

# SPECIALIST MENTAL HEALTH AND ADDICTION SERVICES – INCREASING AVAILABILITY OF FOCUSED SUPPORTS

May 2022

---

## What are specialist mental health and addiction services?

Specialist mental health and addiction services provide support for people with serious or acute mental health and addiction needs.

## Why is this funding needed?

Specialist mental health and addiction services have been under considerable pressure for a long time. This means there are often waiting times for people to access the help they need.

The Government's investment in primary mental health and addiction services and early intervention will, in time, take some pressure off the specialist end of mental health and addiction care. In the meantime, this funding will start to ease some of the immediate pressures on specialist services, provide better support for people who are experiencing more serious mental health and addiction issues, and enable new models to be trialled to better meet the needs of people.

## How will this funding address the pressures on specialist services?

This funding will start to ease some of the immediate pressures on specialist mental health and addiction services over time by increasing the capacity of services to see more people, and by trialling new models of support to better meet people's needs.

While this is a critical next step in rebuilding our mental health and addiction system, it is important to note that sustained effort and investment will be required to fully address pressures on specialist mental health and addiction services.

## What services are covered by this funding?

Specialist mental health and addiction service areas receiving funding are: community-based mental health crisis services, child and adolescent services, kaupapa Māori services, maternal and infant mental health services, and eating disorder services. To reduce harm from drug use, funding has been made available to support the rollout of Te Ara Oranga to Eastern Bay of Plenty, and drug checking services.

There is further investment in workforce development, and enablers to support rolling out the package.

## How many new beds will be funded through this initiative?

The largest slice of the funding, \$27.45 million over four years, is for community-based mental health crisis services. The funding provides flexibility and will enable a mix of services to respond to local needs. This could include enhanced community crisis teams, residential crisis respite beds and peer-delivered crisis services depending on communities' needs.

## Where is the workforce coming from?

The workforce will be developed and grown over time. Growing the workforce will require a mixture of upskilling existing workforces, training new workforces, and improving recruitment and retention. Alongside clinical workforces, there will be a focus on growing kaiāwhina and peer workforces.

## Where will these services be available?

Over the next six months, work will be done to identify where the additional support and services will be located, with priority given to areas of highest needs and with existing service gaps.

## **Why is there not more funding in the first year?**

Building the capacity of services, and the workforces to deliver these services, will take time. The funding for this initiative increases gradually to reflect this lead-in time.

## **More detail about the funded initiatives**

### **Community-based crisis services including peer-delivered services: \$27.45m over four years**

This will fund approximately 7–8 community-based crisis services across a mix of small, medium and large areas. The nature of these services will depend on existing service availability, need and opportunities for economies of scale, so will differ between areas.

### **Child and adolescent specialist mental health and addiction services: \$18.7m over four years**

This will increase the capacity of existing specialist child and adolescent mental health and addiction services to see around 1,300 more children and young people per year by the end of 2025/26. Funding will support a mixture of clinical FTE, peer support FTE and cultural support FTE.

### **Workforce development: \$10m over four years**

This will fund a range of workforce development initiatives to support building the capability and capacity needed to deliver on the initiative. This is expected to include new bursaries and scholarships, funded training places, cultural competency training and support to grow the kaiāwhina and peer workforces.

**As part of the wider health reforms, this work will transition to the interim Health NZ and the Māori Health Authority, with oversight from the Ministry of Health.**