

Ministry of Health update

Supporting Parents Healthy Children, 23 September 2021

Mental Health and Addiction service users as parents

- Parenthood is a key role in life for all of us...
- Most of us want to be the best parents we can be
- Most parents with psychosis do not show any impairment in parenting ability¹
- Significant community and institutional stigma against people who are parents and who experience MH & A issues
- Anxiety: they'll take my kids away ...
- HELP: to ensure my children are safe when things aren't great

1. Campbell LE, Hanlon MC, Galletly CA, Harvey C, Stain H, Cohen M, et al. Severity of illness and adaptive functioning predict quality of care of children among parents with psychosis: a confirmatory factor analysis. *Aust N Z J Psychiatry*. 2018;52(5):435–45

Some concerns for children

- Impact of ACEs (family violence, alcohol and drugs issues etc)
- Need reassurance, stability and safety when things aren't so good
- Benefit from parents being supported to be the best parents they can be
- Wider whanau connections can be supportive and protective (it can take a village...)
- May need to access services, other supports
- Trauma informed approaches required (for all)

Whanau focussed

“Whānau and community give lives meaning and provide a potential path back to wholeness.”

“What families want is guidance on how to deal with situations, how best to reinforce the goals being worked on at that point, the opportunity to work as part of the [mental health] team. (Family support person)”

“New Zealanders of diverse backgrounds asked for a more values-based and holistic approach to promoting the wellbeing of individuals, families and communities.”

He Ara Oranga 2018

Whanau focussed

“Prevention! Prevention! Prevention! We need to focus on early childhood. Attachment. Parenting. Love. Pregnancy. A system that enables parents.”(Provider and researcher)

“Helping families is helping children, and helping children is helping the future of this beautiful country”. (Service provider)

“Partnering with families and whānau in supporting people experiencing mental health and addiction issues is a priority, as is providing more support for families and whānau themselves.”

He Ara Oranga 2018

Supporting parents healthy children is part of an overall approach to mental health and wellbeing that sees people in the context of their environment, their relationships and whanau, in the context of everything that sustains us all.

Taha Whānau/Whānau ora



Update on our work programme

- *He Ara Oranga* and the transformation called for in the Government's response forms the basis of our work programme.
- The work programme spans a number of areas and significant progress has been made:
 - significant strategy and policy programmes (incl. the development of a long-term pathway for transformation (**Kia Manawanui Aotearoa: Long-term pathway to mental wellbeing**) and work to repeal and replace the Mental Health Act
 - a substantial and growing investment programme (incl. Budget 2019 investment of ~\$1.1 billion in Vote Health for mental health and addiction services and facilities)
 - ongoing engagement with the sector to support continuous delivery and improvement of mental health and addiction services and initiatives (incl. the development of a **Mental Health and Addiction System and Service Framework**).

Kia Manawanui Aotearoa: Long-term pathway to mental wellbeing

Kia Manawanui
Aotearoa

Long-term pathway to
mental wellbeing

- The pathway builds on *Kia Kaha* and outlines the strategic direction and system-level actions needed to achieve the transformation of New Zealand's approach to mental wellbeing called for in *He Ara Oranga*.
- It includes national-level all of government actions over the short, medium and long-term.
- Significant sector engagement earlier this year on the development of the long-term pathway, as part of our ongoing conversations about transforming New Zealand's approach to mental health and addiction.
- Launched yesterday
- <https://www.health.govt.nz/our-work/mental-health-and-addiction>

SYSTEM AND SERVICES FRAMEWORK

Will identify the core components of a contemporary Mental Health & Substance Related Harm system in Aotearoa New Zealand and set the expectations for what is planned, commissioned, delivered and monitored locally, regionally and nationally.

The scope of the Framework will encompass primary, community, and specialist Mental Health & Substance Related Harm services

The Framework will be developed alongside the MH & SRH component of the NZ Health Plan being developed by the Transitions/Implementation Unit, with shared governance over both pieces of work.

Timeline:

- Online targeted engagement to inform the S&S F is planned for October 2021
- Wider consultation will take place during late 2021 or early 2022.

An opportunity to refocus on more whanau inclusive approaches



MINISTRY OF
HEALTH

MANATŪ HAUORA

What will we do to enable and drive transformation?

- The pathway focuses on the national-level actions central government will take to change the system to support a population-based approach to mental wellbeing and to enable others to carry out their roles.
- Actions are organised across the six system enablers of **leadership, policy, investment, information, technology and workforce** and are phased across the short, medium and long-term over 10 years.
- The pathway will give effect to the implementation of the recommendations in *He Ara Oranga* accepted by the Government and will outline the longer-term actions needed to realise transformation.
- Our next step is to detail what that means for the mental health and addiction system. We will be engaging with the Transition Unit, the sector and other stakeholders to identify the core components of our future system, this will be described in the **System and Services Framework** with extensive sector engagement

Long-term pathway: Mental wellbeing framework

Where have we come from?

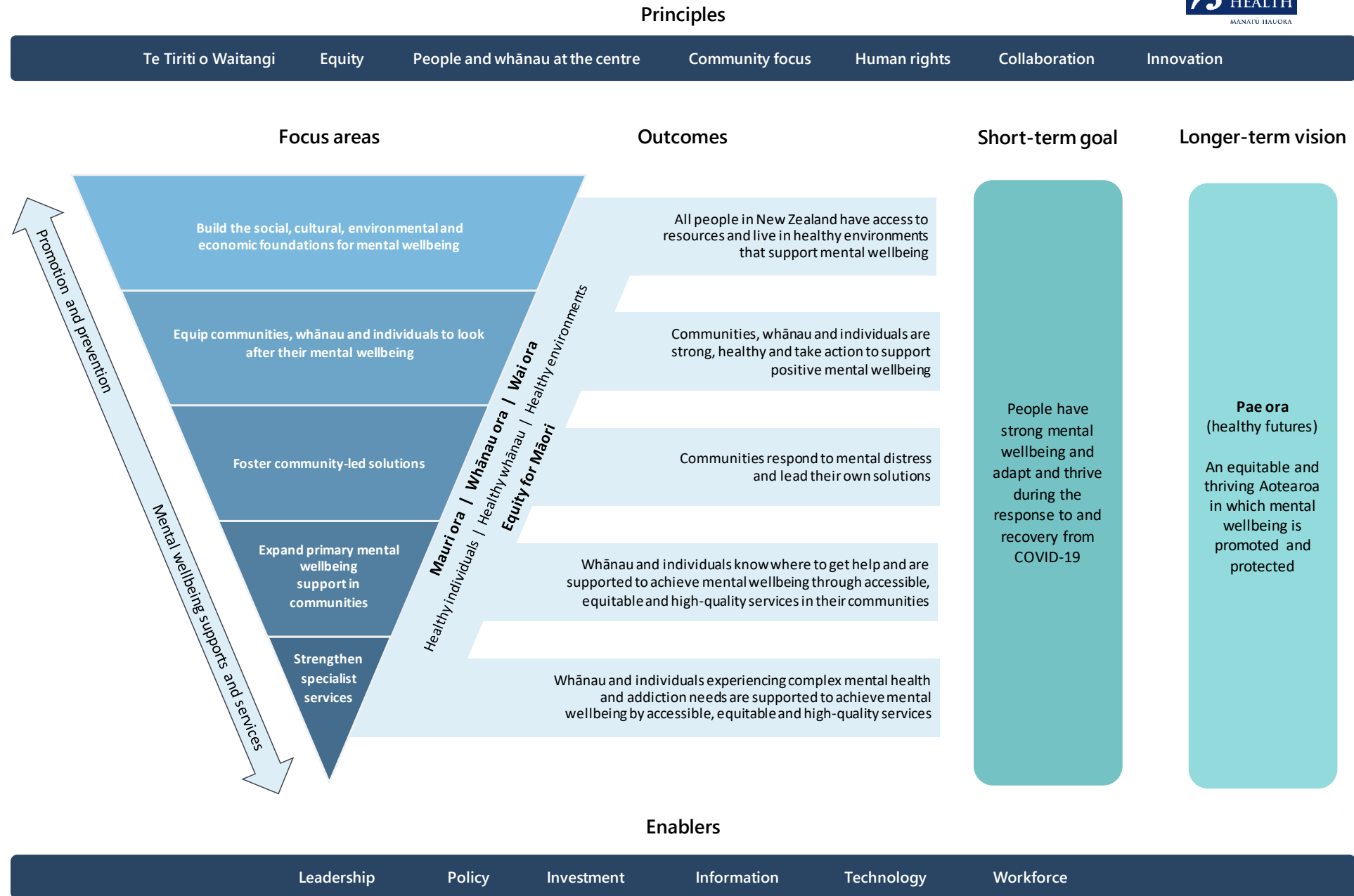
- *He Ara Oranga*
- Psychosocial response to COVID-19
- Change is well underway

Where are we heading?

- A population-based approach to improving mental wellbeing
 - Addressing determinants
 - Promoting mental wellbeing for all
 - Providing supports and services to those who need them

How will we get there?

- Government mandate
- Collective approach and a shared vision
- Guiding principles to underpin all actions



Repealing and replacing the Mental Health Act

Three main work streams:

1. Improving service user experiences under the current Mental Health Act

- Published new Guidelines in September 2020
- Education and training in development

2. Initial amendments to the current Mental Health Act

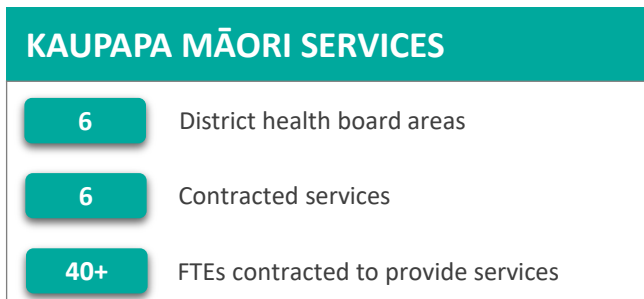
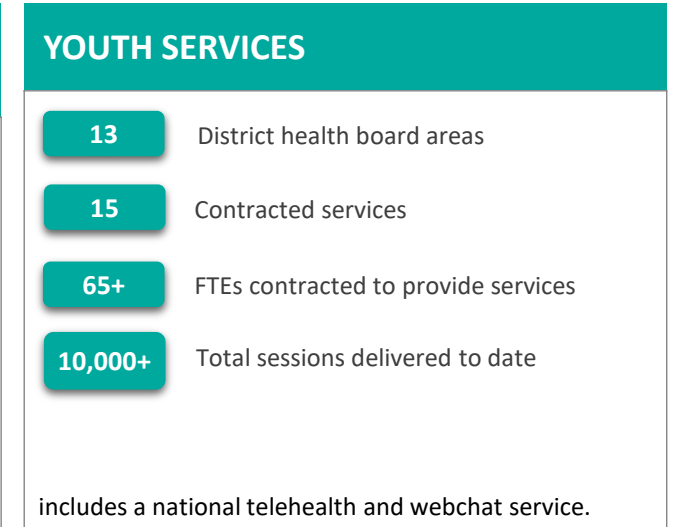
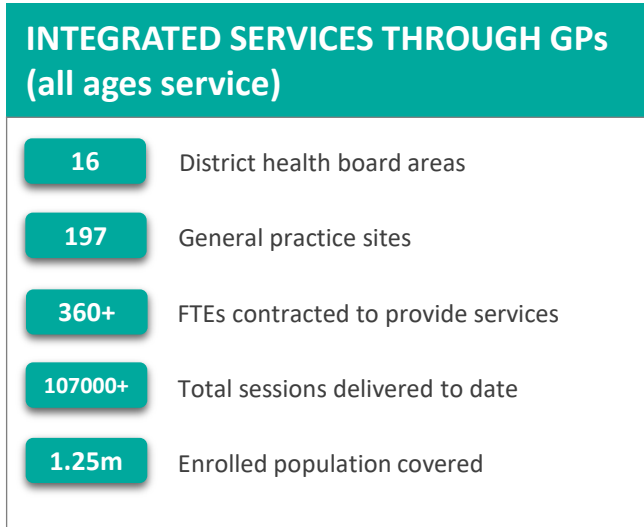
- Bill introduced March 2021, currently being considered by the Health Committee
- Public submissions closed 19 May 2021
- Health Committee report-back to the House is due 6 October 2021

3. The full repeal and replacement of the Mental Health Act

- Public consultation planned in 2021 to inform new legislation

Access and Choice: Service delivery

- New services are seeing around 12,000 people every month.
- Over 500 full-time equivalents (FTE) have been contracted to provide services.
- 123,000+ sessions have been delivered to date.
- 10,000+ Youth specific sessions
- Procurement is underway for Rainbow youth services and Digital/Web tools for Youth



Other investment highlights

SPECIALIST SERVICES

20

District health boards funded to increase capacity for responding to people in crisis

1

Established Te Tāwharau, a mental health crisis support pilot in Hawkes Bay

20

Training courses and wrap-around support for at least 20 adult forensic and 20 youth forensic staff per year

47

Increased capacity of community-based youth forensic services by 47 FTE by 30 June 2023

PARENTS, CHILDREN AND YOUTH

96,000

Students with access to School Based Health Services across 296 decile 1–5 secondary schools

3

3 new Enhanced Well Child Tamariki Ora Enhanced Support Pilots

ADDICTION

1,400+

People supported by Te Ara Oranga (methamphetamine harm-reduction programme) since July 2019

2

New Pregnancy and Parenting Service sites in Eastern Bay of Plenty and Whanganui

+

Established and expanded AOD services in Taranaki incl. peer support services; in discussions with additional areas

SUICIDE PREVENTION

74 + 18

74 Māori suicide prevention initiatives funded
18 Pacific suicide prevention initiatives funded

20

District health boards funded to increase postvention support

+

Established a national bereaved by suicide response service, Aoake te Rā with online services and over 60 providers across the country