

Budget 2019: Supporting mental wellbeing for all New Zealanders

Strategic narrative (1 of 3)

BUDGET SENSITIVE –
NOT GOVERNMENT POLICY –
DRAFT AS AT 18 JAN 2019
FOR MEMO 20190089

Strategic context

He Ara Oranga calls for a transformation of New Zealand's approach to mental health and addiction and sets out a vision of mental health and wellbeing for all.

The Inquiry into Mental Health and Addiction presents a once-in-a-generation opportunity for change, with the potential for New Zealand to be an international leader in its commitment to supporting mental wellbeing.

We know the direction we are heading – we must build a system that provides pathways to wellbeing that deliver a continuum of care across mental health and addiction (MHA) issues; provides choice and supports recovery; and delivers equitable outcomes for specific populations.

And we know what transformation requires – Government, sectors and society must take shared responsibility and commit to significant and sustained change. Transformation must be done in genuine partnership with Māori, people with lived experience and other population groups to design the ideal future state.

Getting to this future state must be supported by additional investment over multiple years, combined with fundamental changes to system settings (including legislation, accountability arrangements, commissioning and funding mechanisms, etc.), to break the barriers to a transformed approach.

Budget 2019 presents an opportunity to build momentum and demonstrate commitment to supporting mental wellbeing.

Work to transform our approach is already underway. The Government has pushed ahead with a number of MHA initiatives while the Inquiry conducted its work, including:

- the Mana Ake programme, putting mental health support in primary and intermediate schools in Christchurch and Kaikoura
- extending School Based Health Services to locate nurses in all public decile 4 secondary schools to promote wellbeing and intervene early
- funding the construction of new alcohol and drug detoxification beds in Auckland
- launching the Integrated Therapies pilot to provide better access to evidence-based interventions for 18-25 year olds experiencing mild to moderate mental distress
- providing a major funding boost of \$200 million (over four years) for mental health services provided by DHBs through Budget 2018
- setting aside \$8.6 million for an Acute Drug Harm Response Discretionary Fund over four years, with up to a further \$8 million (over two years, \$4.6 in 2018/19 and \$3.4-million in 2019/20) used from the proceeds of crime to establish a Drug Early Warning System, develop and deliver 'Addiction 101' training in communities experiencing harm from synthetic drugs and fund other Ministry of Health drug and alcohol initiatives.

We can build on these actions and this momentum in our response to the Inquiry into Mental Health and Addiction, supported by additional investment through Budget 2019. The Government has announced mental wellbeing as a priority for this Budget, and there are high expectations for the Government to take action in response to the Inquiry.

Budget 2019 investment presents further opportunity to demonstrate this Government's long-term commitment to improving New Zealand's approach to mental health and wellbeing, and will build momentum as the first stage in a phased whole-of-government response to the Inquiry and cross-sector multi-year investment plan. This initial funding injection will accelerate transformation that will be continued through the Government's broader Inquiry response, spanning fundamental system setting changes, new ways of working and multiple years of additional investment.

Cross-sector package

Whole-of-government and society commitment to improve mental wellbeing and related social determinants is needed.

Vote Health investment forms part of a cross-sector Budget 2019 package to support mental wellbeing that begins to address New Zealanders' complex needs and to support populations with specific mental health and social needs. Initiatives span expansion and enhancement of health services, including facilitating better pathways to social supports; improving outcomes for people with mental health needs through enhanced welfare support; working with victims of serious crime to respond to their mental health needs; providing tailored interventions to people interacting with the justice system; and tackling homelessness.

The cross-sector investment proposed includes a complementary package of initiatives that aims to kick-start transformation and build the foundations for a transformed approach; to relieve significant pressures being borne by our sector partners; to build confidence of the sector and public that we're committed to change and to demonstrate that we've heard them through the Inquiry; and to deliver for and improve outcomes for groups that continue to experience poor MHA outcomes, particularly Māori. The package complements and enhances Government efforts across other priorities, including improving child wellbeing, addressing family violence, lifting Māori and Pacific opportunities, improving housing and reforming the criminal justice system.

Collectively the package proposes investment across the continuum of care and life course, and begins to embed new ways of working. The package also reflects a proportionate universalism approach, with a mix of universal responses for all New Zealanders supplemented with additional, targeted support for population groups including Māori, young people and prisoners who have specific MHA needs.

Vote Health initiatives

Vote Health investment will contribute to a transformed approach to mental wellbeing, including through a comprehensive and integrated package that enables change.

Realising our aspirations of mental wellbeing for all will require bold funding commitments. Current systems provide a foundation from which to build a transformed approach, but services are under pressure and key components of the system are missing.

We must build a system that enables equitable access to effective responses for all; provides pathways to wellbeing that deliver a continuum of care; provides choice and supports recovery; and delivers equitable outcomes for specific populations.

He Ara Oranga notes a need to improve support for people with mild to moderate MHA needs, without losing focus on responding to those with more severe MHA needs. Vote Health investment proposed through Budget 2019 supports this balance through:

- a package of initiatives to expand access and choice of primary and community MHA responses for New Zealanders with mild to moderate MHA needs, with national roll-outs s 9(2)(f)(iv)
- investment to maintain and enhance acute and forensic MHA services for those with more severe needs
- the establishment of a potential Mental Health Commission to strengthen leadership of a transformed approach.

Vote Health initiatives

	19/20	4-yr	10-yr
1. Expanding access and choice of primary and community MHA responses			
a) Expanding School Based Health Services	s 9(2)(f)(iv)		
b) Enhancing primary health care to better respond to MH and AOD needs	s 9(2)(f)(iv)		
d) Suicide prevention package	s 9(2)(f)(iv)		
i) Digital and telehealth service options			

Subtotal:

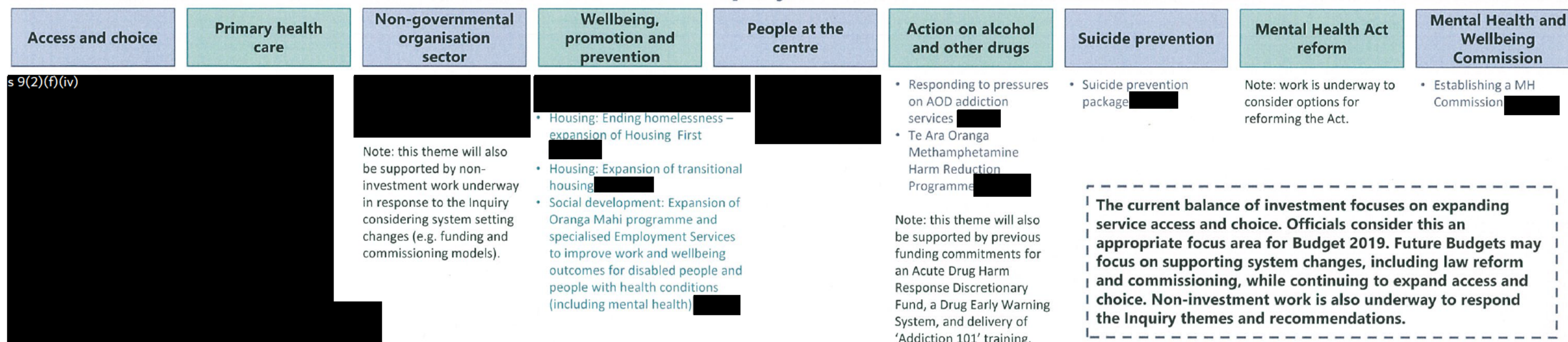
	19/20	4-yr
s 9(2)(f)(iv)		
3. Responding to pressures on AOD addiction services, including SACAT	11.0	47.0
4. Te Ara Oranga Methamphetamine Harm Reduction Programme	1.5	10.7
5. Forensic mental health services for young people	3.6	36.1
6. Forensic mental health services for adults	6.7	64.4
DHB cost pressures (MHA ring fence component)		
Subtotal:	27	188
7. Establishing a Mental Health Commission	3	12

(Year 1: | 4-year total:

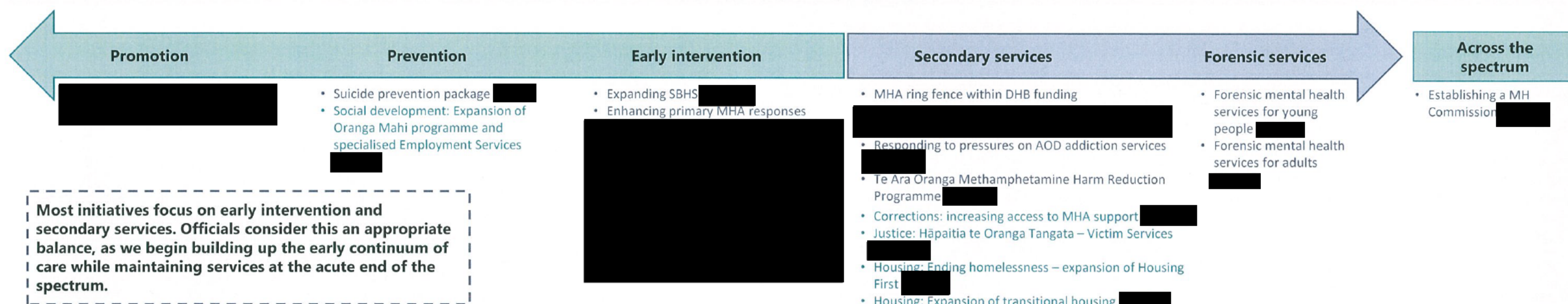
Budget 2019: Supporting mental wellbeing for all New Zealanders

Balanced cross-sector package of investment (2 of 3)

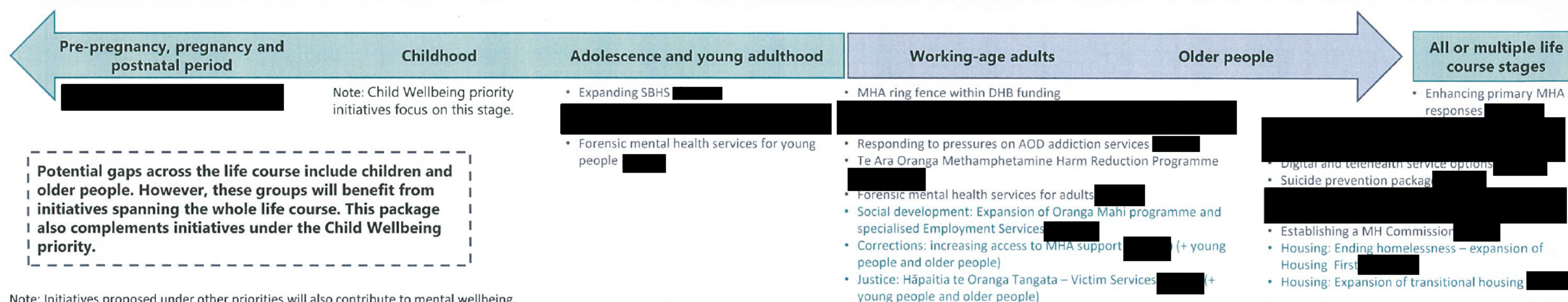
Inquiry themes



Continuum of care



Life course



**BUDGET SENSITIVE –
NOT GOVERNMENT POLICY –
DRAFT AS AT 18 JAN 2019
FOR MEMO 20190089**

	Name	Description	2019/20 (\$m)	2020/21 (\$m)	2021/22 (\$m)	2022/23 & outyrs (\$m)	4-year total (\$m)	10-year total (\$m)
1	Expanding access and choice of primary and community MHA responses	This funding will provide for national expansion of access and choice of primary and community mental health and addiction responses for New Zealanders. The package includes expansion and enhancement of responses for those with mild to moderate needs, including [REDACTED] suicide prevention, digital service options, primary and community mental health and addiction responses, [REDACTED] School Based Health Services, [REDACTED] Note: There are various scaling options for this package.	s 9(2)(f)(iv)					
	a) Expanding School Based Health Services	[REDACTED]						
	b) Enhancing primary health care to better respond to MH and AOD needs	<ul style="list-style-type: none"> National coverage of enhanced responses involving MH professionals and support workers working with general practice teams Enhanced responses are geared towards the estimated 17% of New Zealanders with mild to moderate MHA conditions [REDACTED] [REDACTED]						
	[REDACTED]							
	d) Suicide prevention package	<ul style="list-style-type: none"> Mix of national and local services across the continuum of suicide prevention (promotion, prevention, intervention, postvention) [REDACTED]						
	[REDACTED]							
	[REDACTED]							
	[REDACTED]							
	i) Digital and telehealth service options	<ul style="list-style-type: none"> Package of e-therapy initiatives and tailored telehealth supports [REDACTED]						
	[REDACTED]							
3	Responding to pressures on AOD addiction services, including SACAT	This funding will respond to pressures and gaps in the existing model of care for Alcohol and Other Drug (AOD) addiction treatment, ensuring adequate and immediate services are available, supporting a step-up/step-down approach to care as people move from community to residential and back again, and providing for an increase in capacity.						
4	Te Ara Oranga Methamphetamine Harm Reduction Programme	This funding will be used to continue and expand the methamphetamine reduction programme called Te Ara Oranga. The programme supports a population with complex health and social needs, integrating health and justice sectors. The scope of the programme includes methamphetamine and other drugs.						
5	Forensic mental health services for young people	This funding will provide for an increase in forensic mental health services for young people in response to the legislative change increasing the youth justice age to include 17 year olds, including additional community FTEs and [REDACTED] as well as workforce development and expansion.						
6	Forensic mental health services for adults	This funding will provide for additional investment in forensic mental health services for adults to ensure safe and secure services are available for those who need them. Investment includes [REDACTED] increased funding for prison in-reach services and [REDACTED]						
7	Establishing a new Mental Health Commission	This funding will provide for the establishment and operation of a potential new Mental Health Commission, an entity that would be responsible for providing leadership and oversight of mental health and addiction in New Zealand to ensure there is sustained, transformational change.						
	Total							