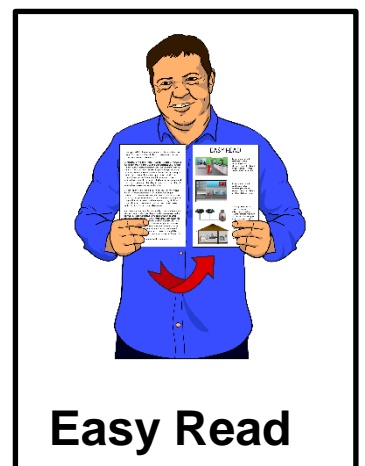
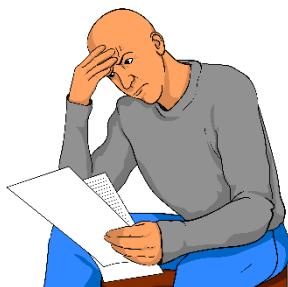


Recommendations from the **Report of the Government Inquiry into:**

- mental health
- addiction.



Before you start



This is a long document.



While it is written in Easy Read it can be hard for some people to read a document this long.



Some things you can do to make it easier are:

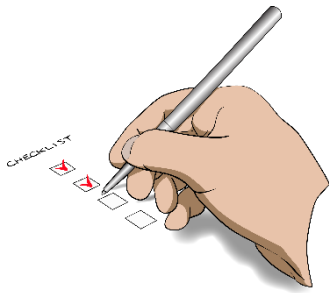
- read it a few pages at a time
- have someone help you to understand it.

Words that are used in this book



In this book **mental health** means having conditions like:

- Depression
- Anxiety
- Bi-Polar disorder
- Schizophrenia
- Post traumatic stress disorder
- Eating disorders.



There are many other conditions.

These are just some of them.



Some people find mental health hard
but do not have an illness.



When people have good mental
health it is easier to have a good life.



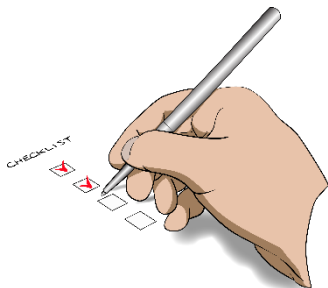
Sometimes we call this **wellbeing**.



People who find mental health hard
can still have a good life.



Sometimes people just need support
to have a good life.



In this book **addiction** means not being able to stop yourself from using things like:

- drugs
- alcohol
- gambling money – like:
 - betting on the horse racing
 - going to a casino.

There are many other things that people can be addicted to.

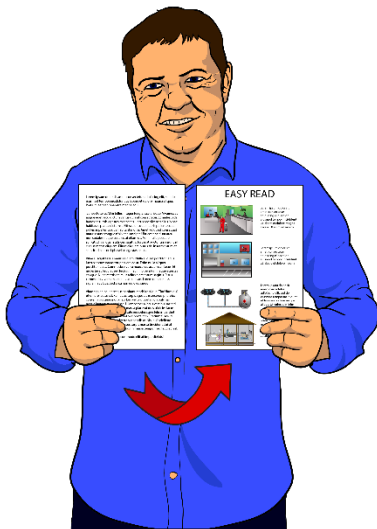
These are just some of them.

Warning



This booklet is about:

- mental health
- addiction.



It is made in Easy Read so it is easy for people with learning disability to read and understand.

Easy Read information also has pictures to help people understand the words.



Some people may get upset by the:

- things talked about in this book
- pictures in this book.



This information is:

- not meant to scare anyone
- not true for everyone with learning disability



- not true for everyone who needs support with their:

- mental health
- addictions.





This information **does not mean that these things will happen** to you or someone you know.



If you are worried after reading this document talk about it with your:

- family
- friends
- doctor.



About the Inquiry



This report is about the **Government Inquiry into:**

- mental health
- addiction.



We will sometimes call this **the Inquiry.**

An inquiry is when we find out more information about something.



The Inquiry was started to look at the help people have been getting with their:

- mental health
- addictions.



The Inquiry was also started to listen to people who know about:

- mental health
- addiction.



The Inquiry was also started so that we could find out what things need to change.



The Inquiry started in 2018.



The Inquiry was led by 6 people with different experience.



This group of 6 people is called a **panel**.



We talked to lots of different people about:

- mental health
- addiction.



This report is about:

- what people told us
- how things are now
- what we think should change.

What people told us



This part of the report will tell you what people told us.



It was important for us to listen to people.



Lots of people wanted to talk to us even though it was hard for them.



People told us that people should be helped when things are hard.



They told us it is important to be seen as a person not just an illness.



For Māori it was important that people making services think about:

- the ways some Māori have not been able to be close to their culture
- that some families have not had the things they need for a long time
- that the land is very important to Māori.





It is also important to think about the links people have to their:

- whānau / family
- hapū / wider family
- iwi / tribe.



Pacific peoples want us to use
Pacific ways of doing things to
support them to be well.

Pacific ways of doing things would bring lots of different things together like:



- Pacific languages
- having links to other people
- who Pacific people are
- beliefs like religion
- eating well
- healthy relationships
- exercise
- how people can be supported using cultural ways.



People told us that for people to have good mental health they also need:

- enough money
- good places to live
- good education.



Some people find it hard not to:

- use drugs
- have lots of alcohol
- gamble money.





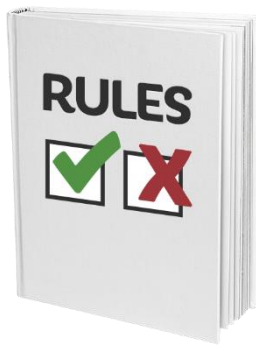
This is called **addiction**.



People told us **addiction** is:

- a big health problem
- hurting families.





People want:

- more rules about how alcohol can be sold
- more rules about when it is okay to talk about alcohol
- more health care for people with **addiction.**



People who use drugs should:

- get help with health
- not go to prison for using drugs.





Families / whānau want to be part of the health care for their family members.



They want to know things about the health of their family member so they can support them.



Families / whānau want to be supported as well.



Families / whānau of people who have died because of suicide need more support.



People also talked about the needs of children / young people.

Lots of young people are:



- unhappy
- finding things hard
- hurting themselves.



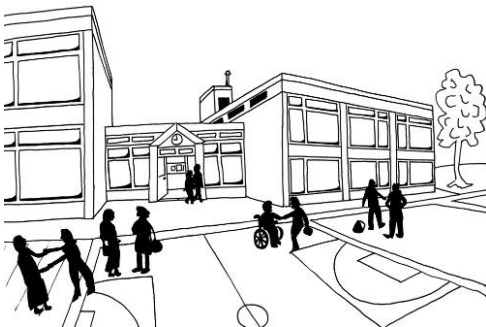
Many people die from suicide in New Zealand.

Suicide means making yourself die.



Parents are worried about:

- children being bullied
- things children see on the internet
- things children see on their phones.



Children should learn about mental health at school.



People want support in the community.



Support in the community means people can:

- get help for lots of different things they need



- stay connected to:

- family / whānau

- friends

- jobs



- things they like to do.





Support in the community can be things like:

- support when people need help quickly
- help for people to stop being addicted
- support for people who need it for a long time
- respite care that helps people when they need a break
- help getting a job.





People also want support in the community for families / whānau.



This means giving more help to places that work closely with the community.



People want lots of different choices about how to get well.



People talked about having to wait a long time for help.

Help was sometimes:



- hard to get
- not very good.



Sometimes people could not get any help at all.



People who work in mental health
also talked to us.

They talked about being:



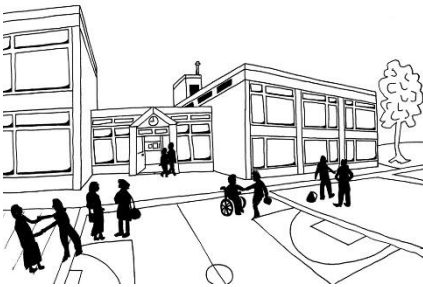
- tired
- stressed because they have too
much work
- worried about being hurt.





People said there should be more training on mental health for people who work in:

- other parts of health care
- schools
- police
- prisons
- social work.





People said there should be more people working in mental health who:

- know what it is like to have mental illness
- are trained in Māori culture
- are trained in Pacific culture.





People told us they want the laws about mental health to change.

The law means doctors can make people:

- go to hospital
- take medicine.



Some people are made to do this when they don't want to.



People told us they want the law to be about human rights for people with mental illness.



This means people having more choice about their healthcare.



This also means people want the law to stop using:

- **seclusion**
- **restraint.**



Seclusion is when people are kept alone without other people in a:

- hospital
- prison.



Restraint is when people are stopped from moving by someone using:

- their hands
- medicine
- things that stop people moving, like:
 - being tied down.





It is important for people that the government treats mental health as important.



We need people to show leadership on making these changes.



People who are already working to make changes in their communities need support.

What we have decided



We are the group of people the government asked to find out things about mental health.



We listened to all these things people told us.



They helped us decide some things about:

- how things are now
- what needs to change.



This part has the things we decided about:

- how things are now
- what needs to change.

How things are now



Things are not working well now.



There is not enough:

- money to pay for services
- people working in mental health.



It is hard for people to get well when they do not have the things they need.



Some things people need to help them feel well are:

- sleep
- good food
- feeling part of their culture
- helping other people
- exercise
- time outside.





Things are not working well for Māori now.



Māori are more likely to be:

- put in **seclusion**
- made to have treatment when they do not want to.

Some of the reasons change is very important are:



- people who have poor mental health often do not live as long as other people do
- too many people die in New Zealand from suicide.



The mental health system was built to only help people who have an illness that has a name.



It does not work well for people who do not:

- have an illness
- know what their illness is.



Sometimes people are only given medicine.



They are not given other kinds of help.



Some people get better help than others.



Often people have to be very ill to get help.

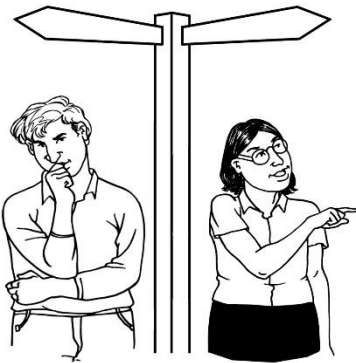


Most people think things to do with addiction need to change.

But we still have not done some important things like:



- making sure we think about **addiction** as a health problem not a crime
- giving people with **addiction** lots of different services in the community to help them get well.





In New Zealand we do not always do well when we try to:

- help stop people dying from suicide
- support the family / whānau of people who have died of suicide.

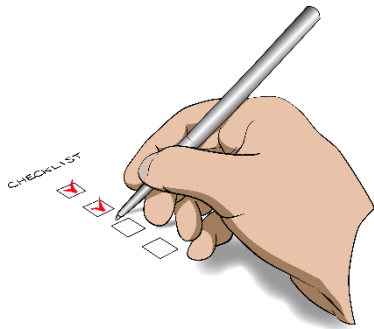


Often the help:

- is better in some ways than others
- does not have the things it needs to work well like:
 - money
 - enough staff.

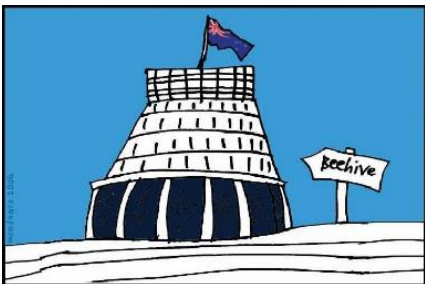


What needs to change



Lots of things need to change in New Zealand with:

- mental health
- addiction.



These cannot be changed by just:

- the government
- the health system.





We need to help each other.



We have some good things to start with like:

- many people get good care
- many people who work in mental health are good at their jobs
- many people who work in mental health like to assist people.





Some people have different mental health needs like:

- Māori
- Pacific peoples



- disabled people
- people in prison



- Rainbow communities



- people who have moved to New Zealand from other countries.



We need to be able to give good health care in a way that works for everyone.



It would be better if people could get help sooner before they get more ill.



There needs to be more kinds of help that help people in different ways.



Social services need to work together on the things that can help people be well.



We need to make a new system to help with:

- mental health
- addiction.



We want to make sure:

- people who are very ill get help because they need it most
- other people who need help can get help as well.



At the centre of the new mental health system should be the idea of good mental health for everyone.



Some of the things that are important to this idea are:

- that it is possible for everyone to have good mental wellbeing
- how things turn out needs to be fair to everyone
- people who need support with their mental health should have what they need to get well.





We set out different ways to improve
Māori:

- mental health
- wellbeing.



We set out different ways to improve
Pacific:

- mental health
- wellbeing.



Looking at lots of different ways of being well is something important to many:

- Māori
- Pacific peoples.

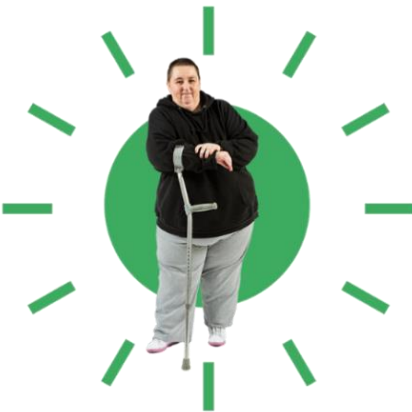


Looking at lots of different ways to be well will also be good for all people in New Zealand.



We talk about what we think things should be like in:

- mental health services
- addiction services.



People should be:

- the most important part of services
- come first when doing any planning.



Services should work well for all different kinds of people.



They should mostly be based on:

- community based support
- local hubs.



Local hubs are places in the community where lots of different services are in the same place.



Services should have things like:

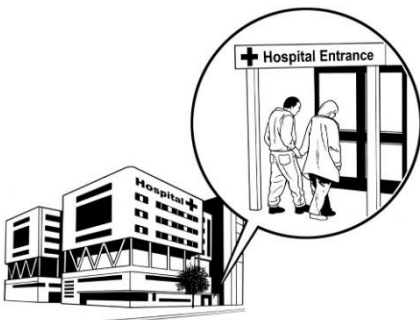
- staff with different skills working in different kinds of ways
- support when people need help quickly.





Services should also have things like:

- support for people with **addiction** in the ways that help them most
- services that help people with addiction while they still live in their home.

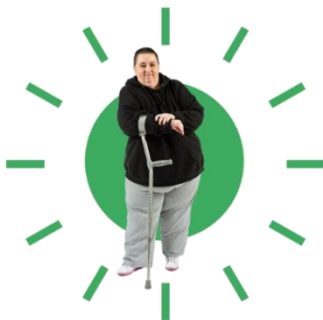
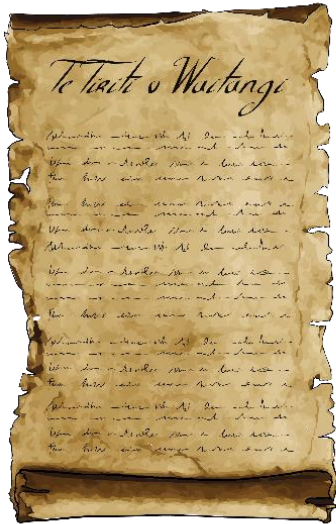


There should also be lots of ways to assist people when they come back home from hospital.

1. ____
2. ____
3. ____

Here are some of the ideas that we thought about when we made the list of things that need to change:

- the Treaty of Waitangi
- people who have used mental health services being at the centre
- mental health being something we should help with together
- being fair to everyone
- keeping the good things that we have now.



Things that need to change

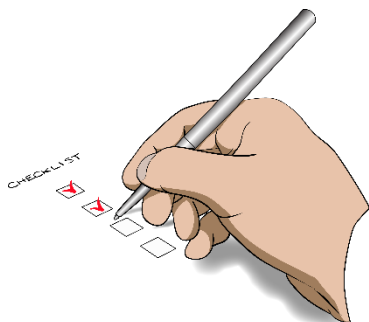


Change needs to happen now.

We have chosen some important things we want to see changed.

10

The things that need to change fit into 10 groups.



The 10 groups have things that we think the government should do to make things better.



In the next part we have some information about the 10 groups of things that need to change.

More access and choice



There should be:

- help for more people
- more kinds of help.



People should be able to get help
before they get very ill.



There should be:

- help like counselling where people can talk to someone
- services that fit with the different cultures people are from
- help for people who use:
 - alcohol
 - other drugs.



This will make a big change.



For this to work there needs to be:

- lots of different people working together
- training for people who work in mental health
- money that will pay for the right things
- people taking a strong lead.



Change primary care



Primary health care is the sort of health care you go to first.

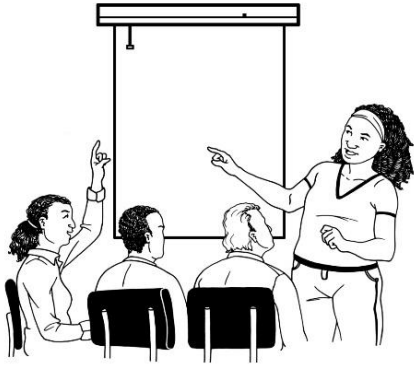


Primary health care is things like:

- your GP / family doctor
- people who work with your GP like nurses
- people who work in mental health in the community.



People should be able to get good help from primary health care.



People who work in primary health care need to get more training in how to help with mental health.

Make NGOs stronger



NGO means Non Governmental Organisation.



NGOs are things like:

- charities
- Kaupapa Māori services
- other groups that are about making things better.



NGOs are not about making money.

There are things that make it harder for **NGOs** to do a good job like:



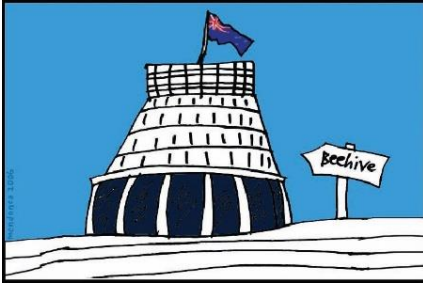
- their contracts may not last long which means they keep having to change things
- they may have lots of different contracts to do different things



- they need to spend a lot of time showing they have met the rules
- sometimes it costs them a lot of money to meet all the rules



- sometimes they get money from lots of different places which means lots of work.



The government decides if NGOs get some of the money they need.



This means they cannot plan for a long time.



The government pays for NGOs to do some services like:

- mental health services
- addiction services
- other health / social services.

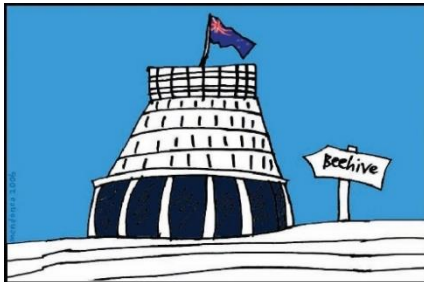




NGOs will be important if we make more mental health services in the community.

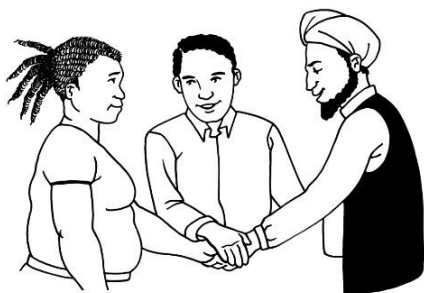


NGOs need to get support to help with mental health services.

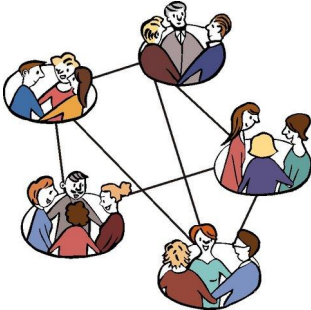


There should be 1 group in the government that:

- supports **NGOs** to work better for a long time
- makes the contract paper work easier for **NGOs**.



Help people be well



Lots of different parts of the government need to work together to help people be well.



It is important to focus on:

- ways to stop people having problems with their mental health
- helping people be well in lots of different ways.

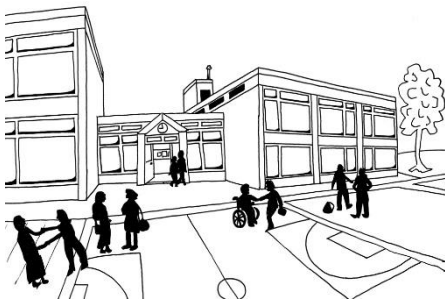


We can help people the most if we start when they are young.

We need to change the things that help people live good lives in lots of different ways like:

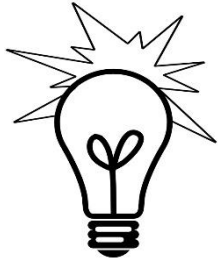


- making sure people have enough money
- supporting people to be good parents
- making sure people get a good education.

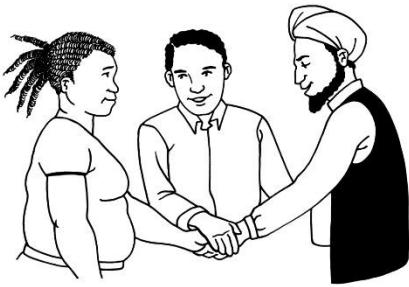


There are lots of different services trying to do the same things.

They do not always fit together well.



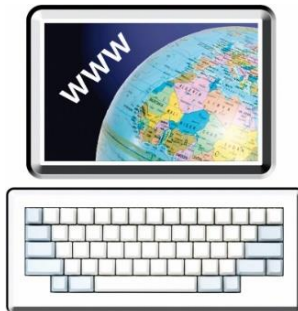
We think there should be a **social wellbeing agency**.



This agency would make sure all the groups work well together.



Many people have worked hard to teach the people of New Zealand more about mental health.



They have done this by:

- making websites
- making films
- talking in schools
- talking in communities
- telling people about their stories.





These things can assist people to:

- know how to stay well
- know when they might not be well so they can get help
- support other people with their mental health.



Some of these ideas have worked very well.



We do not know if all of them have worked well.



The government needs to make sure all this sort of work is:

- good
- does not hurt people.



Teaching people about mental health would be helpful for:

- schools
- places people work
- communities.



Put people at the centre



People who have used mental health services should be part of choosing how things are done.



This can be things like:

- planning
- making rules about how things should happen
- being in charge of how services work
- changing services
- making new services.





People who have used mental health services could have their say more in:

- District Health Boards
- **primary care** like doctors
- **NGOs.**



Families / whānau should be part of the care of a person if that person wants them to be.



Mental health services should work together with families / whānau.



Families / whānau should get support too.

Act strongly on alcohol and drugs



More rules about selling alcohol are needed.

Alcohol and drug use is hurting:



- people
- their families
- their communities.



Things need to change.



At the moment people who are addicted to drugs get in trouble with the police.



Getting in trouble with the police does not help people with their addictions.



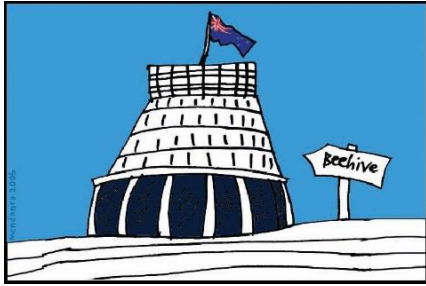
We need to help people who are **addicted**.



We should not put people in prison because they are **addicted**.



There need to be different ways to help people who have **addictions**.



It should also be clear which part of the government works on addiction problems.

Stop suicide



More people in New Zealand die from suicide than in lots of other countries.

This is 1 of the reasons we had the Inquiry.



The people working to stop suicide do not have the things they need to do their job well.

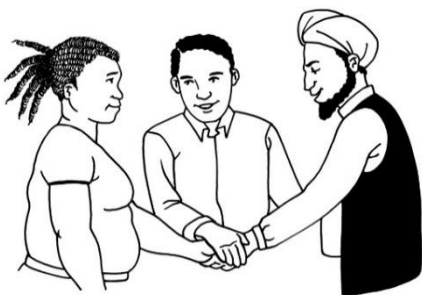


The work they do needs:

- more money
- people to lead the work for all of New Zealand.



There needs to be a plan to make sure less people die from suicide.



Everyone should be working together to have less people die from suicide like:

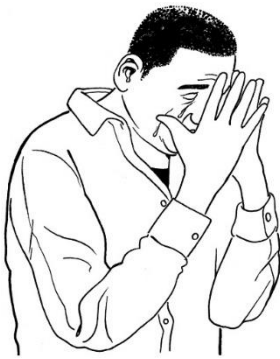
- different parts of the government
- different political parties.



Family / whānau of people who have died from suicide should get more support.



When someone has died of suicide the government needs to work out what happened.



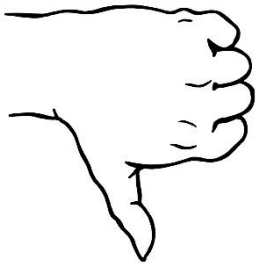
How they work it out can be very stressful for the family / whānau.

This needs to change to be less stressful.

Change the law



The law we have now needs to be changed.



The law we have now hurts some people.



At the moment our mental health services use too much:

- **seclusion**
- **restraint.**



These things are used more on:

- Māori
- Pacific peoples.



In some parts of New Zealand more people are made to have treatment when they do not want to.



Workers think a lot about getting in trouble for doing the wrong thing.



Sometimes this means they do not give people the right help for their needs.



There needs to be a chance for people in New Zealand to talk about mental health.

This would mean things like:



- looking at what people already know
- looking at new things that have been found out
- talking about what people think of people who need support with their:
 - mental health
 - addictions.





If we change the law about mental health in New Zealand it needs to cover these things:

- human rights
- supported decision making
- helping people be well.



Make a Mental Health and Wellbeing Commission

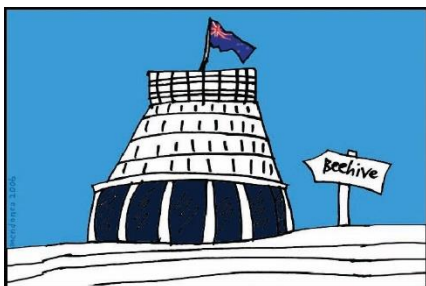


A **Commission** is a group of people the government asks to look after something.



We think there should be a **Mental Health and Wellbeing Commission**.

This **commission** would take the lead in changing things.



We think it would help to make sure the Government does what it is meant to.



The Commission would be able to tell people:

- what is happening with mental health in New Zealand
- if the changes in this report are being made.

Working together



While we were doing this Inquiry a **Health and Disability Sector Review** was announced.

This will look at more things than just mental health.



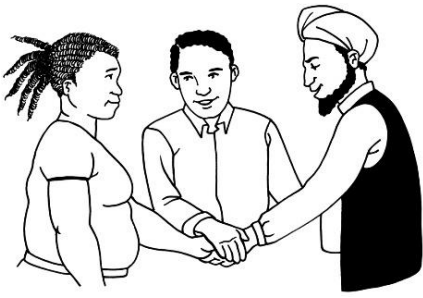
There are lots of problems with the health system in New Zealand.



We think the government should see what the Health and Disability Sector Review says about things like:



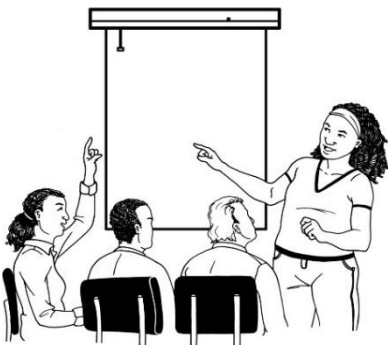
- how things will be put together in the future
- who does what in the health and disability system
- if there should be a **Māori Health Commission**.



A group should also be made where people from different political parties work together on mental health.

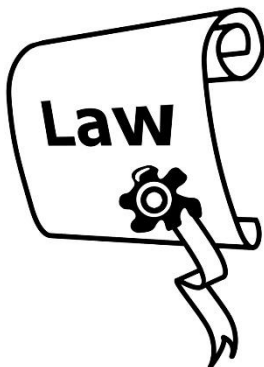


This would be called a **cross-party working group**.



The politicians could work together on things like:

- mental health education
- taking the lead on better mental health services
- changing laws.





The Inquiry believes that if we act together we can improve New Zealand's:

- mental health
- wellbeing.





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People First New Zealand Inc. Ngā Tāngata Tuatahi.**

**The ideas in this document are not the ideas of
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