

# Aide-Mémoire

## Information for meeting with Asian Family Services and additional advice following the Asian Mental Health and Wellbeing Summit

**Date due to MO:** 11 October 2024      **Date of Meeting:** 15 October 2024

**Security level:** IN CONFIDENCE      **Reference:** H2024051858

**To:** Hon Matt Doocey, Minister for Mental Health

**Consulted:** Health New Zealand:

**Proactive release:** This Aide-Memoire is proposed by the Ministry of Health for proactive release:

### Contact for telephone discussion

Name	Position	Telephone
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# Aide-Mémoire

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### About the Meeting

**Purpose of Meeting:** On 15 October 2024, you are meeting with Asian Family Services for the first time since the Asian Mental Health and Wellbeing Summit (the Summit) to discuss the outcomes from the Summit and how they align with your priorities and targets as the Minister for Mental Health.

**Details of Meeting:**  
**Date:** 15 October 2024  
**Time:** 08:30 to 09:00am  
**Venue:** Room 4.1R EW

**Attendees:** Kelly Feng, Chief Executive of Asian Family Services  
 Nancy Lu MP, List MP for National and organiser of the Summit.

**Organisation:** Asian Family Services provides counselling, public health education and support for all Asians in New Zealand.

**Ministry representatives:** Geoff Short, Deputy Director-General of Clinical, Community and Mental Health, from the Ministry of Health – Manatū Hauora (the Ministry), will attend.

**Addition background information to meeting:** After the Summit on 14 August 2024, you agreed to meet with Asian Family Services approximately every two months.

On 4 September, Asian Family Services sent a follow-up briefing to your office titled *Aligning Asian Mental Health and Wellbeing Summit Findings with Ministerial Targets*. This briefing summarises the discussions at the Summit and proposes solutions to barriers faced by Asian communities.

On 13 September 2024 the Cabinet Office released a circular [CO(24)5] relating to 'Needs-based Service Provision'. The circular gives effect to the commitment in the coalition agreements between the National Party and the ACT Party, and between the National Party and the New Zealand First Party, to "issue a Cabinet Office circular to all central government organisations that it is the Government's expectation that public services

should be prioritised on the basis of need, not race.” The circular sets out Cabinet’s expectations for how the targeting, commissioning, and design of public services should be based on the needs of all New Zealanders, which agencies need to consider.

**Comment:**

**Summary of recommendations from Asian Family Services**

- In the briefing, Asian Family Services gave six recommendations to help achieve progress towards the government targets and to improve mental health outcomes for Asian New Zealanders.
- For each recommendation, officials at the Ministry and Health New Zealand – Te Whatu Ora (Health NZ), have indicated below what progress is underway, if any.
- Additional information on the health agencies’ work programmes that relate to the recommendations are attached as **Appendix A**.
- The recommendations are:
  1. developing a comprehensive Asian mental health roadmap that addresses the identified barriers and implements the proposed solutions
    - There is currently no work underway or planned work underway to specifically develop an Asian mental health roadmap that addresses the identified barriers in the briefing and implements the identified solutions.
    - Asian and ethnic communities were considered as part of the development of *Kia Manawanui Aotearoa – Long-term pathway to mental wellbeing* and the *Oranga Hinengaro System and Services Framework* including a strong focus on culturally appropriate, locally designed and delivered services that address the needs of different population groups, including Asian communities.
  2. allocating specific funding for Asian-led mental health initiatives, including research, service development, campaigns, and community engagement
    - There is some funding allocated based on need currently, such as in the areas of gambling harm and alcohol and other drug work, as well as some mental health services and workforce development.
  3. establishing an Asian mental health advisory group to guide the implementation of culturally appropriate services and policies
    - At present there is no work underway or currently planned to establish an Asian mental health Advisory group to guide the implementation of culturally appropriate services and policies.

- However, there are policies and work currently underway to improve culturally appropriate services and care. Further detail on examples can be found in Appendix A
- 4. creating clear pathways for increased Asian representation in mental health leadership and decision-making roles
  - While there is work underway by Health NZ to grow workforces and upskill current workforces to be more responsive to specific communities, including Asian communities, there is no specific work happening at present to increase Asian representation in mental health leadership and decision-making roles
- 5. implementing regular monitoring and reporting on mental health outcomes for Asian communities to track progress against the Minister's targets
  - Implementation of the targets programme is underway but work is needed to improve data collection, quality, and completeness.
  - Some of these measures are new, so monitoring and reporting will become more robust and complete over time.
- 6. fostering stronger partnerships between government agencies, health providers, and Asian community organisations to ensure a collaborative and culturally informed approach.
  - The Ministry and Health NZ are committed to ensuring the mental health and addiction needs of Asian and ethnic communities are considered alongside of those of all New Zealanders.

#### **Alignment with the Government's mental health and addiction targets**

- In the briefing, Asian Family Services also sets out what it sees as barriers and potential solutions for each of the Government's five mental health and addiction targets.
- There is already a comprehensive work programme underway with the Ministry of Health and Health New Zealand against these five targets that will, help lift the focus on mental health and addiction system performance and – more importantly – improve the mental wellbeing of New Zealanders.

- This whole-of-government approach to implementing the Mental Health portfolio priorities will help to address the drivers of inequitable mental health and addiction outcomes.



Geoff Short

Deputy Director-General

**Clinical, Community and Mental Health |**

**Te Pou Whakakaha**

Date: 11 October 2024

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## Appendix A: Progress against each recommendation

### Recommendation one - developing an Asian mental health roadmap

- The Ministry of Health – Manatū Hauora (the Ministry) and Health New Zealand– Te Whatu Ora (Health NZ) are aware of the need for a broader range of population specific mental health and addiction services and have considered Asian and ethnic communities as part of core documents that continue to underpin our work. For example, Kia Manawanui Aotearoa – Long-term pathway to mental wellbeing and the Oranga Hinengaro System and Services Framework include a strong focus on culturally appropriate, locally designed and delivered services that address the needs of different population groups, including Asian communities.
- Additionally, the *Ministry's Strategy to Prevent and Minimise Gambling Harm 2022/23 to 2024/25* recognises the increased risk of gambling harm and acknowledges Asian communities as a priority population along with Māori, Pacific peoples and young people/rangatahi.
- The next 3-year strategy is currently in the public consultation phase, it recommends that Asian communities remain a priority population. We worked with Asian Family Services as part of the public consultation phase to ensure that Asian and ethnic communities had strong input on the draft strategy.

### Recommendation two - allocating specific funding for Asian-led mental health initiatives

- During 2023, Health NZ completed a procurement process to re-tender for services to prevent and minimise gambling harm. Asian Family Services was successful in obtaining a national contract through this process and commenced their new service on 1 January 2024 (funding approx. \$2.5m per annum over a 3-year period).
- Asian Family Services have also been contracted (one-off funding) to undertake qualitative research on alcohol and other drug use among Asian New Zealanders over 2024 – 2025. A final report is expected to be delivered by May 2025.
- Some current examples of Asian specific services and targeted Asian specific responses within services that already exist are:
  - Waitemata District has a general Asian Health Service (providing language and cultural support) and a specific Asian Mental Health Service for people who use specialist Mental Health Services
  - Asian Family Services is contracted as one of the NGO providers in the Mana Ake programme in Counties Manukau
  - Asian specific community support services in Counties Manukau
  - Mental Health Residential Support, Packages of Care, Community Services in Auckland and Waitemata Districts
  - the Auckland Metro integrated primary mental health and addiction service (IMPHA) enablement team are working with PHOs on reporting of Asian access to Access and Choice in the Auckland program to support increased responsiveness to the Asian community. Nationally There has been a 33% increase in the number of Asian people accessing IPMHA between 2022/23 and 2023/24 – much higher than any other ethnicity
  - within the Youth Access and Choice programme some providers deliver targeted groups and programmes for Asian young people.

### **Recommendation three - establishing an Asian mental health advisory group to guide the implementation of culturally appropriate services and policies**

- There is no planned work underway to establish an Asian mental health advisory group, however Health NZ and the Ministry do acknowledge the need for nationally consistent culturally appropriate services, and that Asian and ethnic communities should have access to culturally appropriate services no matter where they live, as well as services offered in or translated to their languages.
- The approach to delivering culturally responsive services to Asian peoples varies across the country and is often dictated by population numbers. There are policies and work underway to improve culturally appropriate services and care. For example, the Government Policy Statement on Health 2024 – 2027 sets clear expectations for health entities to address the unfair differences in health needs and outcomes across New Zealand's population groups, consistent with the requirements set out in the Pae Ora Act. This includes ensuring groups with the highest need are involved in the design and delivery of services, so they are effective for their communities, such as a local community or population-based ethnic community, so the population has access to a range of services proportional to their health need.

### **Recommendation four - increased Asian representation in mental health leadership and decision-making roles**

- While there is currently no work programme underway to increase Asian representation in mental health leadership and decision-making roles, there is work underway by Health NZ to grow workforces and upskill current workforces to be more responsive to specific communities, including Asian communities. As per the recently released Mental Health and Addiction Workforce Plan.
- For example:
  - Health NZ is funding specific cultural competence training for its workforce. Currently there is a module which is now live (with work underway to consider further modules). The module that Health NZ have funded is an e-learning module titled 'Working in a Mental Health Context with CALD Children and Adolescents'. The description of this module is below:
    - *'This course is intended for health professionals working in secondary care, primary care or NGO sector who is currently providing mental health services to or who is planning/anticipating to working with culturally and linguistically diverse (CALD) migrant and refugee children and adolescents from Asian, Middle Eastern, and African backgrounds'.*
  - Other work includes an investment in scholarships for Muslim practitioner students and the development of mentorship programmes for Muslim, Asian and other minority students studying towards mental health, addiction or gambling harm service careers.
- Health workforce is a priority and the expectations for the workforce are anticipated to support improved engagement and improved outcomes for all New Zealanders including populations with higher needs. As outlined in the GPS, improving access to training pathways for key groups and delivering care in a culturally competent manner, and developing a workforce that is more representative of the New Zealand population are some examples of expectations of the health workforce in the coming years.

### **Recommendation five - monitoring and reporting on mental health outcomes for Asian communities**

- There are annual performance milestones for each of the mental health and addiction targets, and there will be regular monitoring and reporting on mental health outcomes for all New Zealanders to see how progress is tracking.
- Monitoring agencies, including the Ministry of Health, will monitor progress against GPS priorities, objectives and expectations on a regular basis, with further actions taken as necessary to respond to any issues that are identified. Health New Zealand will support this by working in collaboration with monitors, including the Ministry of Health, Health Quality Safety Commission, the Mental Health & Wellbeing Commission, and the Hauora Māori Advisory Committee.

### **Recommendation six - stronger partnerships between government agencies, health providers, and Asian community organisations**

- The Ministry and Health NZ also work with the Ministry for Ethnic Communities on joint areas of interest.

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