



Dr Barbara Disley

Chief Executive
Emerge Aotearoa

Friday, August 09, 2019

(Plenary)

11:30 - 11:50 Mental Health Inquiry



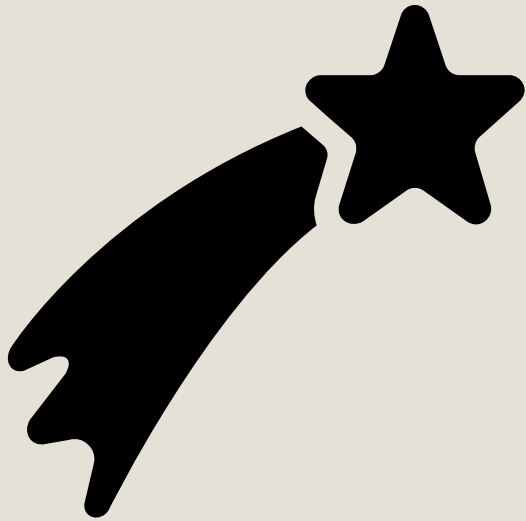
The Mental Health and Addictions Inquiry: Wellbeing for All He Ara Oranga

Presentation to NZMA

Christchurch General Practice Conference and Medical Exhibition
Dr Barbara Disley -Inquiry Panel Member

Chief Executive Emerge Aotearoa

August 2019



The good things we found

- Better understanding
- Strong foundation
- Primary health care models are developing
- Great people
- Low cost
- Strong NGO and community
- More get help
- Works for many



What stood out

- Too! Little, late, narrow, medical, punitive, discriminating, disconnected
- Hard to get in-hard to get out
- Neglect physical health
- Basics ignored
- Missing middle
- Equity lens missing
- Family/whanau excluded
- Crisis support limited



1. Expand access and choice
2. Transform primary health care
3. Strengthen the NGO sector
4. Enhance wellbeing, promotion and prevention
5. Place people at the centre
6. Take strong action on alcohol and other drugs
7. Prevent suicide
8. Reform the Mental Health Act
9. Establish a new Mental Health and Wellbeing Commission
10. Wider issues and collective commitment



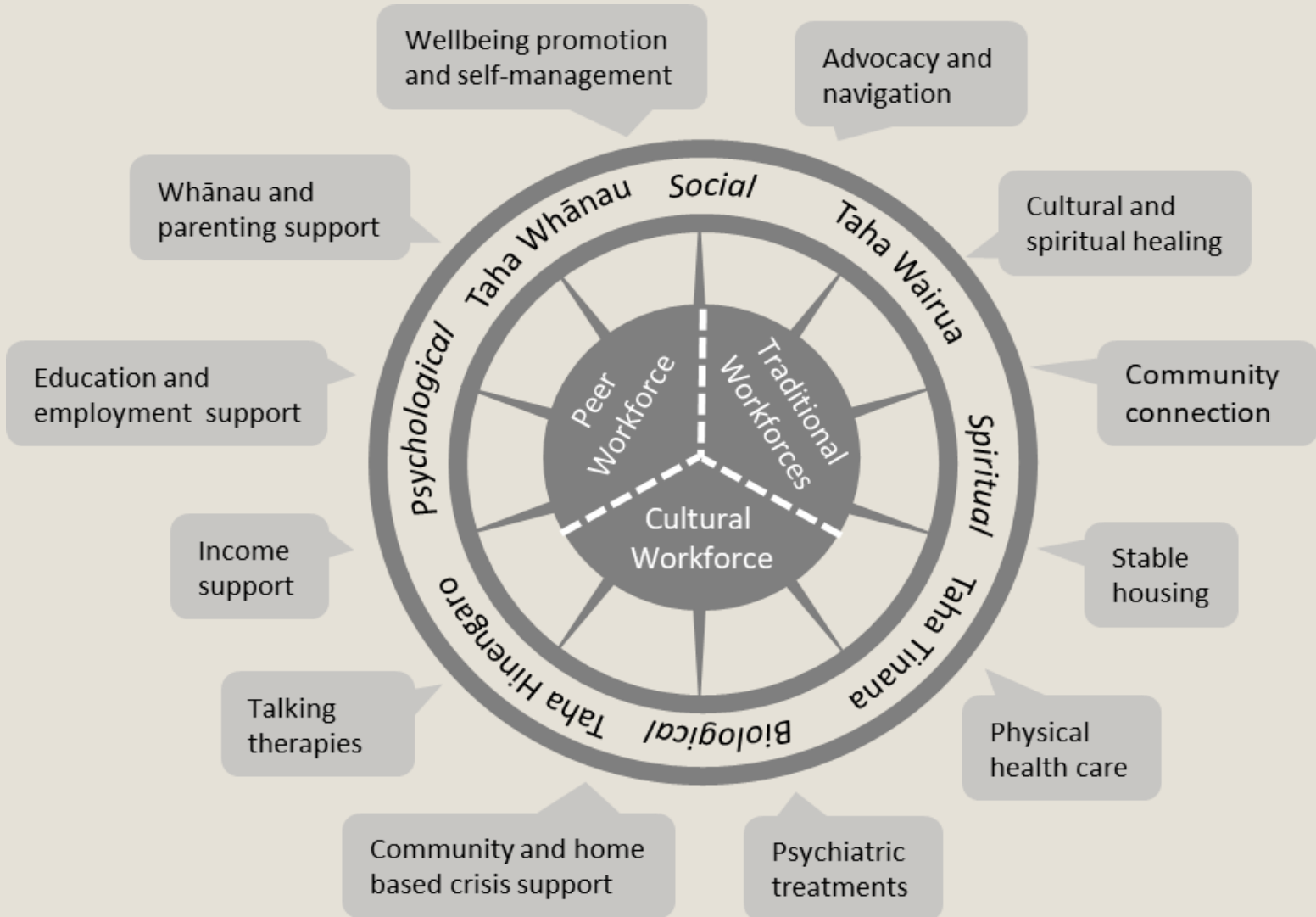
Culturally
responsive

Lived experience



Trauma lens

Intervene early





Expand access and choice



“People have to fight and beg their way into services, and wait far too long.”

- Missing middle
- Kaupapa Māori & Whānau ora Options
- Peer services
- Talk therapies
- Respite
- Set up and step down



Transform primary health care



"All the dreams of the Inquiry will come to naught if we don't have a workforce."

Partnerships - Awhi Ora Model

- NGO bridge to community
- Health coaches
- Peer support
- Talk therapies
- Cultural competent pathways exist
- E-therapy responses growing
- Consult liaison from specialists



Take strong action on alcohol and other drugs

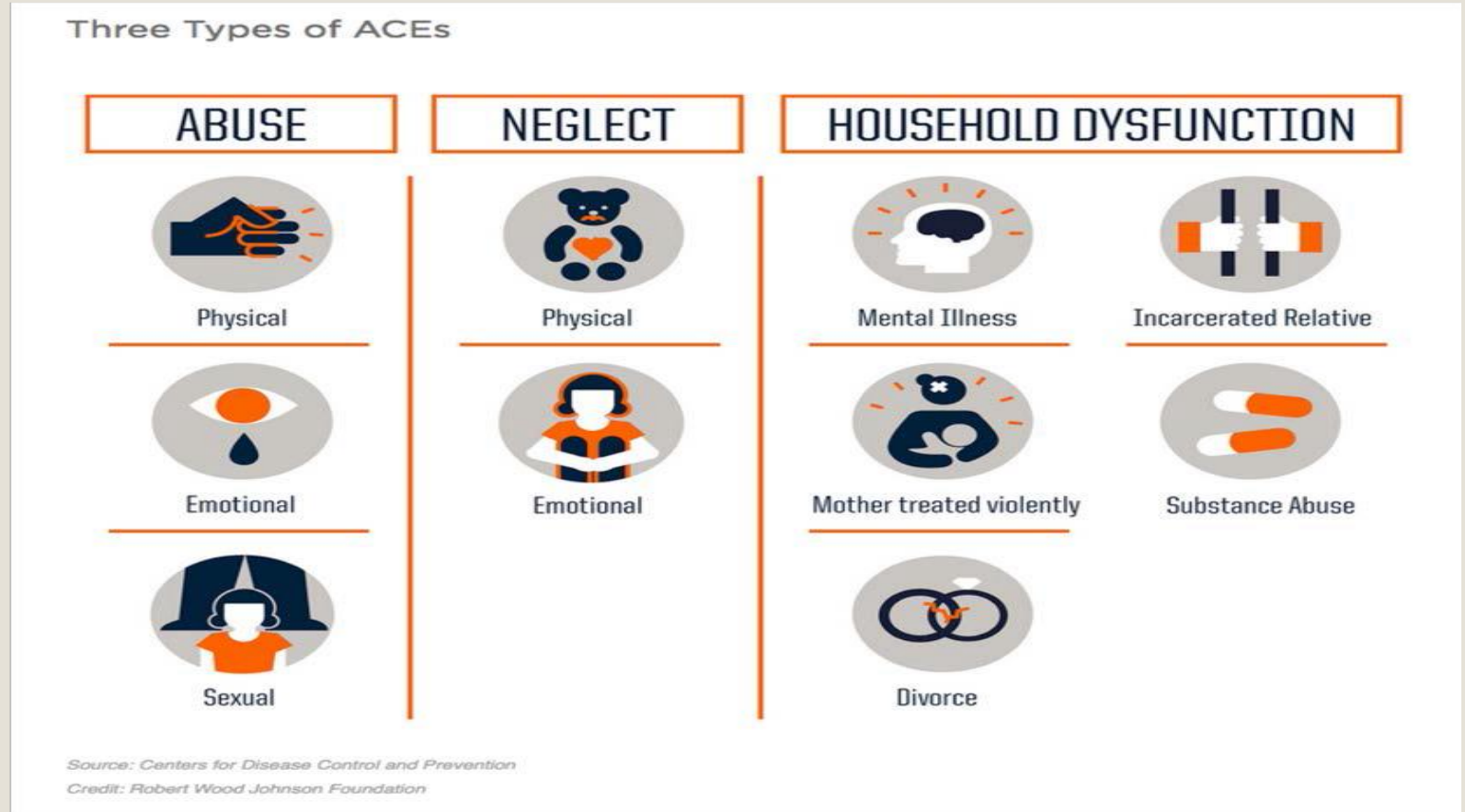


"It's not a war on drugs
it's a war on very sick
people and it needs
to stop."

- Harm minimization
- More brief interventions
- Community based detox
- Rapidly increase treatment options
- Address attitudes to alcohol
- Criminal sanctions to civil responses

Only One
Thing?
Address ACEs

Give every
child the best
start



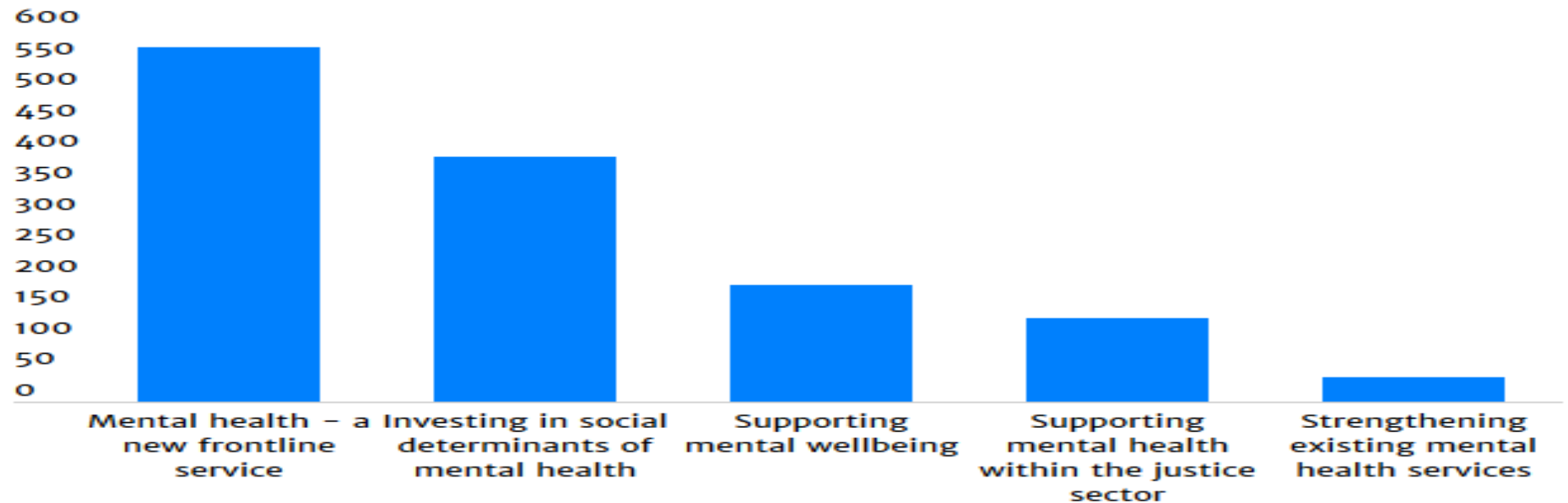
Shift focus to early stages of life



\$1.9b : It will sure help!!

How the new mental health funding will be spent

Spending 2019–2023 (\$ million)



SOURCE: BUDGET 2019

EMERGE
Aotearoa



320 Ti Rakau Drive, Botany, 2012, Auckland
P O Box 259 353, Botany, 2163, Auckland
T+64 9 265 0255 www.emergeaotearoa.org.nz