

Briefing

Meeting with Te Hiringa Mahara Mental Health and Wellbeing Commission

Date due to MO:	26/02/2024	Action required by:	NA
Security level:	UNCLASSIFIED	Briefing number:	BN2024-003
To:	Hon Matt Doocey, Minister for Mental Health		
Copy to:	[REDACTED]		

Contact for Telephone Discussion

Name	Position	[REDACTED]
Karen Orsborn	Chief Executive	[REDACTED]

Minister's Office to Complete

- | | | |
|--|------------------------------------|---|
| <input type="checkbox"/> Approved | <input type="checkbox"/> Decline | <input type="checkbox"/> Noted |
| <input type="checkbox"/> Needs change | <input type="checkbox"/> Seen | <input type="checkbox"/> Overtaken by event |
| <input type="checkbox"/> See Minister's note | <input type="checkbox"/> Withdrawn | |

Comment:

Meeting with Te Hiringa Mahara Mental Health and Wellbeing Commission

Security level:	UNCLASSIFIED	Date:	6/03/2024
To:	Hon Matt Doocey, Minister for Mental Health		

Purpose

1. The purpose of this paper is to provide a proposed agenda and key discussion points for a meeting with you, Hayden Wano, Board Chair and Karen Orsborn, Chief Executive of Te Hiringa Mahara - Mental Health and Wellbeing Commission on Wednesday 6 March 2024.

Proposed agenda

2. We propose the following items for discussion.
 - a. Minister's priorities - He Ara Āwhina - system performance measures and dashboard demonstration
 - b. Our current work - Rangatahi and youth mental health and wellbeing assessment

Minister's Priorities

He Ara Āwhina framework and measures

3. In June 2022 Te Hiringa Mahara published He Ara Āwhina (Pathways to Support) framework. He Ara Āwhina is a framework that describes what an ideal mental health and addiction system looks like. He Ara Āwhina amplifies the perspectives of tāngata whaiora and whānau as leaders of their wellbeing and recovery. He Ara Āwhina links strongly to the vision for system transformation as described in the 2018 Government Inquiry, He Ara Oranga.
4. Following the publication of the conceptual framework, we drew on a wide range of advice and expertise to develop the He Ara Āwhina measure set. Phase one of this measure work was completed at the end of 2022, and this phase drew from currently available national measures. There is a longer development timeframe for measures where data does not exist or are not readily available nationally. Further information about the development journey of He Ara Āwhina is available on [our website](#).
5. Our service monitoring report published in May 2023, [Te Huringa Tuarua](#), used He Ara Āwhina for the first time. This report used 86 quantitative measures developed in the phase one measure work. About 56 of these measures were carried over from the former Mental Health Commissioner's monitoring reports that were re-mapped to the

domains of He Ara Āwhina. This was supplemented with 30 additional service measures available at a national level.

6. The point-of-difference for our service monitoring measures from other performance measures in the sector are:
 - a. The broad range of measures we use
 - b. The independence of our monitoring
 - c. Our approach to amplify te ao Māori, and tāngata whaiora perspectives.

He Ara Āwhina dashboard

7. In November 2023 we published our first version of the [He Ara Āwhina dashboard](#). We developed this dashboard to present the data in an easy-to-use visual format, and to make data more widely accessible than previously.
8. The dashboard currently has data on the 86 measures published in Te Huringa Tuarua monitoring report and covers data to June 2022. We are currently working on the update of the dashboard to cover data to June 2023.
9. The current dashboard is a first version. Moving forward we intend to improve on the dashboard with:
 - a. More recent data – updating the data soon after the data is available without waiting to include it in a report.
 - b. Headline measures – refining the measure set to display a smaller selection of headline measures in a more visible way.
 - c. Functionality – improving the user experience of the dashboard with improved presentation and functionality.

Opportunities for system performance measurement

10. Future versions of the He Ara Āwhina dashboard could also be expanded to include mental health and addiction system targets. The He Ara Āwhina dashboard could have an interface with a Te Whatu Ora dashboard on mental health and addiction system performance measures. There could be some overlap on the key performance measures. The added value of our dashboard is positioning these measures alongside a broader set to provide important context, interpretation, and balancing measures to monitor any unintended consequences of focusing on target areas.

Report on budget 19 investment

11. Following discussion on 1st February, we intend to publish an update paper on funding allocated and committed to June 2023. The Initial Commission published [Mā te rongō ake Appendix 4](#) – overview of Vote Health Budget 2019 mental health and addiction initiatives. We expect this paper to be published in the first quarter of 2024/25.

Our current work

Rangatahi and youth mental health and wellbeing assessment

12. As part of our core function to assess and report publicly on the mental health and wellbeing of people in Aotearoa, including the factors that affect people's mental health and wellbeing, Te Hiringa Mahara developed the He Ara Oranga Wellbeing Outcomes Framework. The Outcomes Framework is a conceptual framework which describes what positive wellbeing looks like from both a universal perspective and a te ao Māori perspective.
13. The framework has a set of headline wellbeing indicators and measures to support our reporting on the status of mental health and wellbeing outcomes at a population level. The Outcomes Framework was designed in collaboration with lived experience communities and drew from relevant mental health and wellbeing expertise.
14. The Commission has published a baseline wellbeing report, Te Rau Tira (Wellbeing Outcomes Report) in 2021.¹ Key findings in our baseline report suggested that although Māori overall experienced good levels of wellbeing in 2018 across several meaningful outcomes, there are still many inequities faced in terms of factors driving wellbeing, e.g. discrimination, adequate income and housing, education participation etc. For others, there are specific communities that experienced far worse mental wellbeing outcomes and challenges because of inequities in our broader systems, for example, young people in youth justice facilities, people in prison, disabled people.
15. Given the status of youth mental health and wellbeing in Aotearoa, NZ, this year we are looking to build our previous work on youth wellbeing insights reporting in 2023 and assess and report on a youth and rangatahi subset of the wellbeing indicators. We are testing and refining a set of indicators with an Expert Advisory Group to ensure perspectives of rangatahi Māori, young people, and mental health researchers are reflected in our final indicator selection.
16. This monitoring work will provide a snapshot of youth and rangatahi wellbeing three years from our baseline report, build support for He Ara Oranga as a wider government and sector tool for measuring youth and rangatahi wellbeing, as well as support our role to coordinate and align wellbeing measurement across government.
17. This work will also go on to inform our advocacy and engagement efforts to increase cross-government awareness of what matters to young people most to do well, to address some of the determinants of wellbeing, and support investment in policies and programmes that improve overall wellbeing.

¹ <https://www.mhwc.govt.nz/news-and-resources/te-rau-tira-wellbeing-outcomes-report/>

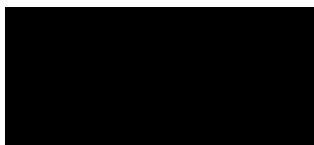
Next Steps

18. We will discuss this advice with you at our meeting on 6 March 2024, and provide a demonstration of the He Ara Āwhina dashboard.
19. We are pleased to see the Pae Ora (Healthy Futures) (Improving Mental Health Outcomes) Amendment Bill has been referred to the Health Select Committee. The Commission will be making a submission on the Bill.

Recommendations

We recommend you:

- a) **note** the Commission intends to proactively release this briefing as part of our proactive release policy. **Yes / No**



Karen Orsborn
Chief Executive
Date: 26/02/2024

Hon Matt Doocey
Minister for Mental Health
Date:

ENDS

