



LeVa



WHĀRAURAU

Empower the Workforce | Manaaki Mātauranga



Whakairo: Carving a values-led approach to understanding the mental health and substance use of New Zealanders.

Dr Helen Lockett, Strategic Lead

August, 2023

Ko wai au?



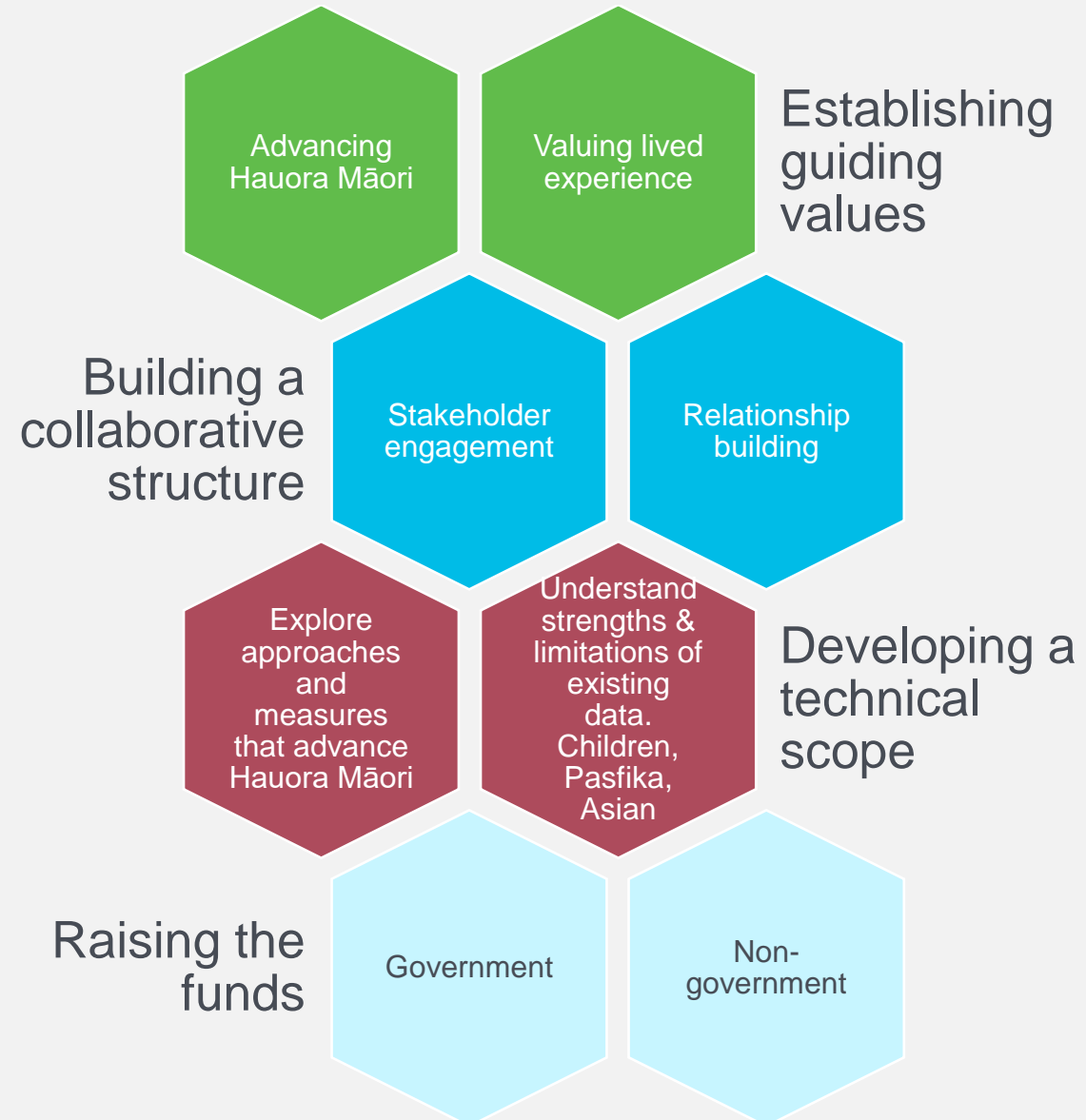
What we're doing

- Te Pou and Department of Māori Indigenous Health Innovation (MIHI), along with a growing number of partners, are advocating for robust, up-to-date data on the mental health and substance use of New Zealanders.
- We are developing a collaborative which can advocate for, support the design of, raise the funds for, and get underway the next Te Rau Hinengaro.

Why this data is needed

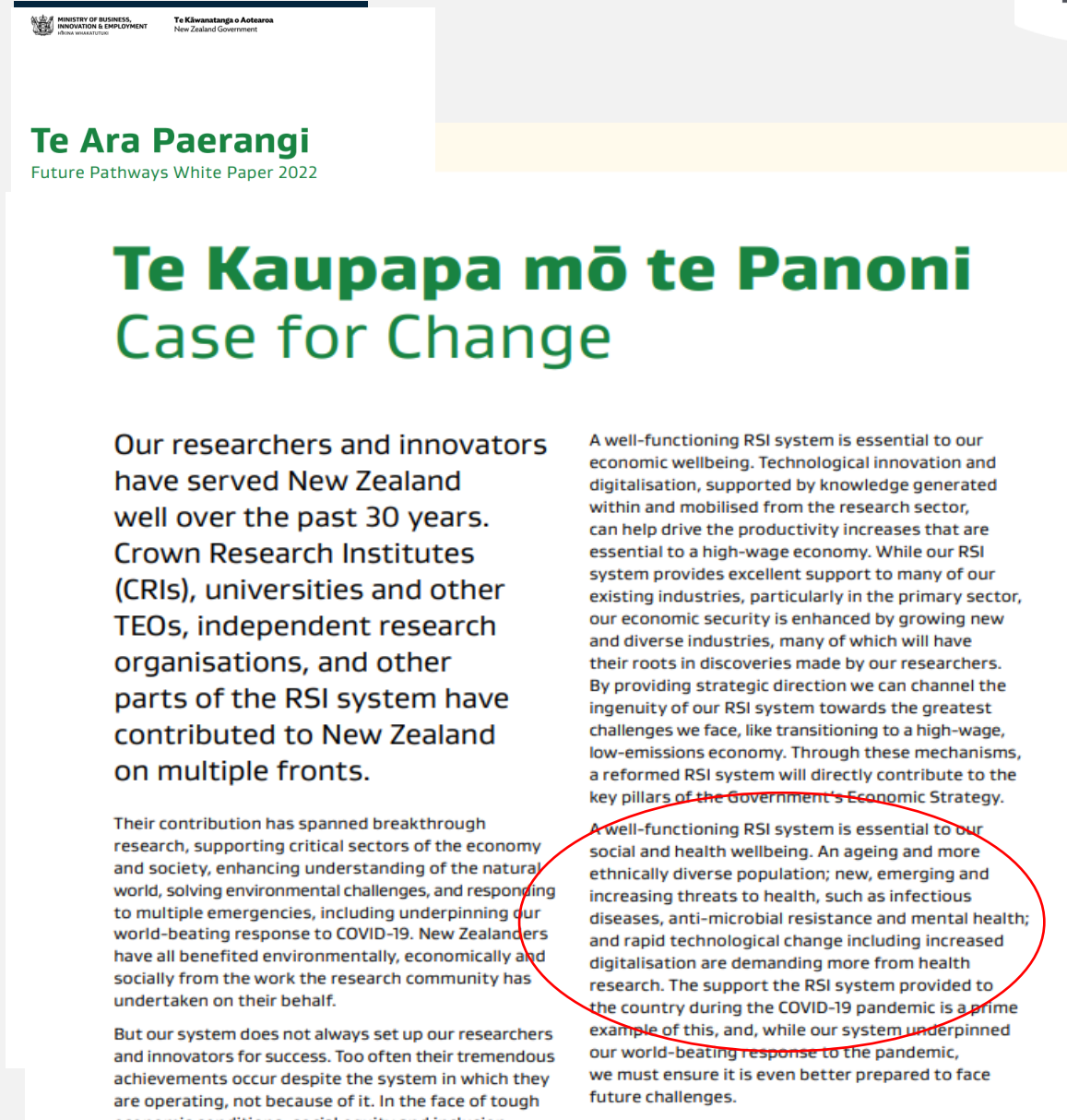
- It is 20 years since the last prevalence and impact survey.
- Robust epidemiological data on the nature and prevalence of mental health conditions and problematic substance use is critical to the equitable and efficient planning and delivery of services.
- Population-level epidemiological data is as crucial in mental health as it is in physical health research.

Programme of collaborative work



Some context

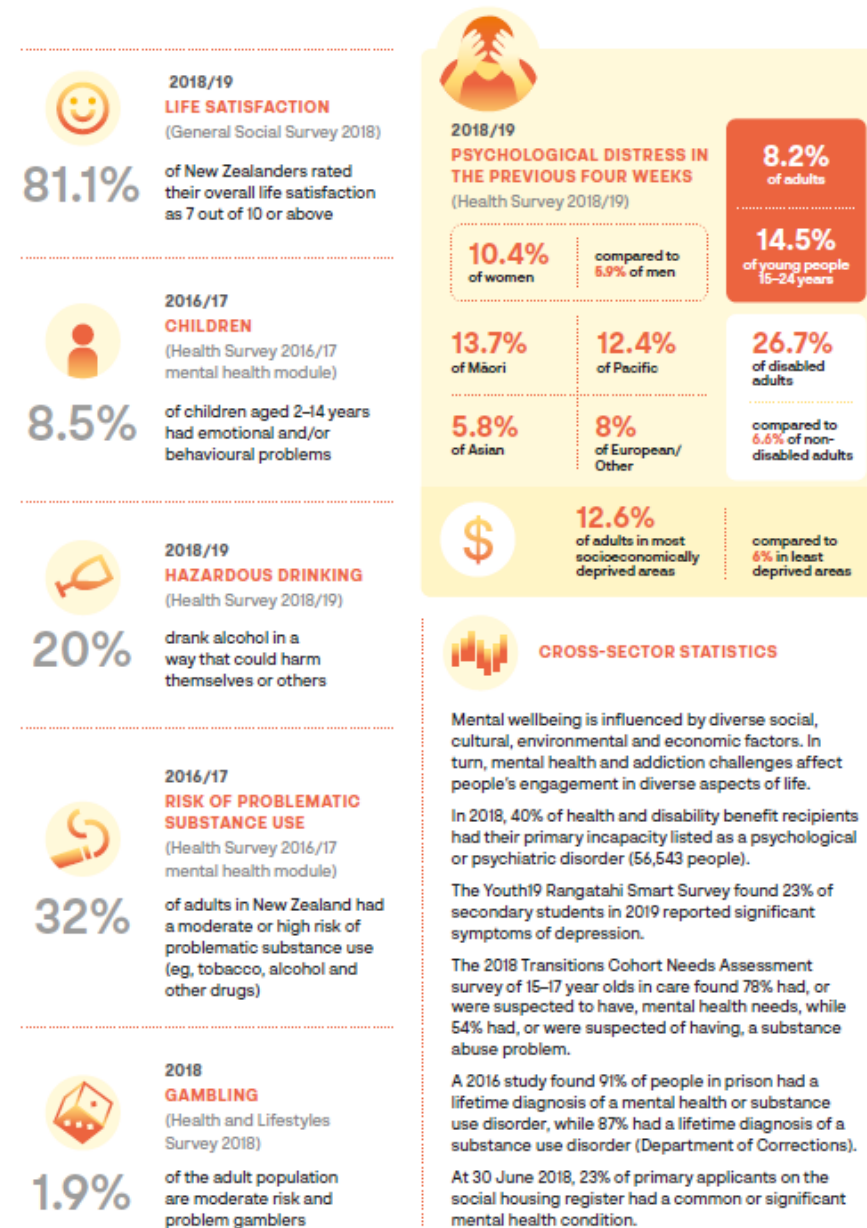
- 2006 Te Rau Hinengaro (2003/3004)
- 2018 He Ara Oranga
- 2021 Kia Manawanui – 10 year plan
- 2022 Te Pou - MIHI collaboration
- 2022 Government Data Investment Plan
- 2022 Te Ara Paerangi – white paper
- 2023 Network of partners -common goal



Kia Manawanui

- One page of population health data (p. 19)

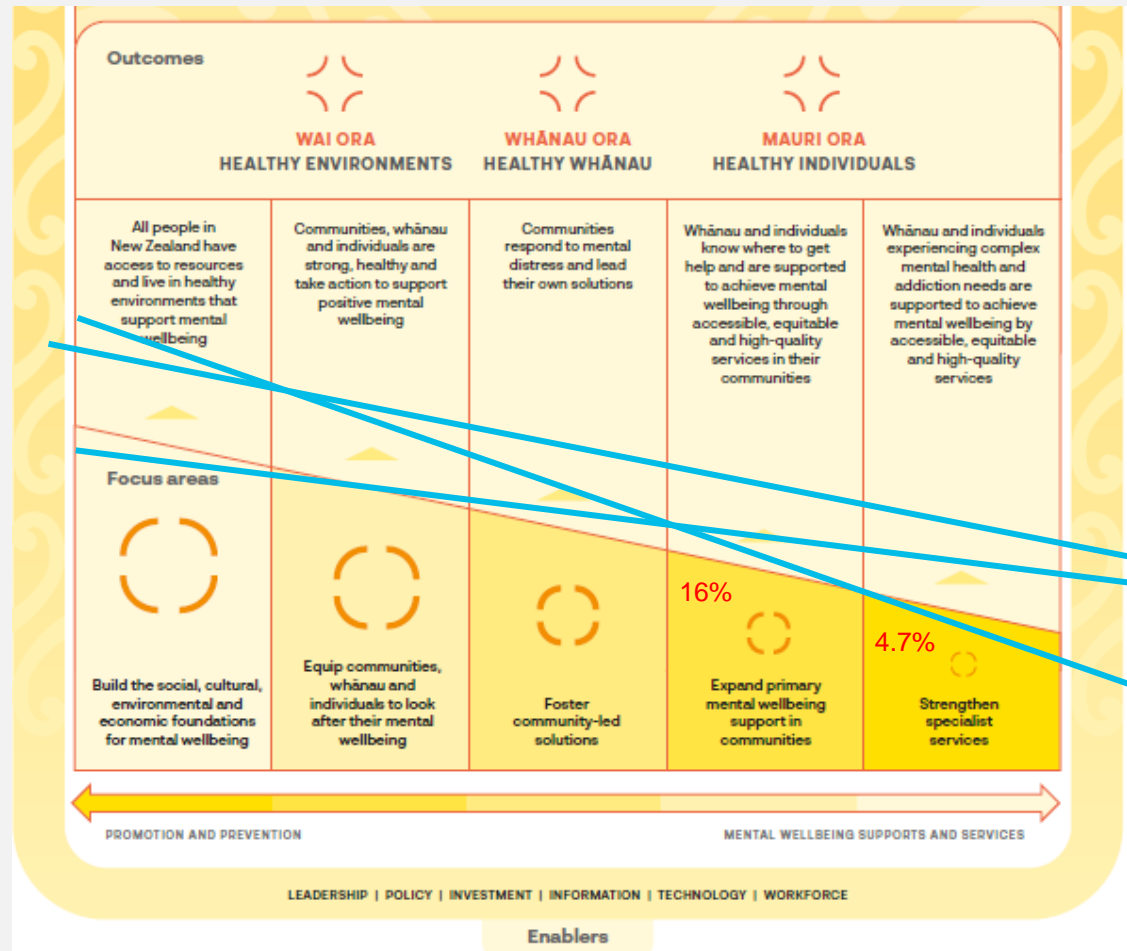
With the 2018 *He Ara Oranga* report as the starting point for our transformed approach, this data is indicative of the state of mental wellbeing we are seeking to address.



Kia Manawanui (p. 24)

Pae ora: Mental wellbeing framework

A 10 year plan
for system
transformation



Addressing two widely held beliefs about existing mental health and substance use data

1. Data on health service access
2. Data from brief screening tools like Kessler 10, the AUDIT, WHO-5

Values-led evaluative framework

1. Advancing
Hauora Māori

2. Valuing and
including people
with lived
experience

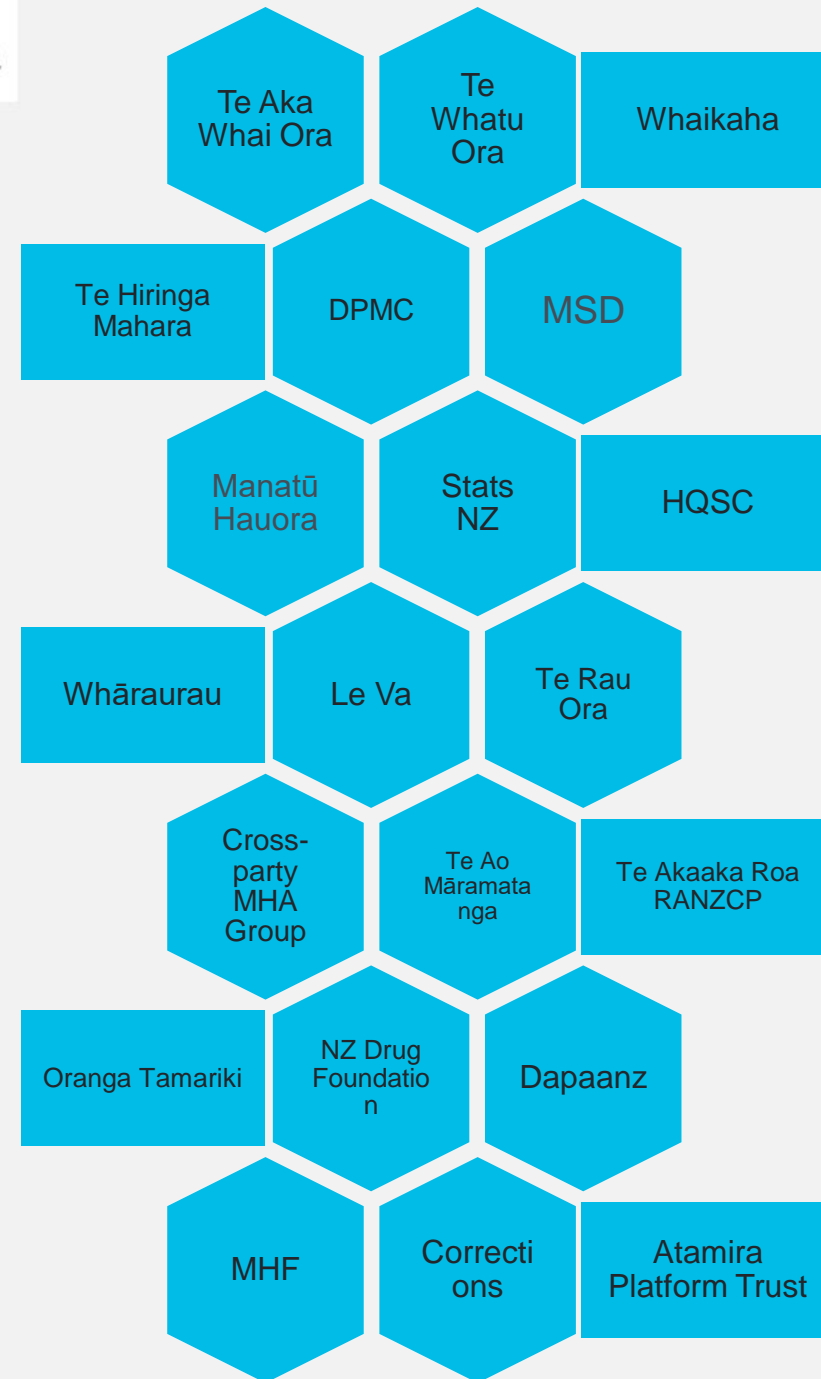
3. Utilising
principles of good
science

4. Practicality and
utility

5. Inclusive of
diverse population
groups

6. Accessible and
responsive

Developing Partnerships Stakeholder engagement



Technical scoping work



Advancing
Hauora Māori

Alcohol and other
drugs

Pasifika data

Infant, child and
youth

Disabled people

Asian New
Zealanders

In summary

- Aotearoa New Zealand can lead the way in how the prevalence and impact of mental health conditions and problematic substance use are quantified and understood.
- We have observed a shift in thinking away from a one-off survey to a series of interconnected studies.
- This research is a national science priority, and investment is needed.
- Establishing a collaborative structure.



If you want to get involved, contact us:

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