

Achieving Equity of Pacific Mental Health and Wellbeing Outcomes

Webinar, 8 August 2024

Agenda

- Karakia and Welcome
- About Te Hiringa Mahara and our work
- Key findings
- Calls to action
- Supporting Pacific young people's wellbeing
- Questions and answers
- Karakia



He Ara Oranga wellbeing outcomes framework – Summary

Our Vision: “Tū tangata mauri ora, thriving together.”

This will be achieved when tāngata / people, whānau / families and hāpori / communities in Aotearoa experience...

Te Ao Māori Perspective

Tino rangatiratanga me te mana motuhake – Legal, human, cultural, and other rights of whānau are protected, privileged, and actioned.

Whakaora, whakatipu kia manawaroa – Whānau are culturally strong and proud – whānau flourish through the practical expression of ritenga Māori, tikanga Māori, and mātauranga Māori.

Whakapuāwaitanga me te pae ora – Whānau have the resources needed to thrive across the course of their lives and equitable wellbeing is the norm.

Whanaungatanga me te arohatanga – Whānau flourish in environments of arohatanga and manaaki and kotahitanga is realised.

Wairuatanga me te manawaroa – The mauri and wairua of whānau are ever-increasing, intergenerationally.

Tūmanako me te ngākaupai – Whānau are hopeful and feel positive about self-defined future goals and aspirations.

Shared Perspective

Being safe and nurtured – People have nurturing relationships that are bound by kindness, respect, and aroha (love and compassion) and are free from harm and trauma.

Having what is needed – People, families, and communities have the support and resources needed to flourish.

Having one's rights and dignity fully realised – All people are treated with dignity, can fully participate in their communities and broader society, and live free from all forms of racism, stigma, and discrimination.

Healing, growth and being resilient – People and families experience emotional wellbeing which includes having skills, resources, and support needed to navigate life transitions, challenges, and distress.

Being connected and valued – All people are valued for who they are, are free to express their unique identities, and are connected to communities.

Having hope and purpose – People, families, and communities have a sense of purpose and are hopeful about the future.

What we saw and what we heard

- Pacific people and organisations are clear about what is needed to lift wellbeing
- Across almost all measures, Pacific wellbeing is worse than non-Pacific, with the gaps often widening.
- Communities and organisations are doing the work to lift Pacific wellbeing, but more support is needed





“The things we want aren’t secret, but still the same things we wanted 20, 30 years ago.”

Education is a critical pathway to future wellbeing

- Talanoa Ako takes a collaborative and family-focused approach to educational achievement, involving:
 - Learners
 - Parents
 - Culture

65%

Of Pacific young people reported a sense of belonging at school, down significantly from 74% in 2018

There is a positive link between stable housing and better mental health

- Tupu Wise: a national 8-week financial literacy programme which involves weekly group workshops and one on one family coaching and connection to support services.
- Builds financial capability; confidence; and future wellbeing.

21%

Of Pacific peoples are homeowners, compared to 58% of NZ europeans

Meaningful employment and adequate income are required for Pacific people to thrive

- Tupu Aotearoa has helped more than 4000 Pacific people into work.
- Positive personal impacts include:
 - Independence
 - Financial security
 - Contribution
 - Wellbeing

43%

Of Pacific households feel their income is enough to meet everyday needs, compared to 70% for non-Pacific

Calls to action:

There is an immediate need to:

1. Resource community wrap-around responses
2. Improve income adequacy and provide more suitable and stable housing options.

While investing in the future to:

1. Improve quality and timely Pacific data.
2. Ensure Pacific providers have the development, data, governance, and administrative support they need to be sustainable, through high-trust and long-term contracting.
3. Build competency in the broader public service to understand and support Pacific peoples
4. Cross-government / cross-party commitment to improving conditions for better mental health – particularly addressing Pacific access to education and employment, to end cycles of disadvantage and encourage cycles of improvement.



Questions and Answers

If you need to talk to someone

If you found any of the content covered distressing, there are a number of places you can reach out to for help:

- Free call or text 1737 any time for support from a trained counsellor.
- [Depression helpline](#) (24 hours a day, 7 days a week): free phone 0800 111 757 or free text 4202.
- [Suicide Crisis Helpline](#): free phone 0508 828 865 (0508 TAUTOKO).
- [Lifeline](#): free phone 0800 543 354 or free text 4357 (HELP).
- [Samaritans](#) crisis helpline: free phone 0800 726 666 if you are experiencing loneliness, depression, despair, distress or suicidal feelings.

Or visit our website for more, including youth-focused support:

[Where to get support | Te Hiringa Mahara—Mental Health and Wellbeing Commission \(mhwc.govt.nz\)](#)

Ngā Mihi. Thank you.

Presenter:



**Te Kāwanatanga
o Aotearoa**
New Zealand Government



**Te Hīringa
Mahara** | Mental Health and
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