



GOVERNMENT INQUIRY INTO

Mental Health and Addiction

Oranga Tāngata, Oranga Whānau

The Inquiry



10 months

31 January 2018

28 November 2018

Inquiry established by Government
Inquiry reports to Government

6 panel members

Dr Barbara Disley

Josiah Tualamali'i

Prof Ron Paterson (Chair)

Dr Jemaima Tiatia-Seath

Sir Mason Durie

Dean Rangihuna



Wide scope

Promotion of mental health and wellbeing, prevention of mental health challenges, early intervention and improved responses to mental health and addiction challenges – looking at broad societal causes, across multiple sectors and the community



Our terms of reference



1. *Hear the voices of the community* on NZ's current approach to mental health and addiction, and what needs to change
2. *Report* on how NZ is preventing mental health and addiction problems and responding to needs
3. *Recommend specific changes* to improve NZ's approach to mental health, especially equity of access, community confidence and better outcomes, particularly for Māori and other groups with poorer outcomes

Purpose

Identify unmet needs
related to mental health
and addiction, and
develop recommendations
for a cohesive mental
health and addiction
framework for
Aotearoa New Zealand



Our values

Aroha

Whanaungatanga

Kotahitanga

Whakamana

Mahitahi

Tumanako pai

Korowai – a cloak of
care over the Inquiry



Our approach



Open & inclusive
engagement

Building on the
knowledge and work
done already

Focus on solutions

Go and listen to the people!



Seeking the views of the people



The Inquiry wants to hear about:

- What's working well
- What's not working well
- What could be done better
- What sort of society is best for mental health
- Anything else you want to tell us



Hearing the voices of the people

5,200+
Submissions



Post



Video



Facebook



Freephone



Email



Website

400+
Meetings

26
Public
Community
Forums









IN MEMORY OF THE
FORGOTTEN PATIENTS

WHO FOR VARIOUS REASONS, EXPERIENCE
LONELINESS IN THE MIDST OF PEOPLE,
DARKNESS WHEN SURROUNDED BY
LIGHT.

IN MY FATHERS HOUSE ARE MANY ROOMS...
I GO TO PREPARE A PLACE FOR YOU

JOHN 14:2 & 3







“Go and see
your neighbour,
take their
washing off the
line, cook them
a meal.”

Broad consensus



We identified a broad consensus across society on what we need to focus on:

wellbeing and community

prevention and early intervention

expanded access to services

more **treatment options**, closer to home

whānau and community-based responses

cross-government action

Key findings



We can do more to help each other

We have a solid foundation to build on

We're not getting the outcomes we want

Quality of services & facilities is variable

Key components of the system are missing

It's time to build a new mental health and addiction system on the existing foundations to provide a continuum of care and support.

Key principles



Commitment to **equity and Treaty of Waitangi**

People-first – guided by needs of people and communities, not preferences of the system

Shared responsibility

Build on foundations already in place

Panel deliberations



40 recommendations in 10 broad areas

He Ara Oranga

Report of the Government Inquiry into
Mental Health and Addiction

To read the full report in a range of formats to:
www.mentalhealth.inquiry.govt.nz



1. Expand access and choice



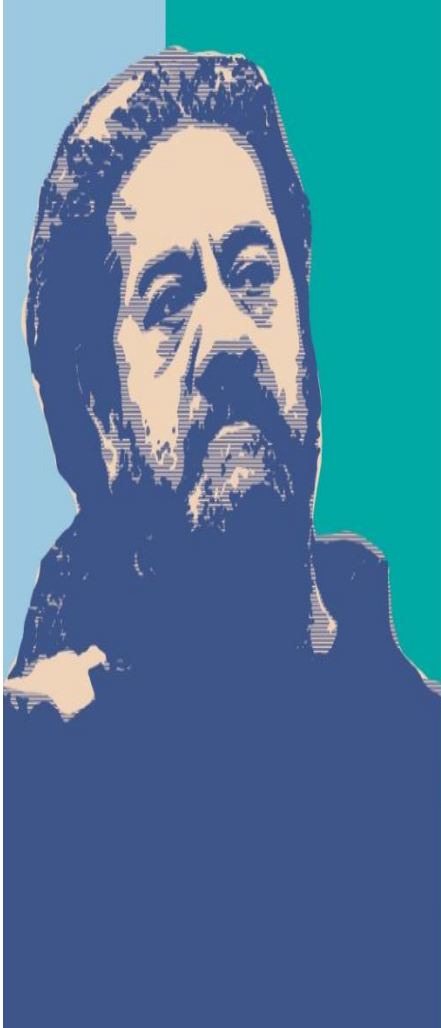
“People have to fight
and beg their way into
services, and wait far
too long.”

2. Transform primary health care



“All the dreams of the Inquiry will come to naught if we don’t have a workforce.”

3. Strengthen the NGO sector



“What’s working in the community? It’s community that’s working in the community.”

4. Enhance wellbeing, promotion and prevention



“Helping families is
helping children, and
helping children is
helping the future ...”

5. Place people at the centre



“... the patient is not treated as a whole, but a fragment of the area of expertise the particular doctor is trained in ...”

6. Take strong action on alcohol and other drugs



“It’s not a war on drugs
it’s a war on very sick
people and it needs
to stop.”

7. Prevent suicide



“Those of us bereaved by suicide are the forgotten group, we’re expected to get over it, ... and fall back into life as it used to be.”

8. Reform the Mental Health Act



“Psychiatrist number 4
was time pressured ...
and he couldn’t quite
figure me out, so he
sectioned me.”

9. Establish a new Mental Health and Wellbeing Commission



“Our mental health and addiction services are literally all over the place.”

10. Wider issues and collective commitment



“We are happy to fix ourselves, we just need opportunity.”



He Ara Oranga



Animated video, <https://mentalhealth.inquiry.govt.nz>



Aroha mai



Aroha atu