke
36. Waihangatia te komihana motuhake hei arataki i te wāhanga hauora hinengaro, waranga hoki ki Aotearoa nei.	Whakaaetia	 Puāwaitanga
37. Waihangatia tētahi komiti minita hei komihana tōmua ki te mahi i ngā mahi matua (pērā i te hanga tahi i tētahi tukanga panoni ratonga).	Whakaae mātāponotia	 Puāwaitanga
38. Whakahaungia te Komihana Hauora Hinengaro, Toiora Hoki (te komihana tōmua rānei) kia tuku i ngā pūrongo matawhānui maha mō te urupare Kāwanatanga ki ngā tūtohunga o te Uiui. Ko te tuatahi o ēnei pūrongo ka whakaputaina kotahi tau i muri mai i te urupare atu a te Kāwanatanga.	Whakaae mātāponotia	 Tipuranga

Kua whakatūhia e te Kāwanatanga te Komihana Hauora Hinengaro, Toiora Hoki

He whāinga tōmua tēnei nā te Kāwanatanga ki te whakatū i tētahi Kōmihana, ā, kua tata te tutuki, whai muri mai i te whakamanatanga o te Ture Kōmihana Hauora Hinengaro, Toiora Hoki, i te Pipiri 2020. Ko ngā kopoutanga me ngā mahi whakatū kei te anga whakamua, ā, ko tōna tikanga ka rewa te Kōmihana hei te 9 o Huitanguru 2021, ka mana rā anō te ture.

Kua tau te Tahua Pūtea mō te Kōmihana, \$5 miriona mō ia tau, tae noa ki te 2023/24.

I whakatūhia te Komihana Tōmua i te Whiringa-a-rangi 2019, hei komiti tohutohu ki te para i te huarahi mō te Kōmihana. Kei te whakatutuki haere te Komihana Tōmua i ōna whakapuakitanga mō te āhua ki tēnei pūrongo kauneke, ngā putanga, tae noa ki te poutarāwaho aro turuki.⁵²

⁵²<https://www.mhwc.govt.nz/>

Recommendations 36-38: Establish a new Mental Health and Wellbeing Commission

He Ara Oranga Recommendation	Government response	Assessment of progress
36. Establish an independent commission to provide leadership and oversight of mental health and addiction in New Zealand.	Accept	 Realisation
37. Establish a ministerial advisory committee as an interim commission to undertake priority work in key areas (such as the national co-designed service transformation process).	Accept in principle	 Realisation
38. Direct the Mental Health and Wellbeing Commission (or interim commission) to regularly report publicly on implementation of the Government's response to the Inquiry's recommendations, with the first report released one year after the Government's response.	Accept in principle	 Evolving

Government has established a Mental Health and Wellbeing Commission

Establishing a new Mental Health and Wellbeing Commission (the Commission) has been a priority for Government and has nearly been completed, following the passing of the Mental Health and Wellbeing Commission Act (the Act) in June 2020. Appointments and establishment work are in progress and the Commission is due to begin on 9 February 2021 when the Act commences.

Funding for the Commission is confirmed at \$5 million per annum to 2023/24.

The Initial Commission was established in November 2019 as a Ministerial Advisory Committee to prepare the way for the Commission. The Initial Commission is meeting its key deliverables around this progress report and the outcomes and monitoring framework.⁵²

⁵²<https://www.mhwc.govt.nz/>

He rerekē ngā mahi me ngā āhuatanga whai mana a te Komihana ki ērā i whakaarotia ai ki roto o He Ara Oranga.

Ko ngā mahi me ngā āhuatanga whai mana a te Komihana, e ai ki tā te ture, kāore i te tino whakaarotia ki roto o He Ara Oranga.

He mahi nui tā te Komihana, ā, haere ake nei, mō ngā huringa kētanga o te ara ka whāia e Aotearoa ki roto ki ngā mahi hauora hinengaro, toiora hoki. E manako nui ana te marea mō te Komihana ki te akiaki i te Kāwanatanga kia tika ai, ngā huringa rāngai me te whai māramatanga hou. Ko tōna mahi he whakahaere i te pūnaha hauora hinengaro, toiora ki Aotearoa nei, ā, he akiaki hoki i te Kāwanatanga e whai mana ana, me ētahi atu kaiwhiriwhiri kia tika ai ā rātou mahi mō te hauora ā-hinengaro, whai oranga hoki ki roto o Aotearoa nei.

Ko te manako nui, e ōrite ana te hanga o te Komihana ki ngā hapori e whakaratotia ana

Ko te manako nui, e ōrite ana te hanga o te Kōmihana ki ngā hapori e whakaratotia ana e ia, pērā ki te iwi Māori, ki ngā iwi o te Moana nui ā Kiwa, ngā whaiaro o te tangata, te hunga haua tae noa ki te hapori Takatāpui (ko ētahi noa ēnei). Tērā te kōrero a ētahi, ‘he huarahi rerekē’ ēnei.

Ngā Tūtohunga 39-40: Ngā take whānui me te tū kotahi

Ngā Tūtohunga a He Ara Oranga	Urupare kāwanatanga	Tātaritanga kauneke
39. Me whai te Arotake Hauora, Haua: • kia arotakehia e hia o ngā panonitanga ki te pūnaha, ki te hanga, ki ngā tononga ratonga rānei, e whakapai ana i ngā ratonga me te hauora hinengaro, toiora hoki • kia whakaarohia te whakatūnga o te manatū, o te komihana Māori rānei.	Whakaaetia	 Whakaaratia
40. Waihangatia tētahi rangapū rōpū maha mai i te Whare Paremata me te tari kāwanatanga hei whakatauiria i te pūmautanga ki te whakapai ake i te hauora hinengaro me te toiora i Aotearoa.	Whakaae mātāponotia	 Puāwaitanga

Nā te Arotake o te Pūnaha Hauora, Hauā, i tuku ngā tūtohunga e pā ana ki te pūnaha anamata toitū e rite ana ki te urupare i ngā hiahia me ngā kōnekenga anamata mai i te whakaora māuiui ki te hauora me te toiora. Hei urupare, e whiriwhiri ana te Kāwanatanga ētahi panonitanga.

The functions and powers of the Commission are different to what was envisaged in He Ara Oranga

The functions and powers of the Commission, as outlined in the Act, are not exactly as envisaged in He Ara Oranga.

The Commission will perform an enduring role in transforming Aotearoa New Zealand's approach to mental health and wellbeing. People have high expectations for the Commission in holding Government to account, changing the sector and making a difference. It will oversee the mental health and wellbeing system in Aotearoa and hold the Government of the day and other decision makers to account for the mental health and wellbeing of people in Aotearoa.

There is an expectation that the Commission will look like the communities it is being set up to serve

There is an expectation that the Commission will look like the communities it is being set up to serve, such as Māori, Pacific, Lived Experience, disabled people and Rainbow communities (to name a few). People say that this would be 'doing things differently'.

Recommendations 39-40: Wider issues and collective commitment

He Ara Oranga Recommendation	Government response	Assessment of progress
39. Ensure the Health and Disability Sector Review: - assesses how any of its proposed system, structural or service commissioning changes will improve both mental health and addiction services and mental health and wellbeing - considers the possible establishment of a Māori health ministry or commission.	Accept	 Activating
40. Establish a cross-party working group on mental health and wellbeing in the House of Representatives, supported by a secretariat, as a tangible demonstration of collective and enduring political commitment to improved mental health and wellbeing in New Zealand.	Accept in principle	 Realisation

The Health and Disability System Review made recommendations for a future system that is sustainable, well placed to respond to future needs and shifts the balance from treatment of illness towards health and wellbeing. In response, changes are being considered by Government.



E whakahau nei te Arotake o te Pūnaha Hauora, Haua, kia wawe ngā whakatikatika kia tika ai te titiro ki ngā raruraru kaikiri, whakaparahako, e puea ake ai te hauora mō te iwi Māori.

E whakahau nei te Arotake kia wawe ngā whakatikatika e mārama pai ai ngā nekehanga o te hauora mō te iwi Māori mā roto mai i te tūārangī o ngā whakaaro ki te haumanu ake i ngā raruraru kaikiri, whakaparahako hoki. Ko tētahi o ngā whakatau nui kei te arotake, he whakatū i tētahi Manatū Hauora Māori mā rātou e ārahi i te/ngā rautaki kaupapa here mō te āhua ki te hauora o te iwi Māori. Ka riro ko tēnei rōpū te kaitiaki i te hauora o ngāi Māori, me te whakatītina ake kia tutuki ngā hua tautika e puta ana ki a ngāi Māori.

“Mō tōku whānau ake, kei te pērā tonu, ā, ki tā te tirohanga Māori, ka aroha ki tēnei āhuatanga. Kua kitea i roto i ngā rāhuitanga Mate Korona e rua i te māia a Ngāi Māori ki te whakakotahi i a ia, ki te whāngai i ngā whānau, heoi, ko ngā wāhi me āta tiro, ko ngā āhuatanga kaikiri e rongo nei mātou. Ko tēnei raru, ehara nā Ngāi Māori, ā, i tua atu i te whakaaweawe i te Tino Rangatiratanga, nā te Pākehā te raru kaikiri nei, nō rātou te mate, nā reira e tika ana mā rātou tonu e rapu kei hea te rongoā, kei tōna 180 tau mātou e ngana ana, engari auare ake, mā rātou tēnei wero e kawē ake, me whai māramatanga kia whanake, ki te kore, e kore e puta noa mai he oranga ki ō mātou whānau (NGO, māngai Māori).” (reo a te Māori RWK).

Kua whakatūhia he ranga rōpū mahi

Kua whakatūhia e te Whare Pāremata i tāna Ranga Rōpū Mahi mō te Hauora Hinengaro me Ngā Waranga, ko te aronga nui kia kaha ake te mahi ngātahi me ngā mahi whakahaerenga. I tū he hui ō waho mai mā ngā Mema Pāremata ki te kōrero mō te mārohirohi o te tangata, ka tautokona hoki e rātou tētahi kaupapa rangahau mō te āraitanga mate taurekareka.

Ahakoia te kaha tautoko me ngā whāinga tōmua a te Kāwanatanga, e kōrero mai ana ētahi kāore i te kitea ngā whakatinanatanga, te hautūtanga rānei kia mārama ake ai ngā kawenga kētanga ki tua.

Kei reira tonu te āmaimai a ētahi, me ērā rōpū whakahaere i whai wāhi mai ki tēnei pūrongo, mō te urupare a te Kāwanatanga ki ngā pūnaha kawenga kētanga ki te titiro mēnā rānei pupū marika te auahatanga ki a ngāi Māori, me ērā atu iwi awhero ana ki ēnei pūnaha kawenga kētanga.

“Kāore nei i te kitea ngā nekenga pūnaha e tika ana mō te whakapaipai ake i ngā hua hauora e puta ana ki a ngāi Māori... [ahakoia] e kitea ana ngā tohu pai - he roa nei te wā ki te whakahīkoi i tēnei kaupapa i raro i te maru o He Ara Oranga, ko te mate hoki, e whai mana ake ana ngā pakihi me ngā ratonga hauora pākehā. Nā tēnei, e raru tonu ana, e ngoikore tonu ana ngā hua hauora e puta mai ana ki a ngāi Māori” (māngai Māori).

Ko te whakaaro a ētahi, he moata rawa te whakatau mēnā rānei e kitea rawa ana te tapatahi ō roto i te urupare kia puta mai ai ngā momo kawenga kētanga, ā haere ake nei.

“...he whānui ake i tērā, mō te nui o te kāwanatanga, mō te nui o te hāpori. Kia pono te kōrero, me uaua ka taea te whakangāueue, he uaua tērā āhuatanga te whakatinana, kia toitū hoki” (māngai RWK).

The Health and Disability System Review called for urgent improvements to address systemic racism and discrimination to improve hauora Māori

The Review called for urgent improvements in making a positive difference in hauora Māori through progressive thinking that addressed systemic racism and discrimination. One of the major systemic recommendations of the review was to establish a Māori Health Authority to lead strategic policy with respect to Māori health. This entity would become the kaitiaki for hauora Māori and strengthen commitment of achieving equity of outcomes for Māori.

“Nothing has changed for our whānau and from a kaupapa Māori lens, this is very disappointing. Māori have demonstrated that during the two COVID-19 restrictions, we are more than capable of rallying and providing for our whānau, what needs to change, however, it’s the racism that we still experience. This is not Māori’s problem to solve and aside from constantly expressing Tino Rangatiratanga, racism is Pākehā’s problem to solve, they are the perpetrators of it so they must find the solution, we have tried over the last 180 years or so and have largely failed, they must take this wero up, educate themselves and change, until they do, nothing on a larger scale will change for our whānau” (NGO, Māori voice).

A cross-party working group has been established

Parliament has established the Cross-Party Mental Health and Addictions Wellbeing Group, which intends to provide strong cross-party collaboration and leadership. The Cross-Party group has hosted an external session for all MPs on personal resilience and commissioned research on suicide prevention.

Despite commitment and priorities from Government, people have told us there doesn’t seem to be enough action or leadership to make transformative change

There was ongoing concern from people and organisations who contributed to this report on the Government’s response to system transformation about whether true innovation has occurred for Māori and priority groups who the need for system transformation impacts the most.

“There has been no system changes adequate to improve Māori health outcomes... [although] there has been some positive signals – it has taken a long time to get things moving under He Ara Oranga, unfortunately, westernised business as usual in mainstream health service models seem to be the priority overall which will only continue to fail Māori and produce poor health outcomes” (Māori voice).

Some considered it was still too early to say whether the response was going to prove cohesive enough to create and sustain transformative change.

“...it’s a huge amount bigger than that, about whole of Government, whole of community. And how you make traction on that is bloody hard to be frank, it’s really hard to make that happen and to sustain it” (NGO voice).

Whā

Tā mātou ki te kāwanatanga





Section four

Our advice to the Government

Tā mātou ki te Kāwanatanga

He kitenga toiora, he kitenga mana taurite kei Aotearoa nei, e whakamaruhia ana e te manapori whai wāhi, whai kanohi ki te kanorau, hei tauira ora o Te Tiriti o Waitangi. He rite tonu ngā matapakinga ki roto o He Ara Oranga, ā, e tautokotia ana e ngā reo karanga a te hunga tuku kōrero:

“E manako ana kia matomato a Aotearoa, kia taea e te katoa te taumata hauora hinengaro ora, kia taurite ngā putanga puta noa i te pāpori, otirā kia whai te hunga pōkaikaha i te kaha, i ngā rauemi me ngā tautoko e ora anō ai... Me āhei e te katoa te huarahi kia ‘tā te ihu’, mēnā kei te mate hinengaro, mēnā kāore rānei i te mate hinengaro.”⁵³

He nui ngā āhuatanga o ngā tūmanako a te iwi Māori me Ngā Iwi o Te Moananui-a-Kiwa e tohu ana i te huarahi tika mō te katoa o Aotearoa.”⁵⁴

I tuwhera mai ngā ngākau o te marea, ā, e pono ana rātou ki ngā panonitanga. I whāngaihia mai te ngako o ā rātou ake kōrero, ā, he rite tahi ētahi o ngā tū kaupapa me ngā hua i rangona e mātou puta noa i te tau.

Kua hou atu ēnei hua ki roto i ngā tohutohu a te Komihana Tōmua ki te Minita Hauora, kāti, ko ā mātou tirohanga ēnei ki te tautoko i te panonitanga pūnaha. Ko te ngako ēnei o ngā kōrero a ngā kaituku i rapua mai mō Uiui Kāwanatanga ki te Hauora Hinengaro me ngā Waranga i te tau 2018.

Ko tā mātou ki te Minita, he aro ki te panonitanga taumata-pūnaha, me ngā tūmomo tohutohu ki te whanake i ngā urupare a te Kāwanatanga ki ngā tūtohunga a He Ara Oranga.

⁵³He Ara Oranga, wh.82

⁵⁴Te Ratonga Ture Hauora, Hauā Hoki o Ngā Mōtika Kaihoko (4(3), 4(4) me te whiti 4)

Our advice to the Government

The people of Aotearoa have a vision for wellbeing and equity where Aotearoa is served by a democracy that is truly inclusive, representative of our diversity, and is a living example of Te Tiriti o Waitangi. This was described repeatedly in He Ara Oranga and is supported by the voices of the people we have had ongoing conversations with.

“We aspire to a flourishing New Zealand, where a good level of mental wellbeing is attainable for everyone, outcomes are equitable across the whole of our society, and people who experience mental distress have the resilience, tools and support they need to regain their wellbeing... Everyone should have the opportunity to ‘live well’, whether or not they have active symptoms of mental illness or a particular diagnosis...”⁵³

We believe that many dimensions of the aspirations of Māori and Pacific peoples, especially the call for a holistic approach, point the way for all New Zealanders”.⁵⁴

People we have spoken with have been open, honest, genuine and hopeful for change. Unique stories have been shared, and there are common themes and solutions we have heard throughout the year. They are the heart and soul of people’s views that were first sought for the Government’s Inquiry into Mental Health and Addiction in 2018. These solutions have been carried forward into the Initial Commission’s advice to the Minister of Health and represent our perspectives to support system transformation. Our advice to the Minister of Health focuses on system-level transformation, followed by specific advice for progressing the Government’s response to He Ara Oranga recommendations.



⁵³He Ara Oranga, p. 82

⁵⁴New Zealand’s Code of Health and Disability Services Consumers’ Rights (4(3), 4(4) and clause 4), from He Ara Oranga, p.89

Ngā tohutohu panoni pūnaha

Whai kiko te huarahi ki te panonitanga mā te waihanga tūāpapa kaha

Te panonitanga mā Te Tiriti o Waitangi

Ko te kitenga ā mātou kia riro mā Te Tiriti o Waitangi hei ārahi i ngā mahi e hāngai ana ki te noho tau o te taha ahurea. Kia pakari ake ngā whai hononga me te tuari mana whakahaere ki te iwi Māori; kia whai mana ko te ao Māori, ko te mana whenua o te Māori – ko te tino rangatiratanga, ko te kāwanatanga, ko ngā tikanga, ko te reo me te mātauranga Māori.⁵⁵ Me kite me ora ngā hononga ki te Māori ki ia huringa o te pūnaha, o te hanganga, o te waihanga me te whakamahinga ratonga. Hei tauira, mā te whakaneke i ngā kitenga o te Kokoraho Wai262 o ‘Ko Aotearoa Tēnei’, ka pakari ake te hononga a te Māori ki te Karauna, ka pakari ake ko Aotearoa.⁵⁶

Aro ki te mana taurite

He tikanga a Te Tiriti o Waitangi hei whakanoho i te mana taurite i waenganui i te Māori me te Pākehā. E toitū ai te mana taurite ki te iwi whānui, me whakangao ngā rōpū tōrangapū whānui ki te mana taurite me te arataki māene. Mā te whai i te aronga a te hapori, me te whai honotanga taurite ki te iwi Māori, ki te Hunga Whai Wheako, ki ngā rōpu matua hoki, ka tutuki ngā panonitanga.

Whakanōhia te whānau ki te iho o te pūnaha whakakotahi, whai wāhi hoki

Me noho māori ai ngā hononga ki te Māori, arā, ki te tangata whenua, me mahi tahi atu hoki te kāwanatanga ki ngā rōpū matua. Ko tētahi ko te whakauru i ngā waihanga tahi ki ngā taumata katoa o te pūnaha hauora hinengaro, e hua ake ai ngā hōtaka arowhānui.

“Kia mārama tātou, kāore ngā hū ai te ahu mai i te hunga rata me ngā pūkenga ngaio, e ahu kē mai ana i ngā whānau. Ka ahu mai i te iwi” (reo tari kāwanatanga)

Te aro ki te toiora

Kia neke ki te aronga toiora e whakanui ana i te pānga nui o ngā putanga pāpori, ohaoha hoki. Kia whakanuia te hauora pāpori me te huarahi ki ngā putanga toiora pai ake.⁵⁷ Ko tōna tino tikanga, kia whakapiki māramatanga ture pāpori hoki e whakatika ana i ngā tūkino o te whakawaimeha, o te kaikiri, o te ahutahi, o te rawakore, o ngā koroua whare me ētahi tū makenu anō rā.

“Ki ōku whakaaro e whakahokia ana te mana ki ngā whānau, kei roto i te ira o ngā tātai whakaheke te mana hautū ki te hauora nui me te toiora mō ngā tamariki, mō te iwi” (reo a te Māori).

Panonitia te ahurea

Me whakaihonui ngā huarahi rongoa koiora me ngā ratonga hauora hinengaro e whai wāhi ai te katoa ki ngā kōwhiringa kore-rongoatanga. Mā te hapori, mā ngā iwi, mā ngā rōpū matua e arahi pea i ēnei kōwhiringa ratonga Mātauranga Māori, kōtuinga ngaukino, tautoko whakahoa hoki.

“Mō te hapori, mō te iwi, kāore i te wharerata te hauora matua. Kei te whānuitanga kē o te hapori” (reo o Ngā Iwi o Te Moananui-a-Kiwa).

⁵⁵Labour Manifesto 2020: https://drive.google.com/file/d/13uHcVm8HUXEoWoPQgkYjHX_d_Za-00/view

⁵⁶Ko Aotearoa Tēnei – A report into claims concerning New Zealand law and policy affecting Māori culture and identity: http://forms.justice.govt.nz/search/Documents/WT/wt_DOC_68356054/KoAotearoaTeneiTTIW.pdf

⁵⁷Health and Disability System Review. 2020. Health and Disability System Review – Final Report – Pūrongo Whakamutunga. Wellington: <https://systemreview.health.govt.nz/final-report/download-the-final-report/>

Advice at the system transformation level

The journey towards transformation can be realised by establishing strong foundations.

Ground transformation in Te Tiriti o Waitangi

Our vision is that Te Tiriti o Waitangi will guide everyone's way to working inclusively, in an appropriate and culturally safe way. Stronger partnership and power sharing with iwi Māori; upholding te ao Māori, and rights of Māori as mana whenua – tino rangatiratanga (self-determination), kāwanatanga (governorship), tikanga (customs and protocols), te reo (language) and recognise the vital contribution of mātauranga Māori.⁵⁵ Partnership with Māori must be present and active at every phase of system, structure, service design and implementation. For example, progressing the findings of the Wai262 Claim 'Ko Aotearoa Tēnei' will serve to strengthen the Māori-Crown relationship and for Aotearoa as a nation.⁵⁶

Focus on equity

Te Tiriti o Waitangi is a mechanism to ensure that equity prevails in Aotearoa between Māori and Pākehā. For equity to prevail across all peoples in society we require sustained cross-party political investment to achieve equity and cohesive leadership over time. A community-led focus and partnership of equitable representation of iwi Māori, people with lived experience and priority groups can facilitate change.

Place people and whānau at the centre of a unified and inclusive system

Partnering with Māori as tangata whenua and collaborating with priority groups needs to be the norm within Government. This includes incorporating genuine co-design into all levels of the mental health and wellbeing system, resulting in holistic and peer-led support programmes. Lived Experience needs to be reflected in leadership in order to address the power inequity.

"I think we need to recognise that actually the solutions aren't from clinicians bring[ing] technical skills, but solutions coming from whānau. They come from the people" (Government agency voice).

Focus on wellbeing

Shift to a wellbeing focus that acknowledges the significant impact of social and economic determinants. Emphasise population health and a life course approach to improved wellbeing outcomes.⁵⁷ Practically, this means raised awareness and social policy that addresses the impacts of colonisation, racism, monoculturalism, poverty, poor housing, and other forms of disadvantage.

"I think that it's in some ways giving whānau back their own power that in your DNA and your history and your traditional knowledge, you know, you've got a lot of value there for hauora and the wellbeing of yourself and your children, your people" (Māori voice).

Change the culture

Biomedical approaches and services for mental health and addiction need to be balanced by centres for mental health and wellbeing within communities, where all people can access non-medical support options for understanding their distress. These options might be led by community, iwi or priority groups, and include mātauranga Māori-based services, trauma-informed frameworks and peer support understandings.

"For our community, for our people, primary care is not the clinic. It is the community, it's a wider space" (Pacific voice).

⁵⁵ Labour Manifesto 2020: https://drive.google.com/file/d/13uHcVm8HUXEoWoPQgkYjHX_d_Za-00/view

⁵⁶ Ko Aotearoa Tēnei – A report into claims concerning New Zealand law and policy affecting Māori culture and identity: http://forms.justice.govt.nz/search/Documents/WT/wt_DOC_68356054/KoAotearoaTeneiTTIW.pdf

⁵⁷ Health and Disability System Review, 2020. Health and Disability System Review – Final Report – Pūrongo Whakamutunga. Wellington: HDSR. <https://systemreview.health.govt.nz/final-report/download-the-final-report/>

E hāngai ana a He Ara Oranga ki te Arotake o te Pūnaha Hauora Hauā

He āhua rite tonu ngā tohutohu a te Arotake ki te kitenga, ngā uara me ngā arotau a He Ara Oranga. Mā te arataki tahi a te Komihana tūturu me te Arotake e āwhina pea i te Kāwanatanga ki te whai urupare ki te panonitanga pūnaha.

Ngā kaiāhei mō te panonitanga taumata pūnaha

Kia tutuki ai te kotahitanga

E pai ake ai ngā putanga mō te iwi pōkaikaha, me panoni te pūnaha mā te mahi tahi i roto i ngā hononga pūmau (ka takea mai i ōna uara, mātāpono hoki), mā te waihanga i tēnei mea te pono (te māramatanga puta noa, te mātauranga me te mana, te ahurea awhi mai, awhi atu) me te whai. kia kaingākau tonu te Kāwanatanga ki te tuari i ngā mana whakahaere ki te hapori.

“Ko te hiahia kia rangona mātou, kia whai wāhi hoki ki ngā ture me ngā whakatau” (reo kaumātua).

“Me whai mana ngā wheako a te hunga haua ki roto i te kāwanatanga” (reo a te hunga Haua)

Whanakehia te arataki whakamua

Hei whakaneke i te panonitanga pūnaha me riro mai ko te tikanga arataki e ahu ana i ngā uara whakatinana i te mahitahi, te whai wāhi, me ngā hononga. Me whakahāngaitia ēnei uara ki Te Tiriti o Waitangi, ki ngā tarāwaho mōtika tangata, ki te manaaki pāpori me ngā huarahi whakarauora, tae atu ki ngā mātāpono hauora taupori e tuku ana i ngā momo tiakitanga ngāwari noa. E hiahia ana te iwi i ngā arataki tiketike e whakaata nei i te hononga i takea mai i Te Tiriti, ngā whakahāngai wāhanga, me ngā kapa e whakakanohi ana i te kanorau o ō tātou hapori. I roto i ngā hapori, ka noho whakahirahira tonu ngā arataki me ngā whakahaere ā-rohe hei huarahi mā te iwi ki te whakatau rārangi kōrero e whai pānga ana ki ō rātou ake hapori. Me wero ngā tikanga arataki e aro ana ki ngā aronga paetata, whakarangatira hoki.

“Ngā Kaiarataki – ko te mahi tahi ki ngā hapori me ngā kaiarataki hapori e whai wheako ana. Me whai reo mana mātou. Kia kite rā anō mātou i ngā panonitanga i roto i ngā hapori, e taea ai e mātou te tipu matomato me te whai wāhi ki ngā ratonga e wātea ana ki te katoa. Me paeroa te whai hua” (reo Takatāpui).

There is alignment between He Ara Oranga and the Health and Disability System Review

The advice from the Review aligns closely with the vision, shared values and priorities of He Ara Oranga. Collective leadership from the permanent Mental Health and Wellbeing Commission and the Health and Disability System Review implementation team could support the Government's response to system transformation. A stronger, systemic focus on Māori health and an increased focus on equity will assist in responding to urgent needs.

Enablers for system level transformation

Achieve kotahitanga (solidarity)

To improve outcomes for people with the most need, we need to transform the system by working together in genuine partnership (values and principles based), building and enhancing trust (shared understanding, knowledge and power, a culture of caring and reciprocity) and ensuring there is willingness from Government for power sharing and shifting power to communities.

“We want to be heard, included and see ourselves in policies and decisions” (Older peoples voice).

“There needs to be recognition across Government that disabled people bring experience” (Disability voice).

Develop visible progressive leadership

To progress system transformation, we need a values-based leadership style that embodies collaboration, inclusiveness and partnerships. This values-based leadership should be oriented to Te Tiriti o Waitangi, human rights frameworks, social inclusion and recovery approaches, and population health principles that provide the timeliest and least restrictive type of care. People would like senior-level leadership that reflects Te Tiriti-grounded partnership, sectoral alignment, and teams that represent the diversity of our communities. Within communities, local leadership and governance remains an important area of opportunity for people to set agendas that are relevant to their own contexts and for groups to create and lead their own innovations. Leadership styles that focus on short term goals and hierarchical approaches should be freely challenged.

“Leaders – working with communities and community leaders with expertise is key to getting this right. We need to be included, but not in a box-ticking way. We want to see a real difference in our communities, where we flourish and have the same access to support as everyone else. It needs to be a sustainable solution” (Rainbow voice).

Kia ū ki te wairua o te mahitahi i te wā o te Mate Korona

Nā te Mate Korona kua kaha whakakipangia a He Ara Oranga.

I kōrero mai te hunga mō te whakakipakipa o te Mate Korona i te panonitanga, i kite ai tātou ka tere tonu ngā panonitanga mēnā ko te pai mutunga mō te katoa. E noho manako tonu ana te marea ki ngā huarahi panoni i horaina i te wā mate urutā, engari tērā ētahi māharahara, e hoki ana ētahi 'ki taua āhua anō rā', ā, e kāhaki poto noa ana te pūnaha hei whakatau atu i te raru, arā, kei hoki pea ki tōna āhua i mua.

E tautoko kaha ana mātou i te whanaketanga o Kia Kaha, te Mahere Whakarauora i te Mate Korona, ka mutu, koinei tētahi o ngā mataamua hei tauawhi i a Aotearoa i te wāhanga whakarauora o te Mate Korona. E mihi atu ana ki te huarahi mahitahi i whakatōkia puta noa, ā, ko te hao o te ngākaukia noho tēnei hei tūāpapa mō ngā panonitanga, e whai hua ai te iwi o Aotearoa.

Ngā tohutohu ki te Kāwanatanga e hāngai pūana ki ngā tūtohunga

I runga i ngā tirohanga me ngā whakaaro a te huhua o ngā kaiarataki hapori pūkenga rerekē, e whakautu ana ō mātou tohutohu i ngā tūtohunga a He Ara Oranga.

Kia whakawhanake mai te mahere kāwanatanga whānui i te taha o te iwi

Me whai te pūnaha i te whanaketanga wawe mai o tētahi rautaki 'mahere ara' e hāngai pū ana ki a He Ara Oranga, ā, kia rite tōna arotautanga ki te urupare a te Kāwanatanga mō te Mate Urutā o te Ao, te Mate Korona.⁵⁸ Me whai whaiaro hou mō te mahi tahi, ā, mā te Minita me te Manatū Hauora e whakarite, te tauratanga o te mahi tahi, e aratakingia ana e te Māori, e te Hunga Whai Wheako, me ngā rōpū matua.

“Me mārama tahi tātou, me mārama ki ngā heke me ngā piki” (reo Mōrehu hoia).

He rapu mahere tā He Ara Oranga:

“Heoi ko te tikanga ake, kia riro mai te huarahi mahi tahi e horapa whānui ana i ngā ratonga, tēnā i ngā kongakonga me ngā huarahi whāiti kua whāngaihia mai nei”.⁵⁹



⁵⁸Kia Kaha, Kia Maia, Kia Ora Aotearoa – Mahere Whakaora Hinengaro i te Mate Korona

⁵⁹He Ara Oranga, wh.110

Maintain the way we worked together during COVID-19

COVID-19 has increased the urgency to keep up the momentum of He Ara Oranga.

People described how COVID-19 has primed people for change, showing us all how rapid, radical, cross-sector collaboration is possible when working for the greater public good. People also told us they remained hopeful of the opportunities for change that the pandemic has presented, but there is fear that 'business as usual' is creeping back in, and the system has only flexed temporarily to accommodate the crisis and may be reverting to the status quo.

We welcome the development of Kia Kaha COVID-19 Recovery Plan and consider it fundamental to supporting Aotearoa through the recovery phase of COVID-19. We particularly acknowledge the collaborative approach that is embedded throughout and hope that this will serve as a platform for transformation across the system, so that people in Aotearoa can achieve better wellbeing outcomes.

Recommendation-specific advice for Government

Based on the views and suggestions of a wide range of community leaders from several disciplines, our advice to the Government addresses the recommendations of He Ara Oranga.

Develop a clear, long-term, whole of Government action plan together with communities and accountability

The system requires the urgent development of a 'roadmap' implementation plan that is explicit to He Ara Oranga, with full prioritisation alongside the Government's response to the COVID-19 Global Pandemic.⁵⁸ A refreshed attitude is needed for how we do this together, facilitated by the Minister and Ministry of Health, exemplifying cross-agency collaboration, led by Māori, people with lived experience, and priority groups to ensure equitable decision-making powers. This will support a shared vision of what 'good' progress looks like, which will also support future monitoring and evaluation.

"We need to come to a collective understanding, recognising our flaws and shifting together" (Veterans voice).

He Ara Oranga sought such a plan:

"Our point, however, is that a more concerted, widespread and ambitious approach is needed to expanding access to services than the piecemeal and limited approaches to date".⁵⁹

⁵⁸Kia Kaha, Kia Maia, Kia Ora Aotearoa – COVID-19 Psycho-social and Mental Wellbeing Recovery Plan

⁵⁹He Ara Oranga, p.110

Whakawhānuihia te whai wāhi ki ngā tautoko

- Kia ū ki te whakawhānui i ngā ratonga tiaki matua mā ngā kaupapa hauora, whakahiato ora, atea hapori hoki e tuku ana i ngā tautoko hauora hinengaro ki ngā hapori me ngā rohe i waho atu i ngā whare rata.

He whakapiki i ngā kōwhiringa ratonga

- Me whai kia noho wātea ngā pārongo ratonga ki ngā momo hapori katoa.
- Me whakatū ngā kaihautū hapori e mā mā ake ai te tono āwhina a te hunga haua, a te hunga whakamātau i te mate whakamomori, a ngā mōrehu hoia, a ngā manene, a ngā rerenga me ngā mauhere.
- Whakamaua ngā kura ki te tautoko i te rangatahi me te hauora hinengaro e whakaata ana i ō rātou hiahia.
- Kia whakawhanakehia ngā kōwhiringa tautoko hei urupare i ngā hiahia a ngā rōpū matua. Me hanga tahitia ēnei ki ngā rōpū e rongo ana i ngā putanga rawakore o te toiora. Me tuku tika ngā rauemi ki ēnei hapori, whakahaerenga hoki, hei tautoko i a rātou (pēnei i ngā ratonga hauora Takatāpui, ratonga tautoko rerenga rānei). Me whai huruhuru, me pukenga ngā whakahaerenga nei hei tuku i ngā hauora hinengaro e hāngai ana.
- Me whai kia hāngai ngā whanaketanga me ngā whakatinanatanga o ngā ratonga katoa ki te ahurea. Me rahi ake ngā ratonga me ngā kaiwhakarato Kaupapa Māori, me whai kē hoki i te wairua auaha i ngā rohe i mua i te tiro ki ngā tauira o tāwāhi.
- Me auaha ngā hanganga e whakauru ana i ngā ture ki te tuku i ngā ratonga whānui pēnei i te whakangao i ngā whaihanga hou, me te whakanoho i te pono ki te mātauranga Māori. Hei tauira, kia noho toka te huarahi whai pūtea i whakamahia i te wā o te urupare Mate Korona mō ngā kaupapa Whānau Ora.
- Whakangaotia te Tautoko Whai Hoa hei kōwhiringa tautoko e “hāngai ana ki te ahurea” hei whakarerekē i te panonitanga o te pūnaha hauora hinengaro.
- Kia puea haere mai ngā huarahi hou ki ngā tautoko hapori hauora hinengaro, me whai kia whai wāhi tonu te Hunga Whai Wheako ki ngā whakatau ā-motu katoa mēnā e whakamahia ana te kupu “Whai Hoa” te “Tautoko Whakahoa” rānei.

Whakahaerehia ngā waihanga me ngā whakamahinga ngātahi

- Me whai kia kitea te tuaritanga mana whakahaere i ngā pae pūnaha katoa.
- Whakawhanaketia te mahere ā-motu e noho tahi ai (ki roto rānei) te waihanga ngātahi i te “Aramahere” paetawhiti. Mā tēnei e whakarārangi i te tirohanga me te tukanga mō te hanga tahi e whai pānga ai ki ngā tūtohunga a He Ara Oranga, hei whakahau atu i ngā tari kāwanatanga, Ngā RHM, Ngā RWK, Ngā PHR, ngā whanaketanga pūtahi me ētahi anō ki te tukanga hanga tahi mō te wāhi ki a rātou mō te panonitanga.
- Whakahaerehia ngā hui ā-motu hei hanga tahi i ngā aratohu, ngā mātāpono me ngā mahi waihanga tahi i ngā ratonga hauora hinengaro, toiora hoki.
- Urutaungia ngā herenga hei whakanoho i te pono o ngā ratonga me ngā rōpū ki te huarahi o te hanga tahi.
- Me whai kia kitea ngā tūāhua hanga tahi ki ngā ratonga me ngā kaupapa hou katoa.
- Me whai kia whakauru ngā tukanga RFP i te tikanga hanga tahi ki te motu me ngā rohe.

Expand access to support

- Commit to expanding the reach of primary care services through additional health, social and community spaces that offer primary/community level mental health support beyond GP clinics.

Increase choice of services

- Ensure information about services and supports is accessible, inclusive and representative of our diverse communities.
- Create and fund community navigators to make getting help much easier, especially for groups such as disabled peoples, people who have attempted suicide, veterans, migrants, refugees and prisoners.
- Equip schools to support young people with their mental health, in ways that reflect what they have asked for. Education should be youth-led and empowering, giving young people the tools to increase wellbeing and manage distress.
- Develop and deliver support options that respond to the needs of priority groups. These should be proactively co-designed with groups who experience poorer mental health and wellbeing outcomes. Provide resourcing directly to these communities and the organisations supporting and representing them (e.g. Rainbow health services, refugee support services). Resource and upskill these organisations to provide culturally appropriate mental health and substance use support to members of their community with mild-moderate needs.
- Ensure all services being developed and implemented to expand access and choice are culturally responsive. More Kaupapa Māori services and providers are required, prioritising local innovation over adapting international and imported models.
- Design infrastructure that includes legislation and policy to deliver on a broader range of services, such as investing in new innovation, and ensuring high trust of Māori intelligence. For example, embed the funding approach utilised during the COVID-19 response for Whānau Ora initiatives.
- Invest in Peer Support as an important culturally aligned support option in a transformed mental health and wellbeing system. Ensure it is understood and co-designed at all stages, especially the contract development stage.
- As new approaches emerge in community mental health and wellbeing support, ensure the Lived Experience Peer sector is involved in all national-level decisions where the term 'Peer' or 'Peer Support' is considered for use.

Facilitate co-design and implementation

- Ensure power-sharing is evident in all levels of the system.
- Develop a national plan for co-design to sit alongside (or within) the 'roadmap' long term plan. This would outline the scope and process for co-design in relation to the He Ara Oranga recommendations and give direction to Government agencies, PHOs, NGOs, DHBs, workforce development centres and others regarding genuine co-design process for their piece of the system transformation project.
- Facilitate a national conversation about co-design to inform a shared understanding, guidelines, principles and practices on genuine co-design in mental health and wellbeing.
- Apply accountability levers to ensure that services and new partnership/collaboration entities are honouring co-design approaches in a genuine, embedded and sustained way.
- Ensure co-design features in all new services and initiatives. Its application must be evident to providers and from the least powerful voices at the table as well. Establish mechanisms to enable the system to hear and act on this feedback.
- Ensure Expression of Interest and Request for Proposal tender development processes embed co-design, nationally and regionally, and are equitable for smaller providers who offer innovative community led solutions.

Ngā kaiāhei tautoko i ngā whakawhānuitanga

- Me whai kia tino hāngai ki te hunga tika, i te wā tika, ngā mea pēnei i ngā whanake hunga mahi, ngā pārongo pūnaha, ngā ture me ngā here whakarato, ngā pūtea me ngā rauemi.
- Me whakaāhei kia whakaputa raraunga rauemi mō ngā Kaupapa Māori tae atu ki ngā whānau Māori kei roto i te wāhanga auraki.
- Me whai kia whakarauemitia i runga i te uara me te kaha hiahia.
- Me whakaāhei ngā tukanga whiwhinga, whakarato hoki, e whakaniko ana i te hunga mahi ahurea.
- Kia tere tonu ki te urutau i ngā pūnaha pārongo hei whakanoho e tau ana te whakangaotanga \$455 miriona a te Kāwanatanga ki te hunga tika. Heoi kei konā ngā ngoikoretanga e pā ana ki te koi o ngā raraunga, me te kounga o ngā pārongo.
- Me whai kia tautoko ngā kaponga raraunga i te aroturukinga o ngā tarāwaho, pēnei i ngā putanga toiora a He Ara Oranga, e raupapa ana i te kitenga, me ngā putanga toiora e ono o te tarāwaho ine o mohoa nei. Mā ēnei mahi ka āhei ai te Komihana Tōmua ki te tuku tūtohunga ki te Minita Hauora, me pēhea e whakakī ngā āputa.
- Kia ū tonu ki te aroturuki i ngā putanga e whakamahi nei i ngā ratonga tiakitanga matua, ā, ka tirohia ngā taupori iwi me ngā āputa. He whai hiranga ngā whare raraunga ki te tautoko i te whai wāhi ki ngā raraunga hei whakanoho i ngā ako i te wā o te panonitanga pūnaha.

Te panoni i ngā manaaki hauora matua

- Kia awhitia te huarahi arataki tahi e tutuki ai ngā mahi a te Komihana me te kapa Arotake Pūnaha Hauora, Hauā, ki te whakanoho i ngā rerekē e hāngai ana ki te panonitanga pūnaha.

Whakakahangia te wāhanga RWK

- Whakamahia ngā tūtohunga e pā ana ki te hanga tahi.
- Mahi tahi me ngā RWK ki te panoni i ngā tikanga tono mahi atu, tae rawa ki ngā take e pā ana ki te āheinga, te raukaha me te utu taurite.

Whakanikohia te toiora, ngā whakatairanga me ngā ārai

- Whanaketia tētahi ara hei opeope i ngā arataki kaha me te urupare kāwanatanga.

Ko te iwi ki waenganui pū

- Whakawhanaketia mai tētahi rautaki whai wheako e takea mai ana i te hononga pūmau, te tuari mana whakahaere, te uara wheako, te mātauranga, pukenga hoki.
- Me whai te kāwanatanga i ngā āheinga hei tautoko i ngā whānau me te tangata whenua, arā, e Māori
- Me whai te kāwanaanga i ngā āheinga hei tautoko i ōna urupare ki ngā rōpū matua
- Me kawē te huarahi hei whakapiki i te mana, te kaha me te whānau whānui.
- Whakaarotia me pēhea e whānui ake ai ngā tūnga tohutohu kaihoko/whānau e hiki ana i te mana o Te Tiriti.

Enablers to support expanded access and choice

- Ensure enablers, such as workforce development, information systems, funding rules and expectations, money and resources, are fit-for-purpose and reach the right people, at the right time.
- Enable Māori-specific funding systems that generate data on resourcing of Kaupapa Māori organisations, as well as for whānau Māori within mainstream PHOs. The principles of Māori data sovereignty should be upheld.
- Ensure equitable resourcing is based on values and need. This includes developing a clear map with flexible contracts that are targeted to groups with poorer wellbeing outcomes.
- Enable collaborative procurement and funding processes that enhance holistic and culturally competent workforces, and amplify holistic systems that are working well.
- Move quickly to adapt information systems to ensure the Government's \$455 million investment to expand access and choice of services is reaching priority groups of people. There are limitations on the granularity, timeliness and quality of information at this time. Collecting fit-for-purpose, real-time information in primary care will require substantial work.
- Ensure data capture supports monitoring frameworks, such as the Initial Commission's He Ara Oranga wellbeing outcomes framework (in development) which comprises an aspirational vision, six wellbeing outcomes and a (forthcoming) measurement framework. This work will enable the Initial Commission to make recommendations through to the Minister of Health on how to address data gaps against the outcomes framework.
- Continue to commit to monitoring outcomes for people who access new primary care services, by population groups, and where gaps remain. Data infrastructures that support ease of access to the data are important for ensuring that we are learning through our journey towards system transformation.

Transform primary healthcare

- Embrace a collective leadership approach with the Mental Health and Wellbeing Commission and the Health and Disability System Review implementation team to ensure changes are aligned with system transformation.

Strengthen the NGO sector

- Implement recommendations relating to co-design.
- Work with NGOs to change commissioning practices, especially regarding capability, capacity and pay equity.

Enhance wellbeing, promotion and prevention

- Collaboratively develop a roadmap that fosters strong leadership and a cohesive Government response.

Place people at the centre

- Develop a Lived Experience engagement strategy that is founded on genuine partnership and power sharing, and values expertise, knowledge and skills. For example, explore a national Lived Experience Centre to independently advocate at multi-levels of the system from a peer values paradigm and grow leadership.
- Ensure Government has the capability to support a collective whānau response for Māori as tangata whenua.
- Ensure Government has the capability to support a collective response for all priority groups.
- Adopt approaches that are strengths-based and mana enhancing, to build resilience and include the whole whānau.
- Consider how consumer/whānau advisory roles can be expanded in a way that upholds a Te Tiriti approach.

Kia taikaha tonu ki te waipiro me ngā pūroi

- Whakahohe ngā ture taikaha ki te Ture Hoko Waipiro (2012), e ai rā ki ngā tūtohunga a He Ara Oranga, me te Tarāwaho HAUMARU AKE a te Kāhui Hauora o te Ao. Kia whai aronga hoki ki te whakaheke i ngā mōreareatanga ki te Māori. Ko ētahi o ngā wāhanga ture ka tirohia ko ngā hokotanga, ngā utu, ngā whakatairangatanga, te tau hoko, te taraiwa me te whakamātau haurangi, ngā tānga manawa me ngā rongoātanga.
- Kia whāia te huarahi-taupori ki te whakaheke i ngā mōreareatanga waipiro mā te wete i te ture i riro ai ko te ahumahi waipiro tonu ngā kaitirotiro ki ōna pānui, whakatairanga, whakatanatana hoki.
- He whakapai ake i ngā mana whakahaere a te hāpori ki ngā whakataunga raihana hoko waipiro, ā, kia whai wāhi ngā mana whenua ki ngā whakatau.
- Kia whakawhanakehia te Mahere Patu Waipiro e aro ana ki ngā hua poto me ngā hua roa o te hauora me te whakahiato ora mō te iwi Māori anō hoki. Mā te whakatika rawa i te ture me te ahurea, e heke ai te kaha inu waipiro me ōna kūrakuraku katoa.
- Whakamohoatia ngā ture a te kāwanatanga me ngā kaunihera e pā ana ki te waipiro me te pūroi, otirā kia hāngai ki te kokoraho Tiriti o Waitangi a Wai 2624 (2575).⁶⁰ Tiaki Hauora. Me whai hononga rawa ngā mahi ki ngā iwi, ngā hapū, ngā whānau me ngā hāpori.
- Whakarahi ake i ngā whakaoranga i te pūroi me te waipiro. Kia tau iho ēnei āwhina ki ngā porohaurangi, ki ngā take kaiā waipiro, me ngā mate waranga hoki.
- Kia hāngai te titiro mai i Te Tiriti, ki ngā mōreareatanga ki te Māori, ka whakataurite atu ki a tau iwi. Hei tauira, me haere tonu ngā wānanga ki te pei i te ture pūroi atu i te urupare taihara ki te urupare hauora e aro kē ana ki te whakaheke i ngā mōrearea me te whakakaha i ngā whakaoranga.

Te ārai mate whakamomori

- Kia haere tonu te whakamahinga me te whakawhānuitanga o te whaihanga ki ngā rohe (pērā i ngā huarahi Kaupapa Māori), kāpā ki ngā tauira o waho.

Hanga houhia te Ture Hauora Hinengaro

- Hanga houhia te Ture Hauora Hinengaro hei whakanoho i te whai wāhi o te iwi ki ia pae o ngā whakahounga
- Me whai kia ka pā ngā whakahoutanga ki Te Tiriti o Waitangi me te huarahi Mōtika Tangata.
- Tīmataria ake whanaketanga o ngā āheinga hei whakakaha i ngā whakataunga, pērā i ngā whakangungu kaimahi māngai whakaho.

Waihangatia te Komihana Hauora Hinengaro, Toiora Hoki

- Me whai kia rite te Komihana ki te hāpori e mahi nei ia, me ū hoki ki Te Tiriti o Waitangi
- Me whai wāhi ngā tāngata e whai kanohi ana i ngā rōpū matua, ki te Poari o te Komihana, hei kaimahi, hei kaitohutohu hoki.

Ngā take whānui me te ū ki te kohinga

- Kia tohe mō tētahi mahere mārama me te whakamanatanga o ngā kaiarataki o te Paremata kia mahi tahi puta noa i ngā rōpū tōrangapū.

Kāore e māmā te huarahi atu ki te panonitanga – me uaua ka tika. Heoi kua tino kaha ngā āwhā mai e kī ana me panoni tātou. Nā te Mate Korona i whakahira i tō tatou āhe ki te whakatinana i ngā kitenga whānui. Ka taea te panonitanga, ā, me mahi tahi tātou katoa e tutuki ai, me maia, me manawanui, me ū ki te kitenga whakahuri i whakahaungia atu rā e He Ara Oranga. Nei rā kua tītaringia ēnei hīnātore, hei whakahika i ngā wawata panoni hou i Aotearoa.

Nau te rourou, nāku te rourou ka ora ai te iwi.

⁶⁰Wai 2624, #2.5.3. (2019). I tikina i te 15.10.19 mai i: https://forms.justice.govt.nz/search/Documents/WT/wt_DOC_148205985/Wai%202624%2C%202.5.003.pdf

Take strong action on alcohol and other drugs

- Activate a stricter regulatory approach to the Sale of Supply and Liquor Act (2012) according to the reports recommended in He Ara Oranga and the World Health Organisation SAFER Framework, with a focus on reducing disproportionate harm to Māori. Stricter regulation should include availability, affordability, promotion, age, drink-driving and screening, brief intervention and treatment.
- Take a population-based approach to alcohol harm reduction by removing self-regulation of advertising, promotion and marketing by the alcohol industry.
- Improve community control in alcohol licensing decisions and enable input from mana whenua.
- Develop a stand-alone National Alcohol Action Plan focused on achieving better short and long-term health and social outcomes, especially for Māori, through policy and culture change that reduces drinking rates and subsequent harms.
- Update central and local Government policy in relation to alcohol and other drugs according to Te Tiriti o Waitangi Healthcare claim Wai 2624 (Wai 2575).⁶⁰ Work must be in partnership with iwi, hapu, whānau and communities, reflecting co-design with priority groups.
- Increase the type and number of drug and alcohol treatment options available to people with high dependency, hazardous consumption, and addiction difficulties.
- Apply a Te Tiriti and equity lens that focuses on harm caused to Māori, compared with non-Māori. For example, continue discussions about shifting drug policy from a criminal-justice centred response that focuses on sanction to a health-centred response that focuses on harm reduction and access to treatment.

Prevent suicide

- Continue to implement and expand local innovation (such as Kaupapa Māori approaches) rather than internationally imported approaches.

Reform the Mental Health Act

- Improve the engagement approach to ensure people are involved at every stage of the reform.
- Ensure the reform applies Te Tiriti o Waitangi and a Human Rights approach.
- Begin the development of enablers that will strengthen supported decision-making, e.g. peer advocate workforce training.

Establish a new Mental Health and Wellbeing Commission

- Ensure that the Commission looks like the communities it is being set up to serve, including a strong commitment to Te Tiriti o Waitangi.
- Ensure that people who represent the priority groups are included in the Commission Board, staff, and as external advisors.

Wider issues and collective commitment

- Advocate for a visible, clear plan and empower leadership in Parliament for the cross-party working group.

The changes we, and people across Aotearoa, are seeking will not be easy – and transformation won't happen overnight. But the winds for change have never been stronger than they are today. The COVID-19 environment highlighted what we can do when we work together in partnership for a common vision. Transformation can be achieved, and it's going to rely on all of us working together, being bold and brave, and committing wholeheartedly to the vision of transformation that was called for in He Ara Oranga. We have shared these insights and offered our advice to spark the flame of hope and give life to a new wave of transformation in Aotearoa.

Together, your contribution and ours will lift the wellbeing of our people

⁶⁰Wai 2624, #2.5.3. (2019). Retrieved on 15.10.19 from: https://forms.justice.govt.nz/search/Documents/WT/wt_DOC_148205985/Wai%202624%2C%202.5.003.pdf



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Ngā Tāpiritanga

Appendices



Tāpiritanga 1: Tā mātou tikanga mahi

Mai i tōna whakarewanga, kua paraia e te kitenga o He Ara Oranga te huarahi kia tuku mōhiohio te iwi i runga i ā rātou whakapau kaha ki te whakawhanake i ngā kauneke. Ka whakamārama tēnei wāhanga i ngā huarahi i tautohua ai ngā mōhiohio me ngā puna tautoko, hei aromātai i ngā kauneke a te Kāwanatanga e pā ana ki ngā tūtohunga 38 a He Ara Oranga. Kia mahara iho, he huhua ngā tūmomo puna aromātai i whāngaihia ki tēnei pūrongo, nā reira he aromātai whakakotahi tēnei o ngā momo kauneke katoa kāore pea e whakaata i ngā tirohanga o ngā whakahaerenga takitahi.

Pūrongo Tōmua

I te Pipiri i te tau 2020, ka whakaputaina e te Komihana Hauora Hinengaro, Toiora Hoki te pūrongo tōmua hei tiroiro i ngā kauneke mō ngā wāhanga matua e whā:

- Te whakawhānui i ngā whai wāhitanga me ngā kōwhiringa
- He whakaputa i te rautaki ārai mate whakamomori me te waihanga i te tari ārai whakamomori
- Te whakakore me te whakakapi i te Ture Hauora Hinengaro (Ngā Whai Oranga Whakature) 1992 me;
- Te waihanga i te Komihana Hauora Hinengaro, Toiora Hoki

41 ngā uiui i oti i te takiwā kōtihi o te Mate Korona, atu i te marama o Poutūterangi ki te marama o Haratua i te tau 2020. Ka tuaritua atu e te iwi ā rātou wheako, mātauranga, wawata hoki e pā ana ki ngā panonitanga.

Pūrongo kauneke

He mea whakaputa te pūrongo tōmua i te marama o Pipiri 2020, ā, ka haere ā mātou mahi mō He Ara Oranga, he kohikohi pārongo, taunaki hoki, mai i ngā puna rerekē.

I tīmata ngā awamahi e whā whai muri i te whakaputanga o te pūrongo tōmua ki te kohikohi i ētahi atu pārongo:

1. I runga i ngā kitenga a te pūrongo tōmua: i whakapā anō mātou ki ngā kaituku kia kōrero mai mō ngā kauneke a te Kāwanatanga ki ngā haepapa matua e whā hei whakautu atu i a He Ara Oranga.
2. Te tātari anō i ngā raraunga o ngā uiui tōmua: ahakoa te aro o te pūrongo tōmua ki ngā haepapa matua e whā, ka tiaho anō te marama ki ngā kauneke o te tini o ngā tūtohunga a He Ara Oranga.
3. 19 ngā tūtohunga kē atu: i tono reta matou ki ngā tari kāwanatanga e 21 ki te tono i ngā pārongo mō ngā kauneke a te Kāwanatanga ki ngā tūtohunga 19 kāore i tirohia i te pūrongo tōmua.
4. Ngā raraunga kōrero: Kua whakawhānuihia ngā raraunga kōrero ki He Ara Oranga. I takea mai ngā raraunga i ngā tari me ngā whakahaerenga kāwanatanga, i ngā pūrongo me ngā rangahau maha. Kua whakamahia te raraunga ine me te raraunga inekore hei tātari i ngā kauneke.

Appendix 1: Methodology, how we went about our mahi

From the outset, the vision of He Ara Oranga paved the way for people to provide information, based on their work programmes and experiences, to develop a picture of progress. This section explains the different ways information and evidence sources were identified and used to assess the Government's progress for the 38 He Ara Oranga recommendations. It is important to note that multiple assessment sources and views have contributed to this report, therefore the report reflects an integrated assessment of progress that might not reflect the views of individual organisations.

Interim Report

In June 2020, the Initial Commission published an interim report to provide an early check-in on progress of four initial priority areas:

- Expanding access and choice
- Publishing the suicide prevention strategy and establishing a suicide prevention office
- Repealing and replacing the Mental Health (Compulsory Treatment) Act 1992 and
- Establishing the Mental Health and Wellbeing Commission

41 interviews were completed over the COVID-19 peak period from March to May 2020. People shared their experiences, knowledge and their hope for change and a transformed system.

Progress report

After our interim report was published in June 2020, we continued to assess the Government's progress of He Ara Oranga, collecting information and evidence from different sources in various ways.

The four workstreams that began after the publication of the interim report to gather more information included:

1. Building upon the findings from the interim report: we re-connected with interim report interviewees to ask for a progress update on the Government's first four priorities in responding to He Ara Oranga.
2. Re-analysing the initial interviewee data: we found that while the interviews focused on the four initial priorities, comments also shed light on the progress of many other He Ara Oranga recommendations.
3. 19 other recommendations: we sent letters to 21 Government agencies requesting information about the Government's progress of the 19 He Ara Oranga recommendations not covered in the interim report.
4. The data story: We have built on the data story in He Ara Oranga. Combined data has been sourced from Government agencies and other organisations, along with a range of reports and studies. Quantitative and qualitative data has been used together to assist with assessing progress.

Te ara Poutama: te taputapu ine kauneke

Ka pā nei te tikanga mahi o te Poutama ki tōna whanaketanga me tōna whakamahinga. I te whanaketanga mai o te Poutama, ka tukuna he wā mō ētahi ki te whakahoki kōrero:

- Mō te uara me te rite o tētahi ara, Poutama rānei hei tātari i te urupare Kāwanatanga ki ngā tūtohunga a He Ara Oranga.
- Ngā momo paearu, kaitūtohu hoki ka whai hiranga inā tātari ai ngā kauneke

Whai atu i tēnā, i pōhiritia te iwi ki te tātari i ētahi o ngā kauneke mō ngā tūtohunga a He Ara Oranga. Mā konei ka rangona ngā tātari a te iwi ki ngā kauneke me te whakamārama anō i te taha. Nō konei ka māraakerake te kite atu he aha ngā mea whai hiranga i roto i ngā tātari o ngā kauneke, me te whakapai ake i aua kauneke.

I whai wāhi mai te iwi ki te whanaketanga o te Poutama i roto i ngā hui e rua me ngā talanoa huhua. I waihangatia te huarahi whai kia pāpā atu ai ki te Māori me ngā rōpū matua i tautohua i He Ara Oranga. Ahakoa te pai o ngā hui tōmua i te taha o te Māori (neke atu i te haurua o ngā kaituku he Māori), kāore i tino kaha te rangona o te reo o Te Moananui-a-Kiwa me te hunga 'whai wheako'. Hei whakatika i tēnei āputa, ka whakahaerehia ētahi atu hui, talanoa hoki. I runga i ēnei whakawhitinga ka āhei mātou te tūhono ki ngā tauira o te iwi Māori me Ngā Iwi o Te Moananui-a-Kiwa. Hui katoa, e 45 te hunga i whakapāngia i roto i te whanaketanga mai o te Poutama; 14 ngā urunga i roto i ngā whakawhitinga tōmua ki te Māori. Whai atu i ēnā, ka kuhu mai te 27 tāngata ki ngā talanoa (e whā he Māori), me te hui tuatoru i te taha o te hunga whai wheako 11 e hūrangī ana, e mate wairangī ana, e werohia nei e ngā waranga rānei.

Nā ngā kitenga o ngā hui me ngā talanoa ka hangaia mai te Poutama hei tātari i ngā kauneke a te Kāwanatanga ki a He Ara Oranga. Ko ētahi kaupapa i puta i ngā hui me ngā talanoa:

- kia mahi Poutama kē, nātemea e whakaatuhia ana ngā whanaketanga ako, kauneke hoki
- kia mārama he aha ngā mea e tātari ai ana e te Poutama
- te whai hiranga kia whakaatahia ngā kauneke me te mau anō ki ngā mātāpono a He Ara Oranga. I kapohia tēnei whakaaro i te kitenga o tētahi o te hunga whai wheako ka taea tonu e te Kāwanatanga te kauneke i te katoa o ngā tūtohunga me te kore panoni anō o te pūnaha
- me whai whakaaro rātou ki ngā tāngongitanga o ngā kawatau me ngā aroā o te kauneke puta noa i ngā hāpori
- te whai hiranga kia whai reo te katoa o te hāpori.

Ka whakahira anō ngā hui me ngā talanoa me whai kia kore ai e ngaro ngā mātāpono a He Ara Oranga i roto i te hoki mahara ki ngā kauneke. Ahakoa he uaua tēnei i te tiro ki ngā momo kaiwhakaahua, e here tahi ana puta noa i te Poutama, ā, ka whai mana tonu ngā mātāpono a He Ara Oranga inā ka aromātaitia ngā kauneke.

Me mihi tonu ki te mana o te Poutama i hangaia e Te Puni Kōkiri hei tātari i ngā kauneke me te aropū ki te Māori i roto i ngā tātari raraunga. I horaina, i matapakitia ngā pae me ngā kaiwhakaahua o tēnei Poutama ki ngā hui me ngā talanoa hei whakahaere i ngā matapakia. I whai uara ngā pae o te Poutama me tōna hāngai hoki ki te aromātai i ngā urupare a te Kāwanatanga ki ngā tūtohunga o He Ara Oranga. Nā ngā hui me ngā talanoa i tuku hīnātore ki te tautoko i te whanaketanga o ngā momo kaiwhakaahua hei atanga mō ngā kitenga panoni pūnaha kei roto i a He Ara Oranga.

Kātahi ka whakahauhia atu te Poutama mā te tukanga māramatanga me ngā kaiwhakahaere, kaitohutohu matua hoki o te Komihana Tōmua. Nō te whakaaetia rā anō o te huarahi mahi whānui, ka whakaotia e te urupū tokorima te Poutama. Kātahi ka arotakengia ēnei tātari e ngā kaitohutohu e toru, i haramai i te iwi Māori, i Ngā Iwi o Te Moananui-a-Kiwa me te Hunga Whai Wheako. I tōna otinga, ka hangaia te Poutama e tuituia ai ngā mātāpono ki ia pae kauneke.

Poutama: the tool we developed to measure progress

The methodology for the Poutama relates to its development and its application. For the development of the Poutama a co-define phase was engaged in to gain feedback on:

- The value and fit of a rubric or Poutama in assessing the Government's response to the He Ara Oranga recommendations.
- The types of criteria and descriptors that would be important to consider when assessing progress.

Following this, people were also invited to assess progress against some of the He Ara Oranga recommendations. This provided an opportunity to hear how people were assessing progress and the rationale that was given for their assessment. This provided an opportunity to understand what was important to people when assessing progress and how progress could be improved or enhanced in the future.

People were engaged in the Poutama development through two hui and multiple talanoa. Our approach was designed to engage with Māori and other priority groups identified in He Ara Oranga. While representation from Māori at the initial hui was good (more than half the attendees identified as Māori), the voices of Pacific peoples and people with lived experience were less evident. To address this gap, additional hui and talanoa were facilitated. Our additional engagement also enabled us to connect with Māori and Pacific peoples students. In total, 45 people were engaged in informing the development of the Poutama; 14 participants were engaged through an initial hui that focused on ensuring representation from Māori. Following this, talanoa supported engagement with 27 Pacific people (4 also identified as Māori) and a third hui to engage with 11 people with lived experience of distress, psychiatric diagnosis and/or addiction challenges.

The insights from the hui and talanoa informed the development of a Poutama to assess the progress made against the Government's response to He Ara Oranga. Consistent themes emerging from the hui and talanoa included:

- the preference for a Poutama over a rubric, as this reflects a staged journey of learning and progress
- the need to be clear on what the Poutama was assessing
- the importance of simply reflecting progress but not missing the influence of the He Ara Oranga principles. This notion was well captured when someone with lived experience noted that the Government could have progressed all of the recommendations but not enabled system transformation
- the need to consider variations in expectations and perceptions of progress across different communities
- the importance of representing all voices and communities.

The hui and talanoa also highlighted the importance of ensuring that the principles underpinning He Ara Oranga were not lost when reflecting on progress. While these were challenging to reflect in terms of specific descriptors, they are woven throughout the Poutama. The narrative and assessment of progress enhance the visibility and integrity of the principles of He Ara Oranga when assessing progress.

We must also acknowledge the influence of a Poutama developed by Te Puni Kōkiri, to assess progress in a focus on Māori in the data analysis within an organisation. The levels and the descriptors used in this Poutama were presented and discussed in the hui and talanoa to facilitate our discussions. The Poutama levels were highly valued and were considered to be a good fit for assessing the Government's response to the He Ara Oranga recommendations. The hui and the talanoa however, provided insights to support the development of different descriptors to reflect on progress towards the visions for system transformation outlined in He Ara Oranga.

The Poutama was then collectively applied through a shared sensemaking process with people from the Initial Commission secretariat and key advisors. Once a broad approach was agreed, and consistency in application was emerging, a smaller team of five analysts completed the application of the Poutama.

These assessments were then reviewed by three key advisors who were able to represent the voices of Māori, Pacific people, and people with lived experience. The finalised Poutama was designed to ensure that the principles were woven through and recognised at each stage of progress.

Tāpiritanga 2: He tirohanga whānui a Te Manatū Hauora hei tautoko i ngā ratonga oranga hinengaro o te Māori, o Ngā Iwi o Te Moananui-a-Kiwa, o te rangatahi, o te hunga taunaki⁶¹

Ko ēnei o ngā tāpiritanga ka whakaatu i ngā tūmomo tauira mohoa o ngā whakangaotanga Kōwhiringa Hauora kaupapa Māori, o Te Moananui-a-Kiwa, o te rangatahi me te hunga taunaki. Kia tirohia: Kāore tēnei e whai kanohi i te katoa o te whakangaotanga Kōwhiringa Hauora mō ēnei rōpū.

Te whakawhānui i ngā whai wāhitanga me ngā kōwhiringa hauora, waranga hoki

I roto i te rima tau, e \$664 miriona te whakangaotanga o Tahua 2019 ki te whakaputanga ā-motu o te kaupapa Whakawhānui i Ngā Whai Wāhitanga me ngā Kōwhiringa i roto i te Hauora Hinengaro me te Tautoko Waranga. He rite tonu ka kiia ko te whakapaunga pūtea mō tēnei wāhanga he \$455 miriona i roto i te whā tau, e whakaata ana i te roa o te wā o tētahi Tahua.

Kei roto i tēnei kaupapa ko ngā pūtea mō te tuku ratonga, te whanake kaimahi me ngā kaiāhei pūnaha (pērā i te auaha mahitahi, te taunaki whakatinana, te tautoko mahi hangarau me te mahi arotake) e whai ake nei:

Awa ratonga	2019/20 (\$m)	2020/21 (\$m)	2021/22 (\$m)	2022/23 (\$m)	Ngā tāpeke whā tau (\$m)	2023/24 i tua atu hoki (ka haere tonu) (\$m)	Ngā tāpeke 5 tau (\$m)
Tukunga ratonga	25.000	70.781	101.250	141.875	338.906	177.500	516.406
Kaiāhei	9.250	8.250	10.050	11.550	39.100	9.050	48.150
Whanaketanga hunga mahi	13.888	18.186	22.330	22.664	77.068	22.664	99.732
Ngā tāpeke ā-tau	48.138	97.217	133.630	176.089	455.074	209.214	664.288

Nātemea i whanakehia tēnei kaupapa i te roanga o te tukanga Tahua 2019, ka whakaū te Manatū Hauora ki te whakataiapa i tētahi wāhanga o ngā tukutanga ratonga e hāngai ana ki te Māori, ki Ngā Iwi o Te Moananui-a-Kiwa, ki te rangatahi. Kia mārama hoki ko ēnei taupori i tautohua hei rōpū matua i roto i ngā ratonga whai toiora ka whai wāhi mā te ratonga rata whānui.

⁶¹Nā te Manatū Hauora i tuku, i te 5 o Whiringa-a-rangi 2020

Appendix 2: Ministry of Health overview of recent targeted Vote Health investment in mental wellbeing support for Māori, Pacific peoples, youth and peer services⁶¹

This appendix provides examples of recent Vote Health investment in kaupapa Māori, Pacific, youth and peer services. Note: It does not represent all Vote Health investment in targeted support for these population groups or services.

Expanding access and choice of primary mental health and addiction services

Budget 2019 invested \$664 million over five years for the national rollout of the initiative Expanding Access and Choice of Primary Mental Health and Addiction Support. The funding for this initiative is often quoted as \$455 million over four years, reflecting the standard Budget forecast period of four years.

This initiative includes funding for service delivery, workforce development and system enablers (such as collaborative design, implementation support, IT infrastructure and evaluation) as follows:

Funding stream	2019/20 (\$m)	2020/21 (\$m)	2021/22 (\$m)	2022/23 (\$m)	4-year totals (\$m)	2023/24 and outyears (ongoing) (\$m)	5-year totals (\$m)
Service delivery	25.000	70.781	101.250	141.875	338.906	177.500	516.406
Enablers	9.250	8.250	10.050	11.550	39.100	9.050	48.150
Workforce development	13.888	18.186	22.330	22.664	77.068	22.664	99.732
Annual totals	48.138	97.217	133.630	176.089	455.074	209.214	664.288

As the initiative was developed over the course of the Budget 2019 process, the Ministry of Health committed to ring-fencing a portion of service delivery funding for services targeted for Māori, for Pacific peoples and for young people. It is important to note that these population groups are also identified as priority groups within the provision of general integrated primary mental health and addiction services (IPMHAS) accessed through general practice.

⁶¹Provided by the Ministry of Health, 5 November 2020

Ka whakaatu te papatau kei raro i ngā tuaritanga ki ngā ratonga hei ārahi i ngā whakamahere a te Manatū.

Awa tukunga ratonga	Nga tuaritanga tukunga ratonga atu i te tau 2023/24 me ngā tau ā muri atu
Ngā Ratonga Kaupapa Māori	20%
Ngā ratonga mō Ngā Iwi o Te Moananui-a-Kiwa	8%
Ngā ratonga rangatahi ⁶²	15%
Ngā ratonga whānui (RHHW)	57%
Tāpeke	100%

Ahakoia e whai ana te Manatū Hauora kia pātata ki ēnei tuaritanga hei ngā tau 2023/24 neke atu rānei, ka rerekē pea te tāpeke tuaritanga o ngā tukunga ratonga me ngā whakapaunga ā-tau i te kauneke haere o te auahatanga ngātahi, ngā putanga o ngā tukunga whiwhinga me te whakangao i ngā ratonga mataara. I runga i tēnei take, kāore e taea te āta kī he aha te tāpeke ka whakangaoia ki ia ratonga i roto i te whakaputanga rima tau.

Hei te otinga o te tau 2020/21, nā runga hoki i ngā tukunga whiwhinga mahi, e whakaaro ana te Manatū Hauora ka whakaūngia e ia:

- te \$13 miriona i ia tau ki ngā ratonga kaupapa Māori
- te \$5.2 miriona i ia tau ki ngā ratonga mō Ngā Iwi o Te Moananui-a-Kiwa
- tata ki te \$15 miriona i ia tau mō ngā ratonga rangatahi.

Ka putuputu te tukutukuhia o ngā ratonga nei. Kua rewa kē ngā kirimana mō te rangatahi me Ngā Iwi o Te Moananui-a-Kiwa, ā, e whakaritea mai ana ētahi anō ratonga mō te rangatahi, mō Ngā Iwi o Te Moananui-a-Kiwa me te Māori hei te paunga o te tau 2020.

⁶²Tirohia te Tahua 2020 kei raro mō ngā pārongo pūtea rangatahi

The table below sets out the indicative allocation of ongoing service delivery funding used to guide the Ministry's planning.

Service delivery stream	Indicative allocation of service delivery funding from 2023/24 and outyears (ongoing)
Kaupapa Māori services	20%
Pacific services	8%
Youth services	15%
General services (IPMHAS)	57%
Total	100%

While the Ministry is aiming to remain as close as possible to these allocations on an ongoing per annum basis from 2023/24, the total allocation of service delivery spend and annual phasing over the course of the rollout may vary depending on the progress of collaborative design, the outcomes of procurement processes and investment readiness of services. For this reason, it is not possible to definitively confirm what the total targeted investment in each of these service delivery streams will be across the five-year rollout.

By the end of 2020/21, as a result of procurement processes currently underway, the Ministry of Health expects to have committed up to:

- \$13 million per annum ongoing for kaupapa Māori services
- \$5.2 million per annum ongoing for Pacific services
- approximately \$15 million per annum ongoing for youth-specific services.

These services will be rolled out in phases, with the first of the youth contracts and Pacific contracts in place, and contracts for additional youth, Pacific and kaupapa Māori services to be put in place by the end of 2020.

⁶²Refer Budget 2020 section below for information about additional youth service delivery funding

Ngā whai wāhitanga me ngā kōwhiringa – ngā whakangao tauira whare wānanga o te Tahua 2020

I whakangaotia e Tahua 2020 te \$25 miriona i roto i te whā tau hei whakapiki i ngā whai wāhitanga me ngā kōwhiringa ki ngā ratonga o te hauora hinengaro me te waranga mō ngā tauira whare wānanga. Ka utaina ēnei whakangaotanga ki runga i ngā mahi kua oti kē, hei wāhanga o te kaupapa whai wāhi mō te hunga rangatahi.

E whakaatu ana te papatau nei i ngā whakapaunga ā-tau mō tēnei kaupapa i te takiwā o e Tahua 2020.

Kaupapa	2020/21 (\$m)	2021/22 (\$m)	2022/23 (\$m)	2023/24 ki mua (\$m)	Tāpeke 4 tau (\$m)
Te whakawhānui i ngā whai wāhitanga me ngā kōwhiringa mō ngā tauira whare wānanga mō te hauora hinengaro, waranga hoki	2.000	5.000	8.000	10.000	25.000

Te whai wāhitanga me ngā kōwhiringa – ngā ratonga whakawhanake hunga mahi o te iwi Māori me Ngā Iwi o Te Moananui-a-Kiwa

Ngā whakangaotanga mō te hunga mahi, tae rawa ki ērā o te Māori me Ngā Iwi o Te Moananui-a-Kiwa. Ko ētahi:

- ko te rearua i te raukaha o ngā hōtaka ahurea me ngā tauwāhi hou e 800 hei te tau 2020 hei whakanoho i ngā tautoko tika
- 46 ngā tahua tauira mō ngā tauira Māori e whai ana i te huarahi hauora hinengaro me te waranga
- 30 ngā karahipi hou mō ngā tauira o Ngā Iwi o Te Moananui-a-Kiwa ki te whai i te huarahi hauora hinengaro me te waranga.

E mahi tahi ana te Manatū Hauora ki ngā pūtahi ā-motu e whā mō te hauora hinengaro me ngā waranga. Ko Te Rau Ora tēnā, e whakawhanake ana i ngā kaimahi Māori, ko Le Va tēnā, e whakawhanake ana i ngā kaimahi o Ngā Iwi o Te Moananui-a-Kiwa.

E aro ana a Werry Workforce Whāraurau ki te hunga mahi o te wāhanga hauora hinengaro mā ngā tamariki me ngā wāhanga waipiro, pūroi hoki.

Access and choice – Budget 2020 investment for tertiary students

Budget 2020 invested \$25 million over four years to increase access and choice of primary mental health and addiction support for tertiary students. This investment will build on work already underway as part of the youth-specific stream of the access and choice initiative.

The table below sets out the annual spend for this initiative over the Budget 2020 forecast period.

Initiative	2020/21 (\$m)	2021/22 (\$m)	2022/23 (\$m)	2023/24 and outyears (\$m)	4-year total (\$m)
Expanding access and choice of primary mental health and addiction supports for tertiary students	2.000	5.000	8.000	10.000	25.000

Access and choice – Budget 2019 workforce development funding focused on Māori and Pacific peoples

Access and choice workforce development investment includes an ongoing focus on developing Māori and Pacific mental health and addiction workforces. To date this includes investment such as:

- more than doubling the capacity of cultural competency programmes with more than 800 new places in 2020, to help ensure Māori and Pacific people receive culturally appropriate support when they need it
- 46 new bursaries for Māori students pursuing a career in mental health and addiction
- 30 new scholarships for Pacific students pursuing a career in mental health and addiction.

The Ministry of Health works closely with the four national mental health and addiction workforce development centres. This includes Te Rau Ora, who focus on Māori workforce development activities, and Le Va, who focuses on Pacific workforce development activities, as key leaders for developing Māori and Pacific workforces to support transformation.

Werry Workforce Whāraurau, who focus on workforce development for the infant, child and adolescent mental health and alcohol and other drugs sectors, is also a key leader in the development of a diverse workforce to support the transformation of our approach.

Ngā whai wāhitanga me ngān kōwhiringa – te rourou aropā me te ohu tautāwhi aropā

Nā roto i te whakahiatotanga mai o te RHHW hou, nā roto mai hoki i ngā kaupapa Māori, ngā kaupapa nō Te Moananui-a-Kiwa me ngā ratonga taiohi, e whai nei te Manatū i ngā kaupapa tapatahi e kitea ana te tautōhito ki roto ki ngā mahi waihanga ratonga, ōna whakatinanatanga me ngā mahi whakahaere.

He waehanga matua ngā kaiwhakaako hauora me ngā kaimahi tautāwhi ki roto i te RHHW. Ko ō rātou ake wheako me ngā mahi whakangungu ka haere ngātahi ki te tūhonohono tāngata, te tautāwhi i a rātou kia whai pūkenga, kia whai mōhiotanga, kia angitū, kia whai oranga. E whakapaetia ana, he nui ngā kaiwhakaako hauora, kaimahi tautāwhi hoki ka kawe mai i ō rātou wheako mō ngā raru hauora ā-hinengaro, ngā raru waranga rānei, me te kawe mai hoki i ngā tirohanga ahurea me ētahi atu wheako hoki e hāngai ana. Tokorua ngā kaiwhakarato kei te whakahaere i ngā mahi whakangūngū kaiwhaako hauora. E 88 te nui o ngā kaiwhakaako hauora e whakangūngū ana mai i te Huitanguru ki te Mahuru, 2020, ā, neke atu i te 60 te nui i whakaritea mō ngā mahi whakangūngū, mai i te Whiringa-a-nuku ki te Hakihea 2020.

Kei ngā momo ratonga katoa, kua ākina e te Manatū kia whāiti noa mai te mahi ngātahi me ngā rohe kia kitea te hāngaitanga o ngā ratonga ki ngā hiahia kei ngā hapori. Tērā pea, mā te whakawhānui ake i te hunga tautāwhi aropā i roto i ngā mahi waihanga ratonga me ōna whakatinanatanga.

Arā noa atu ngā take i whai tautoko ai te tangata i ngā ratonga matua mō te hauora ā-hinengaro, waranga hoki (hei tauira, ko ngā raru i te kāinga, ko te whakamāuru i ngā mate mau tonu me ētahi atu mate e pā ana ki te tinana, ko ngā raru whakaweti, ko te mate auhi, pōuriuri hoki, ko ngā raru whakatipu tamariki, ko ngā mate ngākaaurua, manawapā, aha atu). Nā tēnei ka pūea mai ngā pātai kei hea te ara tika ki te whakatū i ēnei “tūranga aropā” i roto i ngā ratonga matua (ko ngā tūranga ēnei ka kitea ngā whēako ake a te tangata ki te whakatau i te wairua a tētahi atu, me tōna tautāwhi i a ia ki te rapu kei hea te huarahi kia whai oranga ai).

Hei aha noa iho te tāruarua, ka hurihia noatia ai ngā tauira ratonga tāwawarua kia mātuatua, e tiro whānui ana te Manatū ki te tikanga o te kupu “aropā,” inā rā, ka whai wāhi mai te hunga matatau ki te momo nei te pāmamae, ko te hunga rānei e ōrite ana te ahurea me te pakeke ki te taupori matua e tautokotia ana (engari anō te whakaritenga me whai wheako rā anō taua tangata rā ki roto ki ngā ratonga tāwawarua mō ngā take hauora hinengaro, waranga hoki). He āhuatanga nui tēnei i roto i ngā mahi ki te whakatū, ki te whakawhānui ake hoki i ngā ratonga mō ngā take hauora ā-hinengaro, waranga hoki, ka tika hoki he āhuatanga tēnei me āta kōrerotia, me tuhuratia, ā haere ake nei.

He mahi nui tā te Manatū ki te tautoko ake i te whakatūnga o te ohu aropā, mā roto mai i tōna tahua haumitanga 2019, mā roto mai hoki i ōna whāinga tuatawhiti ki te whakatikatika haere i te ara tautoko i te taha hinengaro kia whai oranga ai mō ngā iwi katoa ki roto o Aotearoa.

Access and choice – Contribution of peers and the peer support workforce

As part the development of new IPMHAS, as well as kaupapa Māori, Pacific and youth services, the Ministry has sought collaborative proposals which demonstrate the role of Lived Experience across service design, delivery and governance.

Health coaches and support workers are a core required component of IPMHAS. These workforces will use their own experiences combined with training to partner with people, supporting them to build skills, knowledge and confidence to manage their health and wellbeing. It is expected that many health coaches and support workers will bring lived experience of mental health or addiction issues, as well as cultural perspectives and other relevant life experiences. Two providers have been contracted to deliver health coach training. There were 88 health coaches in training between February and September 2020 and 60 more scheduled for training between October and December 2020.

Across service types, the Ministry has also encouraged local collaborative design to ensure that services are well-matched to community needs. This may include increased peer support across service design and delivery.

People seek support from primary mental health and addiction services for a diversity of reasons (e.g. relationship difficulties, coping with chronic pain or other physical health issues, having experienced bullying, anxiety and/or depression, parenting problems, complex psycho-social needs etc.). This raises some important questions about the best way of developing “peer roles” in primary-level services (roles where the person uses their personal experience to empathise and support people to find their own path to recovery).

Instead of trying to replicate secondary service models of peer support into primary-level services, the Ministry has taken a broad definition of “peer” which includes people with lived experience of some form of distress, people with similar cultural or age backgrounds to the predominant population being served (rather than a requirement that the person has lived experience of use of secondary mental health and addiction services). This is an important component in the ongoing work to develop and expand primary mental health and addiction services, and one that requires ongoing discussion and exploration.

Supporting the development of the peer workforce will also be an ongoing priority for the Ministry, both across Budget 2019 investment and as part of longer-term work to transform the way mental wellbeing support is delivered for New Zealanders.

Ētahi anō haumitanga ki te Māori me Ngā Iwi o Te Moananui-a-Kiwa

Ko te whakatika i te mana taurite mō te Māori me Ngā Iwi o Te Moananui-a-Kiwa tētahi o ngā aronga nui mō ngā whakangaotanga hauora hinengaro, mō ngā waranga me te urupare whānui ki a He Ara Oranga.

I roto i te kaupapa a te Tahua 2019 e kī ana ko Te Ārai Whakamomori me te Āwhina Kirimite i tuku kirimana te Manatū Hauora ki ngā kaiwhakarato e rua ki te whakahaere i Te Pūtea mō te Iwi Māori me Ngā Iwi o Te Moananui-a-Kiwa mō te Ārai Whakamomori (\$12.4 miriona i roto i te whā tau, \$3.1 miriona i ia tau ka tuarohia ki ngā kaupapa a te Māori me Ngā Iwi o Te Moananui-a-Kiwa) e whakarato atu ana i ngā tahua ki ngā kaupapa ka ārahina e te Māori me Ngā Iwi o Te Moananui-a-Kiwa. Whai muri i te rauna tuatahi o tēnei pūtea, 74 ngā rōpū whānau mai, hapū mai, iwi mai, rohe mai hoki, i whiwhi ki pūtea mai i te tahua 1.6 miriona.

He inenga matua ngā taupori Māori me Ngā Iwi o Te Moananui-a-Kiwa i te tīpakonga o ngā wāhi mō te kaupapa Tautoko Hauora Hinengaro mō ngā Mātua, me ngā Whānau (\$10 miriona i te whā tau). Ka tukuna tēnei kaupapa ki ngā wāhi e toru hei whakawhanake i te tauira, hei whakamātau i ngā tautoko ki ngā mātua me ngā whānau e pāngia ana e ngā mate hinengaro me ngā waranga i te wā hapūtanga, i te rua tau tuatahi o te tamaiti, mēnā kua whānau kahu mai.

I roto i te kōpaki \$15 miriona hei tautoko i te urupare hinengaro ā-iwi ki te Mate Korona, e \$2.8 miriona mā te Māori. Kei roto i tēnei ko te karere toiora o Te Hiringa Hauora – te tari whakatairanga hauora, arā, ngā karere ki ngā kaumatua, me ngā kuia mai ngā iwi, ngā whakatairangatanga a ngā whetū Māori, ngā tautoko whakahaere ā-motu ki ngā kaiwhakarato hauora hinengaro, waranga hoki a te Māori, me tētahi puna whakataetae mō te hauora hinengaro me te waranga Māori.

Kua whakaratoa hoki i tēnei \$15 miriona ko te \$800,000 hei tautoko i te wāhanga hinengaro ā-iwi o Ngā Iwi o Te Moananui-a-Kiwa. Kei roto i tēnei ko te karere toiora o Te Hiringa Hauora – te tari whakatauranga hauora, ko ngā whakahaerenga tautoko ā-motu ki ngā kaiwhakarato hauora hinengaro, waranga hoki me te puna whakataetae mō Ngā Iwi o Te Moananui-a-Kiwa.

Other targeted investment for Māori and Pacific peoples

Improving equity for Māori and Pacific peoples is a key focus of both specific mental health and addiction investment and the wider response to He Ara Oranga. This includes making both targeted investment for these populations and ensuring that all new and existing services deliver culturally appropriate support and improve outcomes.

As part of the Budget 2019 initiative Preventing Suicide and Supporting People Bereaved by Suicide, the Ministry has contracted two providers to administer the Māori and Pacific Suicide Prevention Community Funds (\$12.4 million over four years, \$3.1 million, with a total of \$12.4 million over four years allocated to supporting Māori and Pacific initiatives), which is making funding available for Māori and Pacific community-led suicide prevention efforts. Following the first round of this fund, 74 applications from whānau and hapū, iwi organisations, regional collaborations, and other Māori groups have been funded for a total of \$1.6 million.

High Māori and Pacific populations were key metrics in selecting sites for the Mental Wellbeing Support for Parents and Whānau initiative (\$10 million over four years). This initiative will be delivered in three sites and will pilot the development, testing and evaluation of enhanced support for parents and whānau who have mental health or addiction needs during pregnancy, the first two years of a child's life or following a stillbirth.

As part of the one-off \$15 million package of initiatives to support the psychosocial response to COVID-19, approximately \$2.8 million has been targeted to provide support for Māori. This includes initiatives to provide targeted wellbeing messaging via Te Hīringa Hauora – Health Promotion Agency, messaging for kaumātua and kuia via iwi, multimedia campaigns delivered through Māori personalities, national coordination support for Māori mental health and addiction providers, and a contestable Māori mental health and addiction provider support fund.

This \$15 million package has also delivered approximately \$800k targeted for psychosocial support for Pacific peoples. This includes targeted wellbeing messaging via Te Hīringa Hauora – Health Promotion Agency, national coordination support for Pacific mental health and addiction providers, and a contestable Pacific mental health and addiction provider support fund.

Ētahi haumitanga ki te rangatahi

E whakawhānui ana te kaupapa Tahua 2019 o te Whakawhānui i Ngā Ratonga Hauora Kura (e \$19.6 miriona i roto i te whā tau, e \$4.7 miriona i ia tau) i ngā ratonga ki te katoa o ngā kura tuarua ōtekau 5, hei tuku i ngā tautoko hauora hinengaro ki ngā tauira. E mahi tahi ana hoki te Manatū ki ngā māngai rangatahi me te whakatū i te Kāhui Rangatahi Hauora mō ngā tirohanga a te hapori.

E whakarato ana te kaupapa Tahua 2019 o Ngā Ratonga Hauora Hinengaro, Hura Taihara, mō te Rangatahi (\$19 miriona i roto i te whā tau, \$7.2 miriona i ia tau kia pau atu) i ngā pūtea hei whakapai ake i ngā ratonga hauora hinengaro mō te rangatahi kei mua i te ture. Ko ētahi o ngā whakarato he whakapiki i te raukaha o ngā ratonga hapori, me te whakangao i ngā whakangungu me ngā tautoko mō ngā kaimahi o roto i ngā ratonga hauora hinengaro, tūhura taihara mō te rangatahi.

He maha hoki ngā kaupapa a Tahua 2019 e hāngai ana ki te tautoko i te hauora tamariki pērā i Nga tautoko mō ngā mātua me ngā whānau (\$10 miriona i roto i te whā tau), te Whakatairanga i te toiora ki ngā kura tuatahi, kura takawaenga hoki (e \$2.2 miriona i roto i te whā tau, \$0.4 miriona i ia tau) me te Tautoko mātua – Te Whakawhānui i te Ratonga mō Ngā Hapūtanga me Ngā Mātua (\$7 miriona i roto i te whā tau, \$2 miriona i ia tau).

He maha ngā kaupapa urupare Mate Korona e aro ana ki te tamariki me te rangatahi. Ko ētahi o ngā whakangaotanga i haere ki a:

- **Youthline** hei whakatika mai i te tarawhete tukutuku e āhei ai te rangatahi ki te kōrero tahi me te tangata pono
- Te Whare Wānanga o Tāmaki-makaurau mō **Aroha**, he karetao tarawhete mō te hunga rangatahi e mate ahotea ana
- **Melon**, e tāpiri ana i ngā rauemi hou ki tō rātou pae tukutuku pērā i ngā kiriara me te akoako Taputapu Anipā. E rima ngā akoako o tēnei hōtaka, e hāngai ana ki te hunga 13+ te pakeke, e aro atu ana ki te whakamana i a koe anō, ki te whakatamarahi, ki te tāroi i ngā kare ā-roto i ngā wā o te auheke.
- **Sparklers at Home**, e tuku nei i ngā hohenga toiora harikoa mā ngā mātua i te wā o te Mate Korona. He wāhanga tēnei o Getting Through Together nā All Right? ā, he mea tuku mā te PHR o Waitaha.
- **OUTLine**, te ratonga tautoko Takatāpui, kua panonitia tō rātou ratonga waea, ā, kua whānui ake te whakatairangatanga. E mea ana rātou kua kake te tokomaha o ngā kaiwaea kei raro iho i te 25 tau.
- **Tari Whakatairanga Hauora**, kua whakarewa i ōna whakatairanga toiora mō te Māori me Ngā Iwi o Te Moananui-a-Kiwa. Otirā kei konei hoki ngā rauemi rangatahi mō ēnei rōpū.
- me te Werry Workforce Centre, kia wātea mai te hōtaka **Triple P mō ngā mātua** ki runga i te ipurangi, hei awhi i ngā mātua ki te tiaki tamariki i te wā o te noho rāhui.

E aropū ana a Mana Ake (\$28 miriona i roto i te toru tau) ki te whakatairanga i te hauora hinengaro i waenganui i ngā tauira tau 1-8 ki ngā kura 220 te tokomaha ki Waitaha me Kaikoura. I te Pipiri 2020, e 5694 ngā tamariki i tautokohia, e 2783 i tautoko takitahitia, 2,911 i tautoko rōpūhia. Hei te Poutūterangi 2021 ka puta te arotake mutunga o Mana Ake.

E tuku ana a Piki (e \$9 miriona i roto i te toru tau) i ngā haumanu koreutu me ngā tautoko hauora hinengaro ki te rangatahi atu i te 18-25 tau te pakeke ki te rohe o Te Whanganui-a-Tara. I te Pipiri 2020, 10,775 ngā hui a Piki i te taha o te hunga 3006 te tokomaha. Hei te Poutūterangi 2021 ka puta te arotake whakamutunga o Piki.

Other targeted investment for youth

The Budget 2019 initiative Expanding and Enhancing School Based Health Services (\$19.6 million over four years, \$4.7 million per annum ongoing) is expanding these services to all decile 5 public secondary schools, providing additional health and wellbeing support for students. As part of this initiative the Ministry is also working with youth representatives and has established a Youth Health Leadership Group to draw on a range of youth, sector and community perspectives.

The Budget 2019 initiative Forensic Mental Health Services for Young People (\$19 million over four years, \$7.2 million per annum ongoing) is delivering funding to improve mental health services for youth interacting with the justice system. To date this has included providing funding to increase the capacity of community-based services, as well as investment to deliver additional training courses and wrap-around support for staff in youth forensic mental health services.

There are also several Budget 2019 initiatives targeted to support the mental wellbeing of children, including Mental wellbeing support for parents and whānau (\$10 million over four years), Promoting wellbeing in primary and intermediate schools (\$2.2 million over four years, \$0.4 million per annum ongoing), and Intensive parenting support – Expanding the Pregnancy and Parenting Service (\$7 million over four years, \$2 million per annum ongoing).

A number of COVID-19 psychosocial response initiatives include components targeted for children and young people. Investment provided funding for:

- **Youthline** to ramp up its web chat function so young people can talk one-to-one with a real person
- University of Auckland for their chatbot called **Aroha** that is designed to help young people cope with stress
- **Melon**, which is adding new resources including videos and an Anxiety Toolkit course to their website. The five-session course is aimed at the 13+ age group and focuses on learning how to accept yourself, build confidence and manage emotions to help get through tough times
- **Sparklers at Home**, which provides fun wellbeing activities for parents to help look after the wellbeing of children during COVID-19. This is part of the Getting Through Together campaign run by All Right? and delivered by the Canterbury DHB
- **OUTLine**, the Rainbow support service, which has transformed their peer support phone service to a remote operation and has promoted it more widely. They are reporting an increase in first-time and younger callers under 25
- **Health Promotion Agency**, which has also launched mental wellbeing information campaigns and resources targeted specifically for Māori and Pacific peoples, which have materials specifically for young people in these groups
- Werry Workforce Centre, to make the **Triple P parenting programme** available online to support parents who were struggling with parenting their children through the lockdown period.

Mana Ake (\$28 million over three years) focuses on promoting wellbeing and positive mental health for year 1-8 students in 220 schools in Canterbury and Kaikoura. As at June 2020, 5694 children had been supported to date, including 2783 supported as individuals and 2,911 supported in groups. A final evaluation of Mana Ake is due in March 2021.

Piki (\$9 million over three years) provides free counselling and other mental wellbeing support for young people aged 18-25 in the greater Wellington region. As at June 2020, Piki had delivered 10,775 sessions to 3006 people. A final evaluation of Piki is due in March 2021.

Ētahi atu haumītanga

I roto i te kaupapa o te Tahua 2019 o He Whakapai i ngā Tautoko ki te Hunga e Pāngia Ana i te Hauora Hinengaro Mōrearea (e \$8 miriona i roto i te whā tau, e \$2 miriona i ia tau), e whakahaerehia ana ngā matapaki ki te tauira atu i te hōtaka pūtahi mōrearea ki ngā hapori.

I roto i te kaupapa o te Tahua 2019 o He Whakanikonga Ratonga Waipiro, Pūroi Hoki (e \$44 miriona i roto i te whā tau, \$11 miriona i ia tau) ko ngā whakangaotanga pērā i te tuku hunga taunaki i mua, i muri atu hoki i te whai wāhi atu ki ngā tiakitanga noho ki Ngā PHR o te Tairāwhiti me Waiariki.

I roto i te kaupapa o Tahua 2019 o He Whakaniko Urupare Waranga Matua (\$14 miriona i roto i te whā tau, e \$5 miriona i ia tau), kua whakaratohia ngā ratonga hou e pā ana ki te waipiro me ngā taunaki tautoko pūroi, ki ngā ratonga whānau, tautoko hunga taunaki hoki, pēnei i whakaritenga tauī i Te Waipounamu; ngā KWN hou ki ngā rohe o Waikato, o Te Moana-a-Toi me Taranaki; ngā ratonga hunga taunaki ki Rotorua, Taupō me Tūranganui-a-Kiwa; me ngā whakapikinga pūtea ki Ngā RWK. Kua whakaratoa anō ētahi pūtea kia haere tonu te Haven Recovery Café e whakahaerehia ana e Odyssey House ki Tāmaki-makaurau, tētahi tauwāhi tautoko mō ngā haora i muri i te awatea, e karamuia ana e te hunga taunaki o ngā ratonga waranga, hauora hinengaro, kore kāinga hoki.

Ka whakamahi anō te tauira o Piki i ngā hunga taunaki i roto i tōna tauira ratonga.

Kei roto i te pūhera \$15 miriona mō ngā kaupapa urupare hinengaro pāpori, ko ētahi wāhanga anō, ka whakamahi kaitaunaki, pērā i ngā whakangaotanga hononga waea me te raukaha pupuri i te 10,000 kirimana, ngā hui e whakahaerehia ana e Changing Minds, [a Whakatau Mai – Ngā Tūnga Toiora](#), me ngā pūtea hāngai mō ngā rōpū māngai o ngā tūmomo taupori, pēnei i te hapori Āhia, te hapori Takatāpui, te hapori turi me ētahi anō.

Nā te pūhera hinengaro pāpori anō i waihanga te pūtea Whai Ora, Whiti Ora, i riro ai te \$200,000 tahua pūtea ki ngā whakahaerenga 16 te rahi. Ko ētahi o ēnei kaupapa ka whakauruuru i ngā mahi taunaki mā ō rātou hapori. Kei te [pae ipurangi o te Manatū Hauora](#) ētahi atu pārongo e pā ana ki ngā rōpū hapori me ngā whakaratonga kaupapa.

Other investment in peer-led services

As part of the Budget 2019 initiative Improving Support for People Experiencing a Mental Health Crisis (\$8 million over four years, \$2 million per annum ongoing) discussions are underway to pilot a peer-led community-based alternative crisis centre.

As part of the Budget 2019 initiative Enhancing Specialist Alcohol and Other Drug Services (\$44 million over four years, \$11 million per annum ongoing) investment has included providing peer support for people before and after they access residential care in Tairāwhiti and Lakes DHBs.

As part of the Budget 2019 initiative Enhancing Primary Addiction Responses (\$14 million over four years, \$5 million per annum ongoing), new alcohol and other drug peer support services and family/whānau peer support services have been funded including managed withdrawal across the South Island; new FTE for Waikato, BOP and Taranaki; peer led services in Rotorua, Taupō and Gisborne; and increased funding for NGOs. Funding has also been provided to continue the Haven Recovery Café run by Odyssey House in Auckland, an after-hours drop-in support space which is primarily staffed by peers from addiction, mental health and homeless services.

The Piki pilot referenced above also incorporates peer support into the service model.

The \$15 million package of psychosocial response initiatives include components which utilise peer support, including investment in a peer support telehealth warmline with capacity for 10,000 contacts, the [Whakatau Mai – Wellbeing Sessions](#) delivered by Changing Minds, and targeted funding for organisations representing and supporting specific populations, including Asian communities, Rainbow communities, the deaf community, and others.

The psychosocial investment package also established the Whai Ora, Whiti Ora fund, which provided \$200,000 in grants-based funding to 16 organisations. Some of these initiatives will incorporate the use of peer support for their communities. More information about the community organisations and initiatives funded is available on the [Ministry of Health's website](#).

Tāpiritanga 3: He tirohanga whānui ki te pūhera hauora hinengaro o te Tahua 2019

Kaupapa	Pōti	2019/20 (\$m)	2020/21 (\$m)	2021/22 (\$m)	2022/23 (\$m)	Rawa tōpū (\$m)	Tāpeke (\$m)
Te Whakaniko i Ngā Ratonga Ngaio mō te Waipiro me te Pūroi	Ara Poutama Aotearoa	0.500	0.500	0.500	0.500		2.000
Te Whakapiki i Ngā Whai Wāhitanga ki Ngā Tautoko Hauora Hinengaro, Waranga Hoki	Ara Poutama Aotearoa, Ngā Pirihimana	16.964	27.034	38.820	41.550	3.900	128.268
Te Whakatairanga me te Tautoko i te Hauora me te Toiora o Ngā Mōrehu me ō rātou Whānau	Te Ope Kātua o Aotearoa	0.608	0.636	0.664	0.157	2.001	4.066
Ngā Whakapae Tūkino Kirikawa: Ngā Pūtea ki te Whakaea i Ngā Tūkino ō Mua i te Pūnaha Kura	Mātauranga	1.666	1.644	1.164	1.164	-	5.638
Ngā Whai Wāhitanga me Ngā Kōwhiringa ki Ngā Tautoko mō te Hauora Hinengaro me ngā Waranga	Hauora	48.138	97.217	133.630	176.089	-	455.074
Te Whakaniko i Ngā Urupare Waranga Matua	Hauora	2.000	3.000	4.000	5.000	-	14.000
Te Whakawhānui me te Whakaniko i Ngā Ratonga Hauora Kura	Hauora	5.232	4.771	4.871	4.726	-	19.600
Te Whakawhānui i Ngā Tautoko Waeahauora, Tuihono hoki mō te Oranga Hinengaro	Hauora	5.200	5.200	5.200	5.200	-	20.800
Ngā Ratonga Hura Taihara mō te Hunga Pakeke	Hauora	1.770	3.430	4.410	5.390	-	15.000
Ngā Ratonga Hura Taihara mō te Hunga Rangatahi	Hauora	2.420	3.960	5.470	7.150	-	19.000
Te Whakapai ake i Ngā Tautoko mō te Hunga Mate Hinengaro Mōrearea	Hauora	2.000	2.000	2.000	2.000	-	8.000
Ngā Tautoko i Ngā Mātua: Te Whakawhānui i te Ratonga mō Ngā Hapūtanga me Ngā Mātua hei Whakapai i Ngā Putanga Toiora o Ngā Mātua me ā rātou Tamariki	Hauora	1.000	2.000	2.000	2.000	-	7.000

Appendix 3: Overview of Budget 2019 mental wellbeing package

Initiative	Vote	2019/20 (\$m)	2020/21 (\$m)	2021/22 (\$m)	2022/23 (\$m)	Capital (\$m)	Total (\$m)
Enhancing Specialist Alcohol and Other Drug Services	Corrections	0.500	0.500	0.500	0.500		2.000
Increasing Access to Mental Health and Addiction Support	Corrections, Police	16.964	27.034	38.820	41.550	3.900	128.268
Promoting and Supporting the Health and Wellbeing of Veterans and their Families	Defence Force	0.608	0.636	0.664	0.157	2.001	4.066
Sensitive Claims of Abuse: Funding to Resolve and Acknowledge Historic Abuse in the Schooling System	Education	1.666	1.644	1.164	1.164	-	5.638
Access and Choice of Primary Mental Health and Addiction Support	Health	48.138	97.217	133.630	176.089	-	455.074
Enhancing Primary Addiction Responses	Health	2.000	3.000	4.000	5.000	-	14.000
Expanding and Enhancing School Based Health Services	Health	5.232	4.771	4.871	4.726	-	19.600
Expanding Telehealth and Digital Supports for Mental Wellbeing	Health	5.200	5.200	5.200	5.200	-	20.800
Forensic Mental Health Services for Adults	Health	1.770	3.430	4.410	5.390	-	15.000
Forensic Mental Health Services for Young People	Health	2.420	3.960	5.470	7.150	-	19.000
Improving Support for People Experiencing a Mental Health Crisis	Health	2.000	2.000	2.000	2.000	-	8.000
Intensive Parenting Support: Expanding the Pregnancy and Parenting Service to Improve the Wellbeing Outcomes of Parents and Their Children	Health	1.000	2.000	2.000	2.000	-	7.000

Kaupapa	Pōti	2019/20 (\$m)	2020/21 (\$m)	2021/22 (\$m)	2022/23 (\$m)	Rawa tōpū (\$m)	Tāpeke (\$m)
Te Whakahounga o Ngā Pokapū Hauora Hinengaro	Hauora	-	-	-	-	235.000	235.000
Ngā Tautoko Hauora Hinengaro mō ngā Mātua me ngā Whānau	Hauora	0.550	3.100	3.100	3.250	-	10.000
Te Komihana Hauora Hinengaro, Toiora Hoki	Hauora	2.000	2.000	2.000	2.000	-	8.000
Te Ārai Whakamomori me te Tautoko i te Kirimate	Hauora	10.100	10.000	9.950	9.950	-	40.000
Te Whakatairanga i te Toiora ki Ngā Kura Tuatahi, Takawaenga hoki	Hauora	1.000	0.400	0.400	0.400	-	2.200
Tautoko tonu i a Ōtautahi: Kia haere tonu Ngā Pūtea Kaimahi Hauora ki Ngā Hapori	Hauora	5.480	-	-	-	-	5.480
Te Ara Oranga: Kia haere tonu Ngā Pūtea ki te Hōtaka Whakaheke i te Taimiri P ki te Tai Tokerau.	Hauora	1.000	1.000	1.000	1.000	-	4.000
He hiki ake i te taiapa PHR	Hauora	53.272	53.272	53.272	53.272	-	213.088
He Whakaniko i Ngā Ratonga Waipiro, Pūroi Hoki	Hauora	10.500	10.500	10.500	10.500	-	42.000
Hauora tāpeke-whāiti		151.662	201.850	241.803	287.927	235.000	1118.242

Initiative	Vote	2019/20 (\$m)	2020/21 (\$m)	2021/22 (\$m)	2022/23 (\$m)	Capital (\$m)	Total (\$m)
Mental Health Facilities Upgrades	Health	-	-	-	-	235.000	235.000
Mental Wellbeing Support for Parents and Whānau	Health	0.550	3.100	3.100	3.250	-	10.000
New Mental Health and Wellbeing Commission	Health	2.000	2.000	2.000	2.000	-	8.000
Preventing Suicide and Supporting People Bereaved by Suicide	Health	10.100	10.000	9.950	9.950	-	40.000
Promoting Wellbeing in Primary and Intermediate Schools	Health	1.000	0.400	0.400	0.400	-	2.200
Support for Christchurch: Continuation of Funding for Primary Care and Community-Based Mental Health Workers	Health	5.480	-	-	-	-	5.480
Te Ara Oranga: Continuing the Methamphetamine Harm Reduction Programme in Northland	Health	1.000	1.000	1.000	1.000	-	4.000
Uplift to DHB mental health ring fence	Health	53.272	53.272	53.272	53.272	-	213.088
Enhancing Specialist Alcohol and Other Drug Services	Health	10.500	10.500	10.500	10.500	-	42.000
Health sub-totals		151.662	201.850	241.803	287.927	235.000	1118.242

Kaupapa	Pōti	2019/20 (\$m)	2020/21 (\$m)	2021/22 (\$m)	2022/23 (\$m)	Rawa tōpū (\$m)	Tāpeke (\$m)
Ngā Whare Whakawhitinga: Ngā Pūtea kia haere tonu ai Ngā Whare Whakawhitinga hei Tautoko i te Iwi Whai Pānga	Te Tūāpapa Kura Kāinga	44.340	39.457	34.755	30.612	134.167	283.331
Te Whakapūmau i te Hōtaka Whare Tuatahi hei Urupare ki te Tinei i te Kore Kāinga	Te Tūāpapa Kura Kāinga, Whakahiato Ora	34.000	43.000	55.000	65.000	-	197.000
Te Waihanga i te Komihana Roera ki Ngā Tūkino i Ngā Tiakitanga Kāwanatanga me Ngā Whare Whakapono	Te Tari Taiwhenua	17.398	18.733	18.214	12.031	-	66.376
Te Waihanga i te Komihana Roera ki Ngā Tūkino i Ngā Tiakitanga Kāwanatanga me Ngā Whare Whakapono	Te Tāhū Ture	1.087	1.713	1.713	1.713	-	6.226
Tautoko i Ngā Pāpurenga: Te Whakanoho i te Manatika me te Whakaniko i Ngā Putanga Hauora Hinengaro	Ture, Kōti, Pirihimana,	0.650	-	-	-	-	0.650
He Urupare Karauna Tere ki te Uiui a te Komihana Roera mō Ngā Tūkino o Mua ki Ngā Tiakitanga	Oranga Tamariki Te Kawa Mataaho Ngā Kōti Mātauranga Hauora Tari Taiwhenua	9.180	-	-	-	-	9.180
Ngā Tūkino o Mua ki Ngā Nōhanga Kāwanatanga: Te Whakaea i Ngā Whakapae	Whakahiato Ora	27.311	32.471	33.968	-	1.434	95.184
Te Hunga Haua, Māuiui Hoki: He Whakapai i te Whai Mahi me Ngā Putanga Toiora Whānui	Whakahiato Ora	9.739	10.467	3.063	3.063	-	26.332
Ngā Hua Tautoko Whai Whare: Te Whakawhānui i te Whai Wāhitanga Pupuri Whare	Whakahiato Ora	5.100	4.600	4.600	4.600	-	18.900
Ngā Tāpeke		320.205	382.105	434.264	448.317	376.502	1961.393

Initiative	Vote	2019/20 (\$m)	2020/21 (\$m)	2021/22 (\$m)	2022/23 (\$m)	Capital (\$m)	Total (\$m)
Transitional Housing: Funding for the Continued Provision of Transitional Housing to Support Those in Need	Housing and Urban Development	44.340	39.457	34.755	30.612	134.167	283.331
Maintaining and Strengthening the Housing First Programme as a Response to Ending Homelessness	Housing and Urban Development, Social Development	34.000	43.000	55.000	65.000	-	197.000
Establishment of the Royal Commission into Historical Abuse in State Care and in the Care of Faith-Based Institutions	Internal Affairs	17.398	18.733	18.214	12.031	-	66.376
Support for Victims: Ensuring Safe and Effective Justice and Improved Mental Health Outcomes	Justice	1.087	1.713	1.713	1.713	-	6.226
Alcohol and Other Drug Treatment Court: Operational Support 2019/20	Justice, Courts, Police	0.650	-	-	-	-	0.650
An Effective, Timely Crown Response to the Royal Commission of Inquiry into Historical Abuse in Care	Oranga Tamariki State Services Courts Education Health Internal Affairs	9.180	-	-	-	-	9.180
Historical Abuse While in State Care: Resolving Claims	Social Development	27.311	32.471	33.968	-	1.434	95.184
Disabled People and People with Health Conditions: Improving Employment and Wider Wellbeing Outcomes	Social Development	9.739	10.467	3.063	3.063	-	26.332
Housing Support Products: Expansion to Help More People Access and Maintain Tenancies	Social Development	5.100	4.600	4.600	4.600	-	18.900
Totals		320.205	382.105	434.264	448.317	376.502	1961.393

Tāpiritanga 4: He Tirohanga Whānui ki te Kōwhiringa Hauora Tahua 2019 mō ngā kaupapa o te hauora hinengaro me ngā waranga

He Tirohanga Whānui ki te Kōwhiringa Hauora Tahua 2019 mō ngā kaupapa o te hauora hinengaro me ngā waranga		Tuaritanga pūtea					Ngā pūtea i whakaūngia tae noa ki te 31 o Whiringa-a-nuku 2020
Kaupapa	Whakamārama	2019/20 (\$m)	2020/21 (\$m)	2021/22 (\$m)	2022/23 (\$m)	Total (\$m)	2019/20 - 20/21 (\$m)
Te Whakawhānui i ngā whai wāhitanga me ngā kōwhiringa hei tautoko i te hauora hinengaro me ngā waranga (HHW)		48.138	97.217	133.630	176.089	455.074	95.641
Te tukunga ratonga	Nga tukunga ratonga ki ngā tautuhinga tauwāhi rata matua, kaupapa Māori, Ngā Iwi o Te Moananui-a-Kiwa me te rangatahi	25.000	70.781	101.250	141.875	338.906	69.568
Whanaketanga hunga mahi	Te whanaketanga kaimahi hei whakatipu i ngā kaimahi o nāianei me te hanga hunga mahi hou	13.888	18.186	22.330	22.664	77.067	20.531
Kaiāhei	Ngā pūtea kaiāhei mō ngā pāhekoheko, ngā waihanganga, whakamahinga mahitahi me ngā raukaha me ngā āheinga a te Manatū Hauora	9.250	8.250	10.050	11.550	39.100	5.542
Tahua 2019 - Ētahi atu kaupapa HHW							
Te Whakawhānui i te waeahauora me ngā tautoko tuihono	Te whakarahi ake i ngā whai wāhitanga ki ngā tautoko o te HHW mā te whakawhānui i te waeahauora me ngā tautoko tuihono	5.200	5.200	5.200	5.200	20.800	4.400
Ngā tautoko hauora hinengaro mō ngā mātua me ngā whānau	He tauira hei whakawhanake, hei whakamātau, hei aromāai hoki i ngā tautoko ki ngā mātua me ngā whānau e mae ana i te HHW i te wā e hapū ana, i te rua tau tuatahi o te oranga o te tamaiti, whai muri rānei i tētahi whānau kahu mai	0.550	3.100	3.100	3.250	10.000	2.060
Promoting wellbeing in primary and intermediate schools	Making resilience-building resources available to primary and intermediate schools and teachers across the country	1.000	0.400	0.400	0.400	2.200	0.000

Appendix 4: Overview of Vote Health Budget 2019 mental health and addiction initiatives

Overview of Vote Health Budget 2019 mental health and addiction initiatives		Funding allocated					Funding committed at 31 October 2020
Initiative	Description	2019/20 (\$m)	2020/21 (\$m)	2021/22 (\$m)	2022/23 (\$m)	Total (\$m)	2019/20 - 20/21 (\$m)
Budget 2019 - Expanding access and choice of primary mental health and addiction (MHA) support		48.138	97.217	133.630	176.089	455.074	95.641
Service delivery	Service delivery in a range of settings including general practices (GP) and kaupapa Māori, Pacific and youth-specific settings	25.000	70.781	101.250	141.875	338.906	69.568
Workforce development	Workforce development investment to grow and upskill existing workforces and develop new workforces	13.888	18.186	22.330	22.664	77.067	20.531
Enablers	Enablers funding including for engagement and collaborative design, implementation support and Ministry of Health capacity and capability	9.250	8.250	10.050	11.550	39.100	5.542
Budget 2019 - Other primary and community MHA initiatives							
Expanding telehealth and digital supports for mental wellbeing	Increasing people's access to MHA support over the phone and online through an expansion of telehealth and digital supports	5.200	5.200	5.200	5.200	20.800	4.400
Mental wellbeing support for parents and whānau	Pilot to develop, test and evaluate enhanced support for parents and whānau who have MHA needs during pregnancy, the first two years of a child's life or following a stillbirth	0.550	3.100	3.100	3.250	10.000	2.060
Promoting wellbeing in primary and intermediate schools	Making resilience-building resources available to primary and intermediate schools and teachers across the country	1.000	0.400	0.400	0.400	2.200	0.000

He Tirohanga Whānui ki te Kōwhiringa Hauora Tahua 2019 mō ngā kaupapa o te hauora hinengaro me ngā waranga		Tuaritanga pūtea					Ngā pūtea i whakaūngia tae noa ki te 31 o Whiringa- a-nuku 2020
Kaupapa	Whakamārama	2019/20 (\$m)	2020/21 (\$m)	2021/22 (\$m)	2022/23 (\$m)	Total (\$m)	2019/20 - 20/21 (\$m)
Tahua 2019 - Ētahi atu kaupapa HHW							
Te whakawhānui me te whakaniko i Ngā Ratonga Hauora ki Ngā Kura (RHNK)	He whakaniko i te RHNK (ngā tāpuhi kura) ki ngā kura ōtekau 1-4 me te whakawhānui atu ki ngā kura ōtekau taumata 5.	5.232	4.771	4.871	4.726	19.600	8.200
Tautoko mō Ōtautahi: Ka haere tonu te Pūtea mō Ngā Tiakitanga Matua me Ngā Kaimahi Hauora Hinengaro	Ka haere tonu ngā tautoko whai i te rūwhenua me te tuku tautoko whai muri i ngā mate whakatumatuma i te 15 o Poutūterangi 2019.	5.480	0.000	0.000	0.000	5.480	5.480
Tahua 2019 - Ngā kaupapa Ngaio, Hura Taihara, HHW mōrearea							
Te taiapa PHR HHW	Ki te hiki ake i ngā ratonga PHR i taiapatia mō ngā ratonga ngaio o te HHW.	53.272	53.272	53.272	53.272	213.088	106.544
Ngā ratonga hura taihara hunga pākeke	He whakaniko i ngā ratonga hura taihara me ngā akoako FTE mā ngā kaimahi	1.770	3.430	4.410	5.390	15.000	4.884
people Ngā ratonga hura taihara hunga rangatahi	He whakaniko i ngā ratonga hura taihara mō te rangatahi tae atu ki ngā akoako me ngā tautoko FTE mā ngā kaimahi	2.420	3.960	5.470	7.150	19.000	4.832
He whakapai ake i ngā tautoko mō te hunga e pāngia ana e te mate hinengaro mōrearea	He whakaniko i ngā ratonga urupare mōrearea ki Ngā PHR 20 me te aropū ki te tari whawhati tata me ngā huarahi rerekē a ngā hāpori	2.000	2.000	2.000	2.000	8.000	

Overview of Vote Health Budget 2019 mental health and addiction initiatives		Funding allocated					Funding committed at 31 October 2020
Initiative	Description	2019/20 (\$m)	2020/21 (\$m)	2021/22 (\$m)	2022/23 (\$m)	Total (\$m)	2019/20 - 20/21 (\$m)
Budget 2019 - Other primary and community MHA initiatives							
Expanding and enhancing School Based Health Services (SBHS)	Enhancing SBHS (nurses in schools) in decile 1-4 schools and expanding to decile 5 schools	5.232	4.771	4.871	4.726	19.600	8.200
Support for Christchurch: Continuation of Funding for Primary Care and Community-Based Mental Health Workers	Continuation of time-limited support established following the earthquakes to provide support following the 15 March 2019 terror attacks	5.480	0.000	0.000	0.000	5.480	5.480
Budget 2019 - Specialist, forensic and crisis MHA initiatives							
DHB MHA ringfence	Uplift to DHB funding ringfenced for specialist MHA services	53.272	53.272	53.272	53.272	213.088	106.544
Forensic mental health services for adults	Enhancing forensic services for adults, including additional FTE and training courses for staff with wrap-around support	1.770	3.430	4.410	5.390	15.000	4.884
Forensic mental health services for young people	Enhancing forensic services for young people, including additional FTE and training courses for staff with wrap-around support	2.420	3.960	5.470	7.150	19.000	4.832
Improving support for people experiencing a mental health crisis	Enhancing crisis response services across all 20 DHBs with a focus on emergency departments (ED) and community alternatives	2.000	2.000	2.000	2.000	8.000	

He Tirohanga Whānui ki te Kōwhiringa Hauora Tahua 2019 mō ngā kaupapa o te hauora hinengaro me ngā waranga		Tuaritanga pūtea					Ngā pūtea i whakaūngia tae noa ki te 31 o Whiringa- a-nuku 2020
Kaupapa	Whakamārama	2019/20 (\$m)	2020/21 (\$m)	2021/22 (\$m)	2022/23 (\$m)	Total (\$m)	2019/20 - 20/21 (\$m)
Tahua 2019 - Ngā kaupapa waranga							
He whakaniko i ngā urupare waranga	He whakawhānui i ngā momo tautoko e wātea ana mō te hunga e pāngia ana i ngā whiu o te waipiro me te pūroi (WMP)	2.000	3.000	4.000	5.000	14.000	1.236
He whakaniko i te kounga me te raukaha o ngā ratonga ngaio WMP	He whakapai i te oranga o ngā ratonga WMP, e aro ai ki ngā tauwāhi tiaki, ngā tauitanga me ngā tiakitanga ō muri mai	10.500	10.500	10.500	10.500	42.000	18.878
Te Ara Oranga - ka haere tonu te hōtaka whakaheke taimiri P ki te Tai Tokerau	Ka haere tonu te mahi tahi i waenganui i te PHR o te Tai Tokerau me Ngā Pirihimana ki te whakaheke i te taimiri P.	1.000	1.000	1.000	1.000	4.000	2.000
Ngā tautoko mātua whai kaha - He Whakawhānui i Ngā Ratonga o Ngā Hapūtanga me Ngā Mahi Mātua (HMM)	He whakawhānui i te HMM he ratonga kaha mō ngā mātua e raru ana i te WMP	1.000	2.000	2.000	2.000	7.000	2.956
Tahua 2019 - Te Ārai Whakamomori							
Te ārai whakamomori me te tautoko i te kirimate	He whakawhānui i te ārai whakamomori me te whakapai ake i ngā urupare ki te kirimate	10.100	10.000	9.950	9.950	40.000	10.190
Tahua 2019 - He whakatū i te Komihana Hauora Hinengaro, Toiora Hoki							
He whakatū i te Komihana Hauora Hinengaro, Toiora Hoki	Ngā pūtea hei whakatū i te Komihana Hauora Hinengaro, Toiora Hoki	2.000	2.000	2.000	2.000	8.000	4.000
Tāpeke: Ngā Kaupapa o Tahua 2019		151.662	201.850	241.803	287.927	883.242	274.347

Overview of Vote Health Budget 2019 mental health and addiction initiatives		Funding allocated					Funding committed at 31 October 2020
Initiative	Description	2019/20 (\$m)	2020/21 (\$m)	2021/22 (\$m)	2022/23 (\$m)	Total (\$m)	2019/20 - 20/21 (\$m)
Budget 2019 - Addiction initiatives							
Enhancing primary addiction responses	Expanding the range of primary support available to people with mild to moderate alcohol and other drug (AOD) issues	2.000	3.000	4.000	5.000	14.000	1.236
Enhancing the quality and capacity of specialist AOD services	Improving the sustainability of AOD services, with a focus on residential care, managed withdrawal (detox) and continuing care	10.500	10.500	10.500	10.500	42.000	18.878
Te Ara Oranga - continuing the methamphetamine harm reduction programme in Northland	Continuing the successful joint initiative between Northland DHB and Police to reduce harm from methamphetamine	1.000	1.000	1.000	1.000	4.000	2.000
Intensive parenting support - Expanding the Pregnancy and Parenting Service (PPS)	Expanding PPS, an intensive outreach service for parents experiencing problems with AOD, to two additional sites	1.000	2.000	2.000	2.000	7.000	2.956
Budget 2019 - Suicide prevention							
Preventing suicide and supporting people bereaved by suicide	Expanding and improving suicide prevention efforts and improving responses to the needs of people bereaved by suicide	10.100	10.000	9.950	9.950	40.000	10.190
Budget 2019 - Establishing a new Mental Health and Wellbeing Commission							
Establishing a new Mental Health and Wellbeing Commission	Funding to establish the Mental Health and Wellbeing Commission	2.000	2.000	2.000	2.000	8.000	4.000
Total: Budget 2019 initiatives		151.662	201.850	241.803	287.927	883.242	274.347

