



The Prime Minister's
**Youth Mental
Health Project**

The Prime Minister's Youth Mental Health Project (YMHP) aims to improve mental health and wellbeing for young people with, or at risk of developing, mild to moderate mental health issues. It brings the health sector, communities, schools and the online world together to create a coordinated web of support.

This is a four year cross-agency project involving the Ministries of Health (lead agency), Education, and Social Development, Te Puni Kōkiri and the Education Review Office. The total cost of the YMHP is \$62 million over four years. Implementation of all initiatives is being resourced from within existing agency baselines.

Key achievements to date include:

- 18,084 students at 40 decile three secondary schools now have access to school-based health services as of term one 2014 – 4,300 more than at this time in 2013
- Youthline has completed a set of guidelines to assist mental health agencies to improve the youth-friendliness of their resources
- 246 front line Youth Services and Attendance Service staff have undertaken training in Mental Health 101
- 31 secondary schools are taking part in the trial of My FRIENDS Youth in 2014
- draft indicators of student wellbeing in schools have been developed and distributed to schools
- around 70 students in Auckland region secondary schools are now working with youth workers
- The Education Review Office has published the report *Improving Guidance and Counselling for Students in Secondary Schools*
- a best practice guideline for the transition of young people out of alcohol and other drug services is due to be published in May 2014
- enhanced youth alcohol and other drug services (based on the model of Altered High in Auckland) are now operational in the Northland and Southern District Health Board areas
- Canterbury District Health Board are currently providing school-based mental health services to 17 schools in the region
- 123 primary health care professionals have attended workshops on HEEADSSS wellness checks¹, with a further 230 people completing an e-learning module
- feedback and assessments indicate that the Whānau Ora for Youth Mental Health Approach has had a positive impact on rangatahi.

¹ HEEADSSS stands for Home, Education/Employment, Eating, Activities, Drugs, Sexuality, Suicide/Depression, and Safety.