

Summary of a report: Young people in adult inpatient mental health services



Published: September 2023

About this summary



Te Hiringa Mahara – Mental Health and Wellbeing Commission wrote a report called:



**Youth services focus report:
Admission of young people to
adult inpatient mental health
services**



Te Hiringa Mahara – Mental Health and Wellbeing Commission is:

- a government agency
- a **kaitiaki** of mental health and wellbeing in Aotearoa New Zealand.





Kaitiaki is a person or organisation that looks after / cares for something.



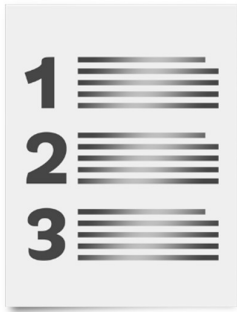
Mental health is about how you feel.



Wellbeing means things like:

- how we feel about ourselves
- getting support when we are feeling sad or worried
- feeling safe
- being able to decide what is important to us.





This is an Easy Read **summary** of the full report.

A **summary** tells you the most important ideas.



In this translation we will call the Te Hiringa Mahara – Mental Health and Wellbeing Commission the **Commission**.

What the report is about



The Commission wrote a report about how young people feel about being **admitted to adult inpatient mental health services** in Aotearoa New Zealand.



Admitted means staying in a mental health service.



Adult inpatient mental health services are where you:

- might go if you are feeling mentally unwell
- get the treatment / support you need to feel better.



Adult means the service is set up for people 18 years and over.

The Commission talked to:



- young people aged between 12 to 17 years old
- whānau / families.

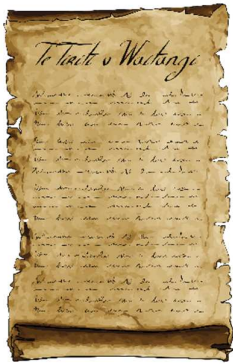


People told the Commission that putting young people in adult mental health services:



- may be harmful / bad
- may cause a loss of hope
- does not uphold the rights of young people
- does not respect rangatahi Māori / young Māori
- does not follow the promises made in **Te Tiriti o Waitangi / The Treaty of Waitangi.**





Te Tiriti or Waitangi / The Treaty of Waitangi is an important agreement between Māori and the Aotearoa New Zealand Government.



Te Tiriti is about Māori and the New Zealand Government

- making decisions together
- protecting things that are important to Māori.



What the report found



The number of young people admitted to adult mental health inpatient services has gone down over the last 10 years.



This does not mean things are better.

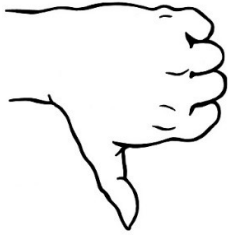


1 in 4 young people who go to mental health inpatient services are sent to an adult service.



Sending young people to adult services may:

- cause harm
- reduce their hope.



The bad things young people experience in adult mental health inpatient services are worse than the good things.



Young people and whānau / family should not have to choose between whether a service is:

- right for their age
- close to home.



Young people want to take part in setting up better mental health services across Aotearoa New Zealand.



Young people want these mental health services to work better for young people like them.



The Commission wants to see that no young people are admitted to adult inpatient mental health services.



The Commission wants the Government to set up mental health services that:

- work better for young people when they are feeling mentally unwell
- are in the places where they live.



The Commission wants the Government to set up mental health services where young people can be treated at home instead of the hospital.



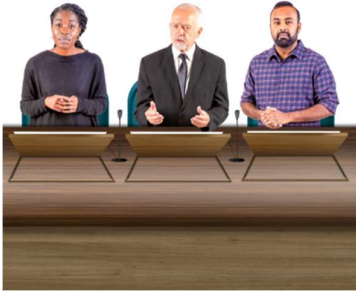
The Commission also wants the Government to create **kaupapa Māori services** as part of the mental health services for rangatahi Māori / young Māori.



Kaupapa Māori services are services:

- for Māori
- run by Māori.

What happens next?



The Commission will check the progress of:

- the Government
- mental health services.



This will give the Commission information on whether the things that need to happen are being done.

Where to find more information



The full report is on the Te Hiringa Mahara – Mental Health and Wellbeing Commission **website**:



www.mhwc.govt.nz

You can contact the Commission by:



- **email:**

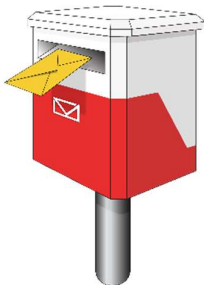
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This information has been written by Te Hiringa Mahara | Mental Health and Wellbeing Commission.



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.



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