

Mental health and wellbeing – Year in review

Year one – Building foundations and momentum

First year of delivering the Govt response to *He Ara Oranga*: Report of the Government Inquiry into Mental Health and Addiction

- *He Ara Oranga* called for change across the system:
 - Requires a wellbeing approach
 - Underpinned by collaborative design
 - With a strong focus on equity for Māori.
- The world has also had to respond to the COVID-19 pandemic.
- The national psychosocial recovery provides an opportunity to further pursue the vision of *He Ara Oranga* - good mental health and wellbeing for all.

What has been achieved is a story of partnership – our thanks to everyone who has contributed

Year one priority areas

Laying the foundations for transforming New Zealand's approach to mental health and addiction.

The Government prioritised the following areas for 2019/20:

1. Establishing the Mental Health and Wellbeing Commission
2. Repealing and replacing the Mental Health (Compulsory Assessment and Treatment) Act 1992
3. Focusing on wellbeing and early intervention by expanding access and choice of primary mental health and addiction support
4. Developing a national suicide prevention strategy and establishing a Suicide Prevention Office.



Establishing the Mental Health and Wellbeing Commission

The Commission will provide system-level oversight of mental health and wellbeing in New Zealand and report on progress

- June 2019 – agreement to establish Initial Mental Health and Wellbeing Commission
- November 2019 – Initial Commission begins its work
- June 2020 – interim progress report released
- 30 June 2020 – Mental Health and Wellbeing Commission Bill received Royal Assent
- Early 2021 – permanent Commission up and running



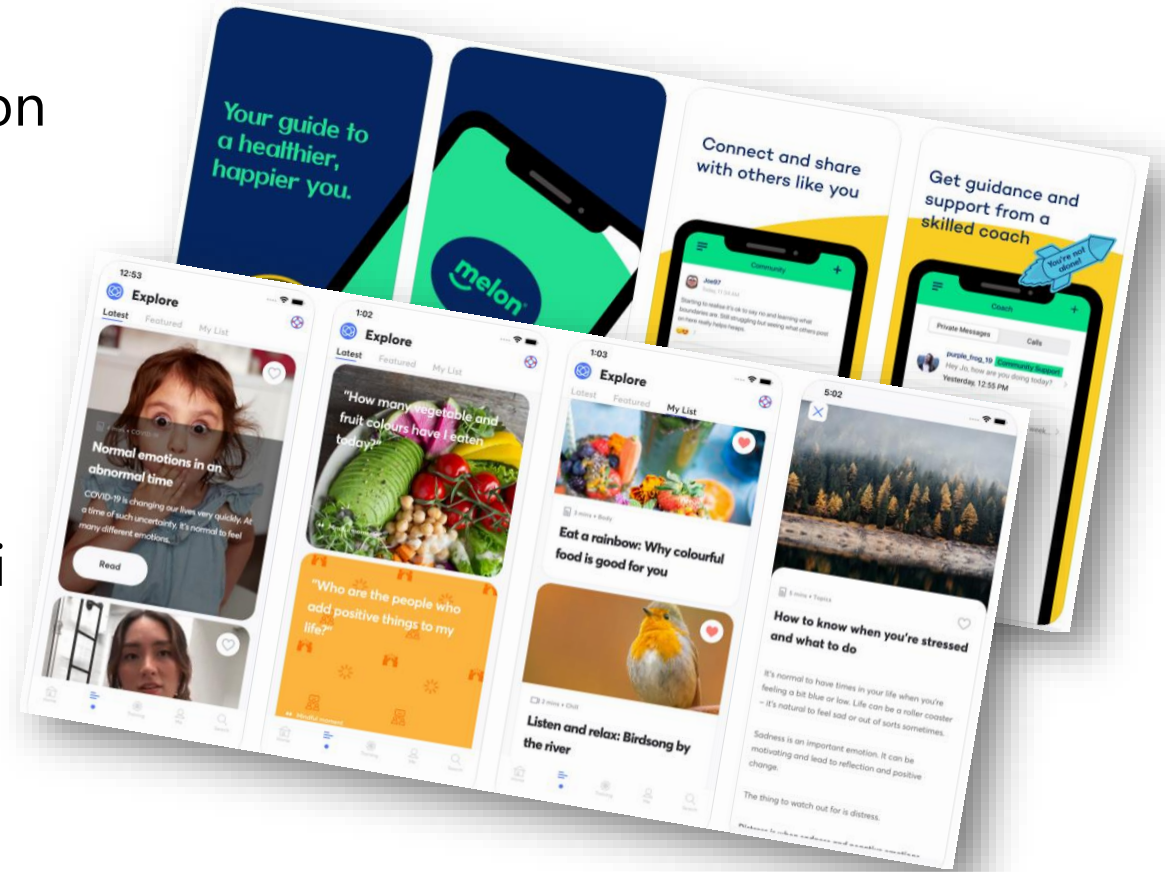
Repealing and replacing the Mental Health Act

The current Mental Health Act is out-of-date and not consistent with modern recovery and wellbeing models of care.

- Work has started on developing new legislation but this will take time.
- We cannot wait for new legislation to address current concerns.
- We are finalising revisions to improve the Guidelines under the current Act.
- They have been informed by public feedback and will be published soon.
- Revisions focus on emphasising human rights, Te Tiriti o Waitangi, supported decision making and ensuring that care is respectful of cultural and gender identity.

Focusing on wellbeing and early intervention

- He Ara Oranga called for an increased focus on wellbeing promotion and early intervention – especially for mild to moderate needs.
- Investment in more access to and choice of mental wellbeing support.
- Funding community-led solutions that are right for them.
- Collaboratively designing services with Māori and communities who have unique needs, including Pacific peoples and young people.



Collaboratively designing services – first steps...

5 regional roadshows with the sector

12 kaupapa Māori hui

14 Pacific fono

1 national lived experience hui

Series of focus groups and online surveys with rangatahi (led by Ministry of Youth Development)



Integrated primary mental health and addiction services

Focus on sustaining and expanding access to integrated primary mental health and addiction services accessed through general practices.

- Health Improvement Practitioners (HIPs)
- Health Coaches
- Support workers
- September 2019 – funding to sustain 22 pilot sites in Northland, Waitematā, Auckland, Counties Manukau, Lakes, Capital and Coast and Canterbury DHB regions.
- March 2020 – **\$40m** funding announced to expand these services to over 100 new sites.
- Services will progressively scale-up and rollout across the country over five years.

By July 2021: Integrated primary mental health and addiction services

\$40m

of services contacted
over the next 18
months

350+

new HIPs, Health
Coaches and support
workers being
recruited and
trained

100+

new sites with
integrated primary
mental health and
addiction services

By July 2021: coverage of approx. **1.5 million** enrolled New Zealanders in **15 DHB areas**

Culturally appropriate services for Māori and Pacific peoples

Evidence shows that better outcomes are achieved when support is provided in a culturally responsive way.

- Services are being designed based on what was heard during the Māori hui and Pacific fono.
- Procurement processes have been redesigned following feedback that they did not give the best chance for success to kaupapa Māori providers.
- Announcements to expand and replicate services are expected during August.
- New services will start to rollout from October.

Services for young people

The ages 12–24 years are a time of rapid change and development and are the highest risk time for the onset of mental health problems. Early detection and intervention are proven to make a significant difference.

- Budget 2019 provided targeted funding for frontline youth specific services.
- Services for young people will continue to expand over the next four years.
- Recent RFP for expanding existing and introducing new services has been completed with announcements expected in August.
- Budget 2020 saw an additional **\$25m** over four years announced specifically to support students at tertiary education institutes.
- A further RFP for youth services will begin in late 2020, which includes services at tertiary education institutes.

Sector development

A resilient, diverse and skilled workforce is crucial to successfully make the shift that is required in the mental health and wellbeing system.

Focus on:

- Growing and upskilling existing workforces
- Building community capacity to respond to distress
- Developing new and emerging workforces (HIPs, Health Coaches and support workers)



Suicide prevention

National Suicide Prevention strategy and action plan launched following consultation with a wide range of stakeholders.

- The plan calls for a new approach to suicide prevention that focuses on social determinants.

Suicide Prevention Office established in November 2019 with the role of providing leadership and strengthening efforts and collaboration across the sector.

- Formed an expert Māori Reference Panel.
- Delivered on Budget 2019 investment to strengthen suicide prevention efforts.



Enhancing crisis and forensic mental health services

\$42m available over four years to enhance specialist mental health services with investment focusing on:

- increasing capacity of community youth forensic staff and community adult forensic services
- improving the provision of adult forensic prison in-reach services
- Providing training to support staff working in forensic mental health services
- Supporting capability planning and service development in crisis services across DHBs



Minimising alcohol, drug and gambling addiction harm

\$14m available over four years to enhance primary responses to AOD harm with an initial focus on:

- Additional nursing FTE for managed withdrawal across Midland region
- Additional clinical FTE in Bay of Plenty, Waikato, Taranaki DHBs

\$44m available over four years to support specialist AOD services with an initial focus on:

- Residential care – **4** new beds at Springhill Hawke's Bay
- Managed withdrawal – new detox services in **5** DHB areas
- Continuing care to support sustainability for NGOs

\$7m available over four years to expand existing Pregnancy and Parenting Service to two new sites:

- Whanganui and Bay of Plenty

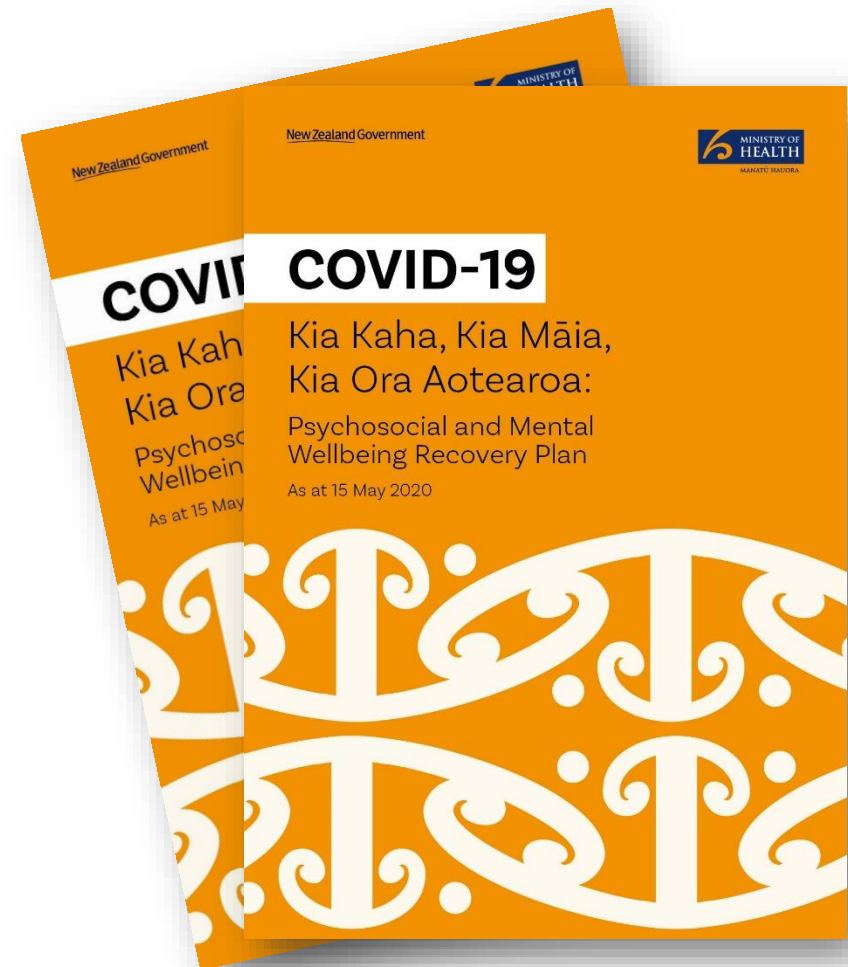


Psychosocial response to COVID-19

We do not accept that a mental health crisis in New Zealand as a result of COVID-19 is inevitable.

Kia Kaha, Kia Māia, Kia Ora Aotearoa – COVID-19 Psychosocial and Mental Wellbeing Recovery Plan is our joint plan of action for moving forward

- May-June 2020 – publicly consulted on the plan
- September 2020 – revised and updated plan expected to be released



Psychosocial response to COVID-19

\$15m for mental health and wellbeing services to help mitigate the immediate and long-term psychosocial impacts.

The rapid response focused on:

- public information campaigns, self-help apps and tools, and virtual therapy
- targeted support for Māori and Pacific peoples
- support for key groups who could be more at risk



Looking ahead ...

- Ongoing development of the long-term pathway – articulate future state, strategy and plan
- Continuing to expand access to and choice of primary mental health and addiction services - evaluation
- Continuing to deliver on Govt response to *He Ara Oranga* recommendations
- Sharpened focus on data and information
- Ensuring equity for Māori and co-design
- Increasing focus on wellbeing as we recover from COVID-19

We look forward to working with you to build a system that promotes improved mental wellbeing for all



MINISTRY OF
HEALTH

MANATŪ HAUORA