

NGO Mental Health and Addiction services

NGOs (non-government organisations) provide a vital range of mental health, addiction and wellbeing services in New Zealand. Our sector is diverse and forms part of an even broader spectrum of community services that support improved social outcomes.



We're part of every community

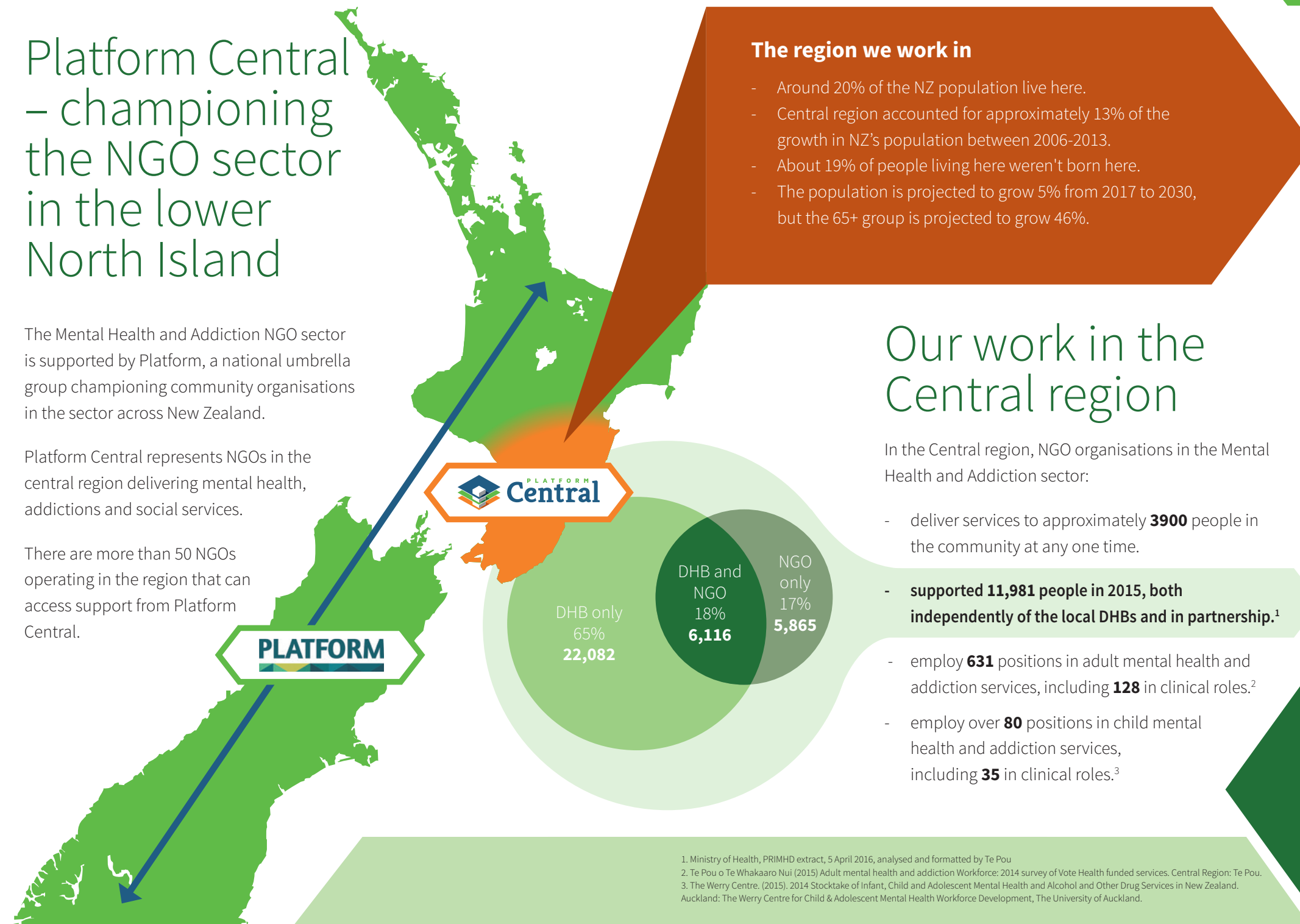
Strong neighbourhoods and communities are important to us. We're local and we really get to know people and their individual needs. Every day, we support people and their whānau in their communities – the same communities we work and live in.

Platform Central – championing the NGO sector in the lower North Island

The Mental Health and Addiction NGO sector is supported by Platform, a national umbrella group championing community organisations in the sector across New Zealand.

Platform Central represents NGOs in the central region delivering mental health, addictions and social services.

There are more than 50 NGOs operating in the region that can access support from Platform Central.



There are many pressures on our sector⁴



Population (Demand)

Urban pressures
Ageing population
Multiple morbidities
Chronic conditions
Ethnic diversity (with different age structures)
Variable geographic distribution of ethnic groups



System (Supply)

Meeting increased demand for services within fiscal restraints
Increasing inequities
Stigma and social exclusion
The role of social determinants
Life-course approach
Early intervention
Seamless service delivery



Workforce

Ageing workforce
Generalists and specialists
Changes in stocks and flows
Provider competition for labour
Time lags between demand and supply



The work

Changing service user expectations
Evidence based practice
Technological advances
Individualised care via individualised funding
Mobility
Flexibility
Networks

4. Platform Trust & Te Pou o Te Whakaaro Nui. (2015). On Track: Knowing where we are going. Auckland: Te Pou o Te Whakaaro Nui.
5. Te Pou o Te Whakaaro Nui (2015) Northern Region Mental Health and Addiction Services – Workforce Summary. Central Region: Te Pou.

A 2015 survey of the central region found the biggest workforce planning challenges in the regions were:⁵

66%
Managing pressure on staff due to increased complexity

64%
Managing pressure on staff due to increased demand for service

60%
Managing pressures due to changing service delivery models

54%
Static or reduced funds



We work together

We know people’s mental health does not exist in isolation - there is growing evidence about the complex interactions between a person’s mental and physical health, and their social context.⁶

We can’t expect the future needs of our population to be met by the current silo-like configurations of mental health and addiction, primary care, health, disability and social services.

NGOs have long demonstrated our place in the sector as innovators and leaders of change. We’re ‘doers’ and we’re nimble enough to be able to respond and adapt as the needs of our communities change.

We’re continually working to re-imagine new more collaborative models of service delivery in response to demands for high quality, effective and lower cost health and social services.

6. WHO and Calouste Gulbenkian Foundation, 2014



The NGO mental health and addiction sector is an important part of the solution

Platform Central in the lower North Island region supports the vision of Platform, our national body, to help guide, shape and improve our community health services.

We are committed to being an important part of the solution.

Platform strategic plan⁷

Guide system change



Platform will:

- maintain strong collaborative relationships with Government and DHBs
- maintain strong collaborative relationships with the community sector
- identify and describe what works
- contribute to the development of Government and DHB systems and frameworks e.g. social investment models, outcomes frameworks and procurement and commissioning models.

Shape and share



Platform will:

- support the sector to understand and implement systems change
- support the sector to gather and interpret data to describe the impact of its services
- support community collaboration and collective action

Stand up for the sector



Platform will:

- Gather and actively communicate evidence of the sector’s effectiveness
- highlight good and poor practice in DHB/NGO relations
- escalate concerns to Government

7. Platform, 2016



See the worth... See the value

For her children...

Two years ago Arlene* joined an NGO programme for support with her addictions. Her dream was to get her children back. At the time, she required substances to give her the strength to leave her home and cope with the ongoing traumatic experiences in her life. On her first day at the programme she was terrified of everything and hid in the corner of the room.



Slowly over time she came out of her shell and gained courage. She has now moved to a different suburb away from her old peers, has a part time job, asserts herself to those who hurt her, and has a sign in her window stating “This whare is drug and violence free”. Most importantly, she has now been granted custody of her children.

Turning his life around

Upheavals in Pita’s* life led to him living on the streets, and eventually being admitted to hospital with mental health issues. Since leaving hospital in 2015, he has been living independently with support from an NGO around medication and community citizenship.

With the support of the NGO, Pita has made dramatic changes in his life. Pita now attends two different men’s groups each week and has rekindled an interest in martial arts, attending karate three times a week. He has lost 50kg and has a firm goal to lose more.

Pita has embraced gardening, caring for the planter boxes at the flats, and constantly asking questions to learn more.

A few months ago, Pita attended the premiere of the film 'Poi E', having appeared as a performer in the original video.

On his birthday, Pita reconnected with his children, giving him hope that this contact will flourish and become more frequent.

“I am welcome – everyone is welcome”.

Alan* had been sleeping on the streets since his teens after being placed into foster care. Life was tough on the streets and he had had enough. He wanted a new life, so he started coming to an NGO service early in 2016.

He felt welcome and quickly developed trust in the coordinator who “goes the extra distance and doesn’t give up on people, especially on those that want the help.”

He joined Alcoholics Anonymous (AA) and started his road to recovery through the 12 steps. He has also reconnected with one of his sisters.

Alan says that the NGO gave him “the lift I needed to get to where I am today”. Where he is today is in a home, with a job and helping out at the NGO when he has a day off. Alan really values being able to ‘give back’ and he says he finally feels like he has a secure future.

*Names have been changed to protect privacy
Stock photos posed by models.



See the worth... See the value

The NGO (Non-Government Organisation) Mental Health and Addiction sector in the Central region

- Strong
- Connected
- Collaborative
- Valued
- Improving lives...

