

He Ara Āwhina Framework Consultation

Have your say on how we monitor the mental health and addiction system

Tēnā koutou katoa. He mihi maioha tēnei i roto i ngā tūāhuatanga maha o te wā.

The Mental Health and Wellbeing Commission (the Commission) is consulting on [He Ara Āwhina \(Pathways to Support\)](#), a framework that describes what an ideal mental health and addiction system looks like. He Ara Āwhina will set out how the Commission monitors, and advocates for improvements to, the mental health and addiction system.

Feedback received in this consultation will be used to help us improve He Ara Āwhina. It's important people have their say, and it's important we get it right.

After the consultation is closed, we will develop the methods and measures for how we will assess and monitor services and system transformation.

The consultation is open until 19 April 2022.

How long will this take to complete?

The consultation consists of three main questions and some questions asking you about yourself. It may take about 10-15 minutes for you to complete. However, the time it will take will depend on what you have to say.

If you have any questions, please contact us at kiaora@mhwc.govt.nz

Please tell us what you think about He Ara Āwhina.

Question

1. Does He Ara Āwhina reflect your hopes for a mental health and addiction system?

NO

There is the missing voice of those estimated 300,000 people impacted by rare disorders as there is no specific mention of them as a collective and therefore no inclusion of their specific mental health and addiction challenges.

There needs to be mention of those with rare conditions so there will be pathways of access established. Without this recognition there will remain invisibility and dismissal.

2. Is He Ara Āwhina missing anything that is important to you?

Evidence details the impact that having a rare condition (that includes elements of mental health and addiction) can have versus having a well recognised condition such as

schizophrenia, BPD, etc and the resulting discrimination has devastating effects on tangata whaiora. He Ara Āwhina Framework must mention this community so that their evidenced mental health needs can be appreciated, understood and included in monitoring processes. There is currently no mention of persons with rare disorders despite evidence to show the severe and enduring mental health and addiction impacts this community faces.

3. Is there anything else you want us to know about how we should monitor services and system transformation?

Monitoring must include a box for rare conditions so we can quantify this community and resource accordingly. For human rights there has to be recognition of this marginalised and often invisible group. Some of the needs are specific such as need for pain relief and resulting opioid issues, behavioural challenges due to specific aspects of the condition that have clear best practice guidelines and advice for all who may support that person, need for support and understanding of the effect on carers and whānau who often can be pushed into mental health service need due to cumulative trauma . Effective solutions all stem from recognition.

To monitor effectively you must leave no-one behind

There is a United Nations Resolution to address the challenges facing persons with rare disorders and their families and we must abide by our international expectations.