

Aide-Mémoire

Meeting with Dr Jessica Stubbing and Madeline Hayward from Koi Tū: The Centre for Informed Futures, 31 October 2024

Date due to MO: 25 October 2024 **Date of meeting:** 31 October 2024

Security level: IN CONFIDENCE **Reference:** H2024050468

To: Hon Matt Doocey, Minister for Mental Health

Consulted: Health New Zealand:

Contact for telephone discussion

Name	Position	Telephone
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About the Meeting

Purpose of meeting: This is a follow-up meeting with Koi Tū: The Centre for Informed Futures (Koi Tū) to discuss youth mental health.

Details of Meeting:

Date: Thursday 31 October 2024
Time: 3:30 pm to 4:00 pm
Venue: Online via teams

Attendees: Dr Jessica Stubbing is a research fellow at Koi Tū, where she leads the youth mental health research team. Madeline Hayward is a research assistant at Koi Tū in youth mental health.

Ministry representative: Michael Woodside, Group Manager, Mental Health, Addiction and Suicide Prevention, Strategy and Policy is available to support you at the meeting if needed.

Background: Koi Tū is an independent think tank and research centre based at the University of Auckland. Its research focuses on long-term national and global challenges from social, economic, technological, and environmental change.

In May 2024 Koi Tū released a briefing paper - *The Crisis in youth mental health: what can be done?* A summary of this paper, which has previously provided to you, is attached as **Appendix One**.

You last met with Koi Tū, together with the Public Health Association of New Zealand, on 4 September 2024 [H2024047925 refers].

Comment: **Summary of the current state of youth mental health**

- On 14 February 2024, the Ministry of Health – Manatū Hauora (the Ministry) provided you with advice on priority improvement areas for child and youth mental wellbeing [H2024035287 refers].

- In this briefing we acknowledged that childhood and adolescence are critical developmental periods for a healthy life, and it is important to:
 - address environmental wellbeing factors
 - reduce mental distress for communities and individuals
 - address the rates of young people being exposed to adverse experiences
 - improve mental health and addiction service delivery across the continuum of need (mild, moderate, and severe mental illness, requiring specialist support).
- Koi Tū's May 2024 briefing paper includes reference to the influence of social media. On 18 October 2024, the Ministry provided you with a briefing further detailing the trends in youth mental distress and the role / potential impact of social media on youth mental health [H2024051874 refers].
- The connection between the protective factors for youth mental health that can come from social media (such as positive social networks, social capital, and social supports) and the risk factors it can generate (such as cyberbullying and comparisons) is well-documented and complex.

What the health system is doing to support youth mental health

- Many supports and protective factors for youth mental health and wellbeing sit outside the health system, such as parenting, housing, income support.
- However, accessible, effective, and culturally appropriate mental health and addiction services for children and young people are essential for those experiencing mental distress, whether mild, moderate, or severe.
- There is a spectrum of child and youth services aimed at supporting children and young people's mental wellbeing including:
 - Primary and specialist mental health and addiction services
 - School-Based Health Services
 - Mana Ake – a school-based mental wellbeing programme for primary and intermediate school students
 - Sparklers – a classroom toolkit that promotes wellbeing in primary and intermediate schools
 - Tūturu – a programme that helps schools and health services support students to learn and be well
 - Rainbow Ākonga Wellbeing Support Service

- Cool Schools – a peer-mediation programme provided by the New Zealand Peace Foundation to primary schools and partially funded by Health New Zealand
- Travellers programme – an in-school, eight-week programme that teaches young people skills to cope with change, loss, and transition.

Opportunities for Koi Tu to advance your mental health portfolio priorities

- Koi Tū views are generally strongly focussed on prevention and early intervention, the importance of delivering services in and with communities, and the importance of youth voice in policy and service design and delivery. They are therefore well-aligned with your priorities of access, prevention and early intervention, and effectiveness.
- Koi Tū have a new youth voice project underway, which they recently met with the Ministry about and may raise with you. This project includes a focus on (among other things) social media, which is seen as an 'amplifier' that can turn up both positive and negative experiences.
- Our recent advice on social media and young people [H2024051874 refers] included a recommendation around establishing an Evidence Forum with a focus on child and youth mental health and social media use. This may be of interest to Koi Tū.



Michael Woodside

Group Manager, Mental Health, Addiction & Suicide Prevention,
Strategy & Policy

Clinical, Community and Mental Health | Te Pou Whakakaha

Appendix One: Summary of the Koi Tū briefing - 'The Crisis in youth mental health: What can be done?'

This briefing:

- offers evidence on the decline of youth mental health in New Zealand and across the Western world. Reasons referenced for why this is occurring include:
 - over reliance on the clinical health system
 - a need to move more focus to prevention
 - underfunding of the mental health workforce.
- discusses how poor social determinants of health contribute to stress, including:
 - perception of bleak futures among youth
 - experiencing poverty
 - experiencing racism and discrimination
 - influence of social media
 - inter-generational connection.
- offers actions to help address the crisis in youth mental health including:
 - an all of government response that allows for more cross-agency collaboration
 - strengthening the youth voice to inform policy and health system decision-making to meet the needs of mental health needs of young people.

PROACTIVELY RELEASED