

# BUDGET 2019 VOTE HEALTH

## MINISTRY OF HEALTH



### *Key messages*

- Budget 2019 focuses on delivering better wellbeing for all New Zealanders and driving intergenerational change.
- The Wellbeing Budget is about tackling New Zealand's long term challenges, focusing on five priorities – taking mental health seriously, improving child poverty, supporting Māori and Pacific aspirations, building a productive nation, and transforming the economy.
- These priorities are based around evidence on what will make the greatest contribution to the long term improvement of New Zealander's living standards and wellbeing.
- For health, there is a key focus on mental wellbeing, equity for Māori and Pacific, workforce and infrastructure, and addressing cost pressures.
- Vote Health, which makes up about a fifth of government spending, invests a total of \$19.871 billion of operating and capital funding for 2019/20. About 70 percent of the operating funding is for 20 DHBs.
- Of this funding, \$1.9 billion is being invested into a range of mental health and addiction initiatives. These strongly align with the Government's response to He Ara Oranga, the report of the independent inquiry into mental health and addiction.
- Initiatives include \$455 million to expand access in primary mental health and addiction support including ramping up workforce and sector capacity; \$200 million for mental health and addiction facilities; expansion of the nurses in schools programme; \$40 million for suicide prevention; expanded access to addiction treatment; and \$190 million across Health and Corrections to expand mental health and addiction services.
- Budget 2019 also includes a number of initiatives to support equity, such as \$10 million for the Pacific Innovation Fund; \$4 million for Te Ao Auahatanga Hauora Māori: Māori Health Innovation Fund; \$10 million to increase Māori health workforce; and \$10 million for the Pacific Provider Workforce Development Fund.
- There's an extra \$24.5 million to fund more graduate registered nurses and graduate enrolled nurses; an additional \$18 million to provide more GP training placements in rural and regional areas; an extra \$30 million for primary maternity services to increase the fees paid to LMCs; and also, \$35 million for child development services.
- There's also an additional \$115 million to maintain and grow planned care delivery; \$288 million to maintain disability support services; and \$118 million to help fund home and community support workers in-between travel costs.

## Mental Health and Addiction

### *Establishing a Mental Health and Wellbeing Commission*

- Budget 2019 sets aside funding to establish a Mental Health and Wellbeing Commission. This will strengthen the leadership and oversight of the mental health and addiction system.

### *Preventing suicide and supporting people bereaved by suicide*

- Suicide prevention work will be expanded and improved under this initiative. This initiative complements work already underway by the Ministry of Health on a new national suicide prevention strategy and a suicide prevention office. The initiative will include:
  - establishing a national suicide bereavement counselling fund providing free counselling for people bereaved by suicide
  - tailored Māori and Pacific suicide prevention initiatives addressing New Zealand's persistently high suicide rates
  - an expanded family and whānau suicide prevention information service
  - more suicide prevention services in district health boards, including increased post-discharge support
  - reviewing the Office of the Coroner's data sharing service
  - an improved suicide media response service, supporting responsible discussion about suicide across all media and social media.

### *Improving support for people experiencing a mental health crisis*

- Each year, around 15,000 people come to emergency departments experiencing a mental health crisis or at risk of suicide. This initiative will improve the health workforce's capability to support these people by funding different needs across regions, including training and upskilling of emergency department staff who respond to people experiencing a crisis, or connecting with peer, community or spiritual support.

### *Expanding access to and choice of primary mental health and addiction support*

- This initiative will improve access to, and choice of, primary mental health and addiction services for all New Zealanders who need them. The initiative will be rolled out over five years, so that anyone can access mental health, wellbeing and addiction support when and where they need it.
- The Ministry of Health will carry out an extensive process to co-design services that meet the specific needs of people in different regions. Māori, people with lived experience of mental health and addiction, Pacific peoples, young people, the Rainbow community and people living in rural areas will be represented in the co-design process.
- Greater access to services and more choice about the kinds of support available are a core part of this work, including in kaupapa Māori organisations, Pacific organisations, general practices, community and youth settings. For example, this could include support to build skills and resilience to manage their own mental health if appropriate, or ongoing support through therapy or distance counselling for people who can't make traditional appointments.
- More details will be confirmed during 2019, including the process for co-design.

### *Expanding telehealth and digital supports for mental wellbeing*

- Free mental health and addiction support available over the phone, and online, will be expanded in Budget 2019.
- Telehealth and digital services such as 1737 reduce the financial, physical, geographic and psychological barriers of accessing mental health support, particularly for people living in rural or isolated areas, and those living with disability. People can also access support outside of regular working hours when their usual supports such as counsellors are not available.

### *Expanding and enhancing school-based health services*

- Young people's wellbeing needs will be better supported by investment in existing health services in decile 1–4 secondary schools, and expansion into select publicly-funded decile 5 secondary schools.
- Around 77,700 students at decile 1–4 secondary schools and 5,600 more students at decile 5 secondary schools can access the services.
- The initiative includes early intervention, electronic wellbeing assessments and funding to upskill the nursing workforce to meet the needs of young people. School-based health services include health promotion, sexual health services, and a universal health, disability and development check in Year 9.

### *Promoting wellbeing for primary and intermediate children*

- Enhancing the resilience and mental wellbeing of primary and intermediate aged children can help them for the rest of their lives. This initiative will give more than 522,000 primary and intermediate aged children and their teachers, in 1,946 schools, access to resilience-building and mindfulness resources.

### *Forensic mental health services for adults and young people*

- Budget 2019 provides more funding for mental health services for adult prisoners and young people with combined mental health needs and offending behaviours.
- Fifty-seven new community fulltime equivalent staff (9 senior medical officers and 48 community nursing and allied health workers) will facilitate treatment and management of people reintegrating into the community or needing court reviews.
- The initiative also increases services for young people in response to raising the youth justice age from 17 to 18 years, which may result in more young people within the system.
- Forensic mental health services are in high-demand. This investment will ensure safe and secure mental health services are available for people within the justice system or integrating back into the community.

### *Enhancing primary addiction responses*

- Primary health services to help people experiencing alcohol and other drug (AOD) challenges have been underfunded for some time or, in some cases, do not even exist.
- This initiative will expand the range of support available to approximately 5,000 people each year with mild to moderate AOD addiction issues, including short-term interventions, counselling or group therapy.

### *Mental wellbeing support for parents and whānau*

- Parental mental health and addiction issues can have substantial impacts on children. Working with parents can reduce harm both to themselves and their existing and future children.
- This initiative expands a successful substance abuse harm reduction and minimisation programme to develop, test and evaluate enhanced support for parents and whānau with mental health and/or addiction needs during pregnancy, the first years of a child's life, or following a stillbirth.

### *Intensive parenting support*

- Parental use of alcohol and other drugs has substantial impacts on children, health and education systems and communities.
- Pregnancy and parenting services are an intensive outreach service for pregnant women and parents who are experiencing problems with alcohol and other drugs and who are poorly connected to health and social services. These are currently offered in four sites.
- This funding expands services for pregnant women and parents with children under three years of age to two more sites. Each site will be able to support about 100 women and their family and whānau every year.

### *Enhancing specialist alcohol and other drug services*

- This initiative will lift the quality of residential care, detoxification and aftercare support for over 2,000 people who use specialist alcohol and other drug (AOD) services each year, and ensure these services are sustainable.
- DHBs will receive funding to help alleviate cost pressures in AOD residential care and detoxification services, and the funding will enable the Ministry of Health and the Department of Corrections to fund AOD residential services more adequately.

### *Te Ara Oranga – continuing the methamphetamine harm reduction programme in Northland*

- Te Ara Oranga is a methamphetamine harm reduction programme supporting a population with complex health and social needs in the Northland region. It works with local health services and police to support around 500 people addicted to methamphetamine and other drugs, and their families and whānau.
- This funding means Te Ara Oranga will continue, allowing Northland DHB and police to keep helping those who need it.

## **DHB funding**

- Budget 2019 invests an extra \$2.8 billion over four years for DHBs which will help to improve financial sustainability and clinical performance.
- DHBs will receive \$695 million in 2019/20 to help manage increased demand, as well as wage costs and inflation. This consists of:
  - \$569 million to support operating costs;
  - \$116 million for NZNO, PSA Nurses and PSA Allied settlements;
  - An extra \$10 million in the Combined Pharmaceutical Budget.
- An additional \$94.7 million is also being invested over four years to help DHBs to improve their financial sustainability.

- This funding will enable DHBs to work more collaboratively across their regions, to share and build on best practice, and to make the best use of the available funding and capacity in their region.
- An extra \$95 million will also be set aside for additional deficit support in 2019/20.

## **DHB capital**

- Budget 2019 invests \$1.7 billion over two years for capital investment projects, building on last year's investment to restore our hospitals and health facilities.
- This funding will be prioritised for mental health projects, high growth areas with increased demand, and health facilities that are no longer fit for purpose.
- Some business cases for new infrastructure projects are already well advanced and have been indicatively prioritised for consideration. If these projects are confirmed, final decisions are expected to be announced from July/August 2019.
- The investment is part of a long term programme to restore New Zealand's health infrastructure. It is a significant undertaking and will take a number of years.
- In the long term, we need to better map out future infrastructure requirements. In partnership with DHB's the Ministry is developing a National Asset Management Plan.
- This will provide a good overview on the current state of facilities which will enable the Government to make more informed decisions, and better prioritise remediation work and plan for new facilities.
- The Budget also provides some funding to lift the capacity and capability within the Ministry, and to establish a new health infrastructure unit which will provide better support to DHBs.

## **Contact**

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