

# Establishing a new Mental Health and Wellbeing Commission: Lessons from Aotearoa



# Agenda

- Context
- Initial Mental Health and Wellbeing Commission
- Permanent Mental Health and Wellbeing Commission
- Lessons learnt

# Timeline

- 2012** Mental Health Commission dis-established and a Mental Health Commissioner role established within the Health and Disability Commissioner
- 2017** The re-establishment of the Commission is supported by the NZ Labour Party and NZ First party and forms part of the Coalition agreement
- 2018** Government Inquiry into Mental Health and Addiction recommends establishing a Mental Health and Wellbeing Commission (MHWC) and an Initial MHWC
- 2019** The Govt accepts the recommendation to establish the Commission and the MHWC Act is introduced to Parliament. The Initial MHWC is established
- 2020** The MHWC Act is passed in June and Board appointments made in Dec
- 2021** The Initial MHWC completes its work 7 Feb and the permanent MHWC commences from 9 Feb

# Initial Commission



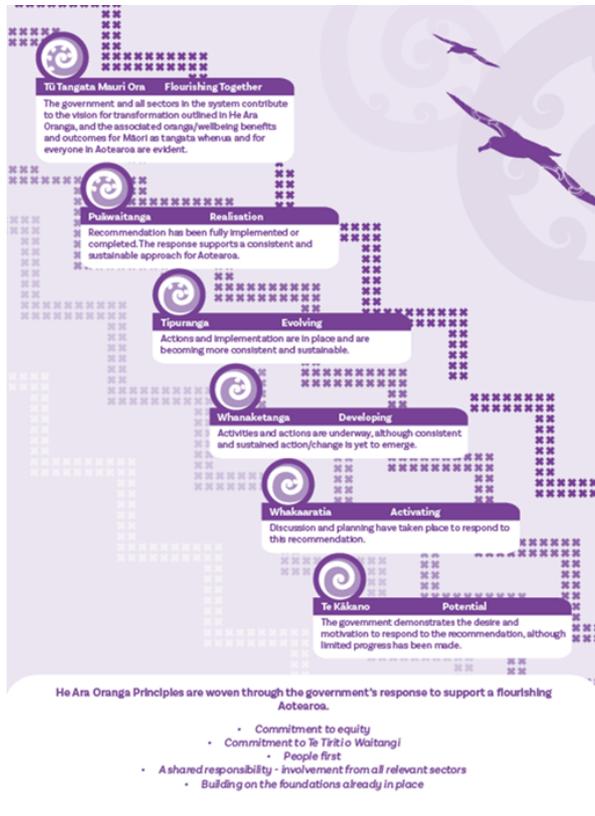
- Initial Commission to lay the ground work for the permanent Commission
- Provide independent scrutiny of the Government's progress in improving Aotearoa New Zealand's mental health and wellbeing
- Promote collaboration between mental health and wellbeing entities
- Develop advice for the permanent Commission so it can make swift progress once it has been established, including a work programme and outcomes and monitoring framework

# Govt response to He Ara Oranga



- Progress of 38 He Ara Oranga recommendations that were accepted by Government in full, in principle, or with further consideration
- Early check-in on four Govt priorities in June 2020
- Full report on progress sent to the Minister of Health in December 2020

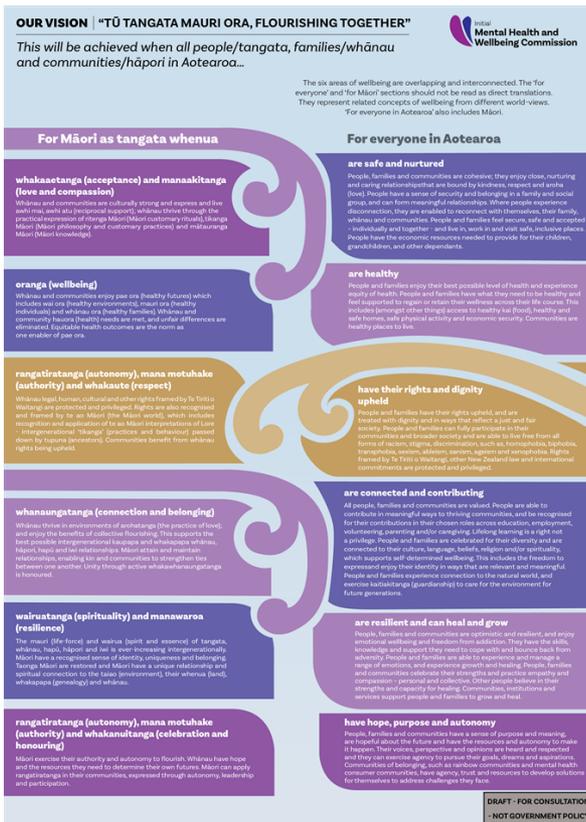
# Assessing progress



- The vision is transformation
- Progress of the Government's response to He Ara Oranga
- Reflecting the voices of:
  - whānau Māori,
  - disabled people,
  - Pacific people,
  - rainbow communities,
  - other groups with disproportionately poorer mental health and wellbeing outcomes people with lived experience of mental health and addiction and their families, whānau and caregivers
- Diverse perspectives
- Quantitative data



# Monitoring and outcomes framework



- He Ara Oranga Wellbeing Outcomes Framework, a population-level outcomes framework
- He Ara Āwhina, a service-level monitoring framework for mental health and addiction
- Advice on data and information gaps

# Advice on the permanent Commission



- Advice on roles and powers
- Draft operating model
- Draft work programme

# Permanent Commission

- An independent Crown entity to contribute to better and equitable mental health and wellbeing for people in New Zealand.
- The Commission's functions are to:
  - assess and report publicly on the mental health and wellbeing of people in NZ
  - assess and report publicly on factors that impact on people's mental health and wellbeing
  - assess and report publicly on the effectiveness, efficiency, and adequacy of approaches to mental health and wellbeing (including mental health and addiction services)
  - promote alignment, collaboration, and communication between entities involved in mental health and wellbeing
  - advocate for the collective interests of people who experience mental distress and/or addiction, and their families, whānau and caregivers.



# Establishing the permanent Commission



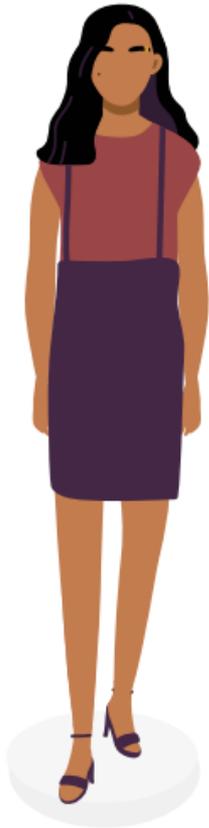
- Ministry of Health is the lead agency
- Mental Health and Wellbeing Commission Act 2020
- Crown entity establishment team
- Appointments to Commission Board post-Election
- Up and running from 9 February 2021

# Lessons: Initial Commission



- Engage with people, listen and hear
- Privilege the people and voices that are **impacted the most**
- Recognise and value different perspectives
- Shared understanding of issues and solutions
- Keep true to the intent and anticipated way of working for the permanent Commission whilst being the Initial Commission
- Initial Commission has supported the permanent Commission to make a swift start (early work and capability)

# Lessons: establishing a new entity



- People and culture
- Honouring Te Tiriti – becoming part of the agency's DNA
- Building sustainable capability with fixed term and contract staff takes time
- Be flexible as expectations develop and change
- Specific deliverables help establish momentum
- Hold the big picture whilst focusing on specific deliverables
- Continuity helps

# Questions?

