



Time for Change - Te Hurihanga

Update report to March 2024

Tuia te Rangi e tu nei, tuia te Papa e hora nei.

Tuia te here tāngata. Ka rongo te pō, ka rongo te ao.

Tihe mauri ora.

We are connected to the heavens and to the earth.

We share a human connection.

We are aware of the night and acknowledge the light of the day.

This is our life-force!

Welcome to this update report to March 2024. We will keep it short and have included links to the [Time for Change - Te Hurihanga website](#) so that you can check out more information if you would like to.

Acknowledgement to John MacDonald

John MacDonald has recently retired from his roles in the community. For many years, the Southern community has been very fortunate to have John advocating for improved health services.

John's passion and commitment for change comes from personal experience of the health system as a three-time cancer survivor who lives with Multiple System Atrophy (MSA -P). He advocated for keeping people well, community resilience, and taking a joined-up approach of the healthcare system.

John is passionate about enabling tāngata whaiora and whānau to tell their stories and for health services to hear about their experiences.

During his career, John has committed a vast amount of time to supporting improvements to the Southern Mental Health and Addiction services. He was involved in the review of these services right from the start. John has worked hard to bring about the changes the community said they needed.

Some of the most recent roles John held were:

- A member of the Time for Change - Te Hurihanga Leadership Group.
- Chair of the Inter-Government Agency Group.
- Independent Chair of the Te Whatu Ora Southern Mental Health and Addiction Network Leadership Group.
- Chair of the Central Lakes Health Network, as also the Chair of the Central Lakes Mental Health and Addiction Network.
- The Independent Southern Mental Health and Addiction Stakeholder Liaison.

John's dedication, drive, and passion to help improve mental health and addiction services and outcomes for the Southern community will not be forgotten.

July 2022 to June 2023

The "Fix Now" priorities and action plan

The Time for Change - Te Hurihanga Review uncovered many areas for improvement.

The Review team highlighted the "fix now" priorities for immediate action, to create momentum, and bring about transformational change. These are what formed the action plan for 2022/2023.

To read about what was achieved from July 2022 to June 2023, check out the links to our website and publications.

- [A new five bed mental health crisis respite home in Dunedin](#)

- [A new mental health crisis support service for Queenstown Lakes and Central Otago residents](#)
- [A new provider for contemporary intensive community support services](#)
- [A new community-based alcohol and drug addictions service launched in Otago](#)
- [A new community-based drug and alcohol service for Southland](#)
- [Establishment of an organisational development programme \(MHAIDS\) with external support](#)
- [Design of first by Māori for Māori investment](#)
- [Four new clinical leadership positions in Specialist Services](#)
- [A new model of care for non-clinical day programmes](#)
- [A model of care for peer support services](#)
- [A CPSLE Workforce Development action plan](#)
- [New mental health and addiction peer-support services](#)
- [A new mental health crisis support service in Invercargill](#)

You can find our reports and reviews here:

- [Time for Change - Te Hurihanga | The journey so far June 2023 report](#)
- [Time for Change- Te Hurihanga Year in review 2022](#)
- [Time for Change - Te Hurihanga summary document](#)
- [Time for Change - Te Hurihanga full report](#)

The Evaluation Report, and the summary can be found here:

- [Time for Change - Te Hurihanga Implementation Evaluation report](#)
- [Time for Change - Te Hurihanga Implementation Evaluation key information](#)

The Monthly Executive Director's Newsletters can be found here:

- [Newsletters | Southern Health | He hauora, he kuru pounamu](#)

July 2023 to March 2024

Snapshot of Time for Change Te Hurihanga work programme

Over the past few months, we have been working on:

- Peer support services
- CPLSE hub
- Peer support awareness sessions for clinicians
- Developing an evaluation framework for peer support services
- Drafting implementation guidelines for peer support services
- Waitaki crisis support services
- Central Lakes crisis support and respite care
- Progressing the roll out of the non-clinical day programme Model of Care
- The next steps to progressing the investment into Child and Youth mental health services.

March 2024 and beyond

Changes to the health system

And new ways of working for the Time for Change Te Hurihanga programme

Now that the priority actions have either been completed, or appropriately handed over to Commissioning and/or Hospital and Specialist Services, the focus will move to the broader recommendations of Time for Change - Te Hurihanga, as well as ongoing support for the new services.

The Time for Change - Te Hurihanga programme will continue with a focus on embedding the services that have been established or are due to commence across the Southern District.

The Time for Change - Te Hurihanga Review outlines a vision for mental health and addiction services and also talked about where the whole system needs to go - in local and regional planning and commissioning. The vision,

way of working in partnership and broader goals started with the Te Hurihanga - Time for Change programme will be taken up in regional planning across Te Waipounamu.

Areas of priority will be a focus on child and youth and peer delivered services, lived experience input, whānau voice, as well as developing a high support complex need continuum with our partner Hospital and Specialist services.

Health New Zealand | Te Whatu Ora people leading this work are:

- Christopher Nolan, Regional Manager Mentally Well, Commissioning, Te Waipounamu, Health New Zealand | Te Whatu Ora.
- Steve Bayne, General Manager, Mental Health, Addictions and Intellectual Disability, Hospital and Specialist Services, Southern, Health New Zealand | Te Whatu Ora.
- Nancy Todd and Emma McDonough, Senior Locality Managers, Commissioning, Te Waipounamu, Health New Zealand | Te Whatu Ora.

The Time for Change Te Hurihanga programme will continue through:

- Support to embed the changes.
- Developing the next steps to constantly improve on connections and integration across the mental health and addictions system of care.
- The partnership between Hospital and Specialist Services, Commissioning, Lived Experience, Māori, and NGOs.

Acknowledgement to the people of Southern

And the next phase begins for the Time for Change Te Hurihanga programme

We'd like to thank everyone who has been involved in the programme so far. Without you the much-needed changes to our Southern mental health and addiction system would not have happened.

These first steps for taking action have been the starting point to create momentum for transformational change.

A lot has been done, and there is still much to do - it is now time to move into the next phase of delivering on the Time for Change - Te Hurihanga programme.

The Review, and its recommendations will continue to be the foundation document for:

- Embedding the work from phase one into the next phase
- Planning the work programme for the next phase
- Continuing to work with our communities on this journey of transformational change for Southern mental health and addiction services.

Ko te pūmanawa o Te Hurihanga - Time for Change, ko te iwi.

People are the beating heart of Time for Change - Te Hurihanga.

Thank you, from the:

The Time for Change -Te Hurihanga Programme Team, Commissioning, and Hospital and Specialist Services