



Proactive Release

Submissions on the Child and Youth Wellbeing Strategy

August 2019

The Department of the Prime Minister and Cabinet has released the following submission received during its public consultation on the child and youth wellbeing strategy.

Some of the information contained within this release is considered to not be appropriate to release and, if requested, would be withheld under the Official Information Act 1982 (the Act).

- Where this is the case, the information has been withheld, and the relevant section of the Act that would apply, has been identified.
- Where information has been withheld, no public interest has been identified that would outweigh the reasons for withholding it.

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- **9(2)a** – Section 9(2)(a): to protect the privacy of natural persons, including deceased people.

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Child and Youth Wellbeing Strategy – Submission Template

This document is intended for individuals or groups who wish to make a formal submission on the child and youth wellbeing strategy.

Please complete this template and email it to: childandyouthwellbeing@dpmc.govt.nz

A guide to making a submission is available on the DPMC website <https://dpmc.govt.nz/our-programmes/child-and-youth-wellbeing-strategy>

Submissions will close on **Wednesday 5 December**.

Please provide details for a contact person in case we have some follow up questions.

Contact Name:	Margot McLean JGD GD Nicki Dever
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Organisation Name:	Women, Child and Young Peoples Division of Hauora Tairāwhiti
Organisation description: (tell us about your organisation – i.e. who do you represent? How many members do you have? Are you a local or national organisation?)	<p>Hauora Tairāwhiti (formerly Tairāwhiti District Health) is the district health board responsible for delivery for health services in the East Coast region.</p> <p>The Women, Child and Young People's division is one of the Clinical Care Groups that provides health and wellness services to whānau from conception to adolescence in primary, secondary and outreach settings. The key services under this clinical care group includes:</p> <ul style="list-style-type: none"> • Maternity • Well Child Services • Oral Health • Sexual & Reproductive Health Services • Specialist Paediatric Services • Inpatient nursing and medical cares • Child Development Services • Neonatal services • Womens Health (including Cervical Screening) • Public Health Nursing/B4 School Checks/Immunisation/HEADSS

Executive Summary:

(Please provide a short summary of the key points of your Submission - 200 words)

Firstly, it is important to acknowledge the work of DPMC for embarking on a journey to ensure that the future generations of this country can grow and thrive in Aotearoa. As part of our submission, we would like to highlight that the current consultation process and consultations that have happened in previous years require a high level of time and commitment from individuals and organisations. Therefore, it is vital that DPMC ensure that the outcomes of this consultation process are cemented in policies/statutes for successive governments to adhere to. A number of important child friendly policies such as “Healthy Eating, Healthy Action” were canned by the previous government. The fate and future of our children should not be based on right wing or left wing ideologies but based on what would ensure we provide our tamariki with the best possible start. In health care, we are often seeing the outcomes of unfavourable socioeconomic/societal issues but we are providing a few suggestions in our submission below that have potential to improve health and wellness outcomes for tamariki and their whānau. We would also like to emphasise that regional/rural communities have a number of local initiatives already in place and this consultation process should look at enhancing these innovations as much as possible, as one size does not fit all when it comes to major policy development.

The health of our planet is critical to our children who will bear the brunt of our environmental mismanagement. Serious commitment to SDG's, COP21 goals and other climate conventions is required.

Inequality is a driver of many social problems that affect all children. Health services often merely respond to the adverse effects of these factors. Reducing inequality improves health, social cohesion, wellbeing and cost effectiveness of health care delivery for all.

Submission Content	
<i>Proposed Focus Areas</i>	<i>Our Response</i>
<p>Children and young people are safe and nurtured in their families, whānau and homes</p> <ul style="list-style-type: none"> • Children and young people live in loving homes, connected to relationships and support and are free from abuse, neglect and family violence • The work of parenting and nurturing children is recognised, valued and supported • Adults enjoy good mental health, including freedom from severe stress, misuse of alcohol and drugs <p>Children and young people in care (including because of offending) have a safe environment and relationships of care, trust and connection</p>	<p>In Tairāwhiti, drugs and addictions remains one of the most concerning issues facing whānau and this is leading to poorer outcomes for children.</p> <p>We recommend the following:</p> <ul style="list-style-type: none"> - Set up a dedicated rehabilitation facility in regional areas with high drugs/addictions prevalence to ensure whānau receive the right level of support while being in their own home district where majority of their family/social support exists. - Fund community groups and NGO's appropriately so that they are not utilising funding from gambling and other racing based funding agencies. It is also recommended that the number of gaming machines be reduced or completely eliminated if possible. We also recommend removing funding grants from lotto as it is another form of addiction that is not well managed by people that have lower levels of literacy. - For children in care – we recommend having additional psycho-social support made available for families that do provide care so that they can then provide much better care for these children.
<p>Children and young people's physical safety is protected during everyday activities like travel and recreation</p> <ul style="list-style-type: none"> • The community and the physical, policy and regulatory environment work together to promote children and young people's physical safety • Serious injury and death through road accidents, drowning and other major accidental causes are reduced <p>The particular vulnerability of disabled children and young people to accidental injury is addressed</p>	<p>We recommend raising the liquor licensing standards to ensure the number of alcohol outlets are less dense.</p> <p>We recommend that all children have access to swimming lessons.</p> <p>We recommend increasing the legal drinking age from 18 to 20.</p> <p>We recommend having safe routes to schools for children including dedicated cycle lanes.</p> <p>We recommend increasing access to public transport so that children find it easier to get to school.</p> <p>Parks and public spaces must have good lighting at night to ensure young people are kept safe.</p>

<p>. Children and young people have positive interactions with peers and others outside the home</p> <ul style="list-style-type: none"> • Children and young people have safe and appropriate relationships with other children and young people and with adults outside the home • Bullying in schools and recreational environments is addressed <p>Children and young people's safety online is supported</p>	<p>It is recommended that parents, caregivers and teachers are provided with more training to support children undergoing episodes of bullying and training at identifying potential triggers when children are experiencing bullying but are unable to seek appropriate support.</p> <p>Active investigation of cyber bullying is carried out especially after a suicide or attempted suicide.</p>
<p>Children, young people and their families and whānau live in affordable, quality housing</p> <ul style="list-style-type: none"> • Families and whānau can access and afford housing near their work and/or social support structures • Housing is warm and dry, has space and facilities to meet essential needs and supports good health • There is stability of tenure for children and young people and families and whānau in rented accommodation <p>Housing is supported by quality infrastructure and community facilities to enable good quality of life and positive social connection</p>	<p>Whānau need to be supported by different agencies so that they are enabled and empowered in having a warm/dry home. Structural and institutional racism is still a barrier for Māori and Pacific Island communities and is restricting the children from these families to have stability in their home environment (whether it is rented or a house of their own).</p> <p>The rental warrant of fitness and Kiwibuild projects are good initiatives but a new focus needs to develop around affordable housing in the regions that are outside the remit of Kiwibuild. These houses are required in Tairāwhiti because whānau from areas of high deprivation have no capacity to service high mortgages.</p> <p>The Tenancy Act enhances stability of tenure and this needs to be an area of improvement.</p>
<p>Child poverty is reduced, in line with the Government's intermediate and ten-year targets</p> <ul style="list-style-type: none"> • Children, young people and families and whānau have the resources they need to meet children's basic needs, and enable them to participate fully in society • Rates of child poverty are significantly and sustainably reduced • Parents' education and 	<p>We support the creation of child poverty targets and the inclusion of well being index in treasuries budgetary performance framework. However, the targets must not remain targets and a structured plan needs to sit alongside the targets to ensure child poverty is reduced and eventually eradicated in Aotearoa.</p> <p>Economic policy has a goal of reducing inequality in Aotearoa.</p> <p>Zero hour contracts are removed and living wage/stable hours are put in place instead.</p>

<p>participation in paid work is supported, where appropriate</p> <p>Once housing costs are met, families have enough income left over to meet their other needs</p>	<p>Increased protection for people in workforce when disruptive technology has changed working arrangements e.g. casualisation of workforce through apps like Uber.</p>
<p>Children and young people experience improved equity of outcomes, with services helping address the impacts of poverty, low socioeconomic status and disadvantage</p> <ul style="list-style-type: none"> • Services and institutions are accessible, welcoming and respectful to all • Parents, children and young people have the ability to influence the way they get support so it works best for them • Core services and systems like health, education, justice and social support are designed and delivered in ways that meet diverse needs and that minimise the costs and stresses of engaging with them • Universal services identify children and young people facing disadvantage and focus proportionately greater resources, effort and energy on supporting them 	<p>Remove GST on basic fresh food items.</p> <p>For Tairāwhiti, a major need for youth is a one stop shop including social and mental health services that provide support in a safe environment which supports inclusion e.g creative arts, design, rongoa etc.</p> <p>More resources in early intervention space are required so specialist services can engineer themselves to respond in a different way,</p> <p>Children, young people and Whānau voices must be heard. We are meeting their demand/needs. WE need to insist that decision making forums have a consumer/Whānau voice across all sectors.</p> <p>Agencies need to join together – “co locate” to ensure barriers across the system are minimised.</p> <p>Strengthen the broker model (Health/Education/MoJ/Corrections/MSD/Oranga Tamariki/Police).</p> <p>Strengthen Whangaia (Family Harm model) and Childrens Team approach.</p>
<p>Children and young people are free from racism, discrimination and stigma</p> <ul style="list-style-type: none"> • All children and young people are respected and valued for who they are • No child or young person, or group of children and young people, faces discrimination or stigma on the grounds of ethnicity, disability, or for any other reason 	<p>Inclusion and diversity are key to a tolerant society and this should be part of the key curriculum in schools.</p> <p>NZ history and the importance of colonisation be included as core subjects in schools.</p>
<p>The cultures of children, young people and their families and</p>	<p>We recommend an establishment of a “national languages strategy” that protects Te Reo Māori as</p>

<p>whānau are recognised, enhanced and supported</p> <ul style="list-style-type: none"> • Whānau centered approaches are recognised and supported, increasing the agency of children, young people and their families • and whānau • Te Ao Māori and Te Reo Māori are actively promoted • Children and young people see their cultures, values and context portrayed in a positive way 	<p>the founding language of this country but also recognises that as Aotearoa becomes culturally diverse; language preservation for all cultures will be important.</p> <p>Training of new migrants and refugee communities around children’s rights and our existing laws regarding physical discipline of children.</p>
<p>Children and young people have improved opportunities for civic engagement and environmental awareness</p> <ul style="list-style-type: none"> • Children and young people are supported to be positive, valued contributors to civic life and the protection of the environment (kaitiakitanga) • Children and young people’s individual and collective agency is encouraged, and they participate in decisions that affect them directly and wider society. 	<p>We recommend creating safe environments for children and young people to freely engage in matters of civic engagement and environmental awareness. The following two online platforms are well utilised and should be supported. These are:</p> <p>https://newzealand.ureport.in/</p> <p>https://stc.vxcommunity.com/</p> <p>We also recommend lowering the voting age to 16 instead of 18 and for conversations around voting, civic engagement to start in schools much earlier. With a very low number of young people voting, it is imperative that civic engagement forms part of the key curriculum in schools so that it is not considered an afterthought following local/general elections.</p>
<p>Children and young people and their families and whānau are empowered to make healthy lifestyle decisions for children and young people</p> <ul style="list-style-type: none"> • Children and young people and those caring for them have the knowledge and resources to make healthy decisions about food, exercise and sleep • Communities offer access to affordable, nutritious food and environments that enable children to be physically active 	<p>We recommend the removal of all sports advertising that promotes unhealthy food and beverages. Children model their behaviour on their sporting heroes and it is not uncommon for children to be exposed to advertising of junk food either by mass media or in their own surroundings. This would lead to loss of revenue but the cost that health and social services picks up to manage obesity, diabetes and dental decay far outweighs the benefits of advertising revenue.</p> <p>We also recommend placing a sugar/junk food tax on products that are not meeting current nutritional requirements. Any form of taxation must be accompanied by good education for whānau as it</p>

	<p>has been proven through the “Smoke Free Aotearoa” campaign that taxation works for 80% of the population but for the most at risk 20%, additional support is required.</p> <p>Remove GST on basic fresh food items</p> <p>Remove junk food advertising for children on prime time TV.</p> <p>Remove advertising content on social media that promotes junk food and is targetting children directly.</p> <p>Ensure that all state sector facilities have some direction or guidelines in place to have a community garden. This is because a number of state owned buildings/institutions have access to good land that is under utilised.</p> <p>Invest in digital learning that promotes health lifestyles and enlist help of gamers to create AI/VR based resources to better engage with the digital natives.</p>
<p>Disabled children and young people have improved opportunities and outcomes.</p> <p>Disabled children and young people:</p> <ul style="list-style-type: none"> • Are actively included as full and equal participants in every aspect of community and society • Have agency and voice in their wellbeing and choices • Have access to quality support and services to enable full and equitable participation • Neurodisability and neurodiversity are recognised, with children and young people receiving quality services and support 	<p>Local governments, private businesses and communities must be guided by national/international policies that enable mana enhancing initiatives to ensure children with disabilities are included in society.</p> <p>We recommend that the government look at increasing disability support funding for children/young people and financially recognise their carers appropriately.</p> <p>Early intervention is key so a person’s disability is not misunderstood. Whānau and young people need to partner together with providers to achieve their goals and dreams.</p> <p>For example; Child Development services can educate Police, Oranga Tamariki, education etc. to support and understand children and young people with disability.</p> <p>Need to be funded appropriately.</p> <p>Health and education sectors need to have training, resources and policy to allow professionals to provide the service and support children need. Children are increasingly exhibiting more complex behavioural challenges in the school setting, and pose challenges for</p>

	<p>school and may impact on the learning of others. Appropriate understanding of the needs, correct diagnoses of any neurodevelopmental needs, and having adequate school based support for them would be ideal. The contributing social determinants also need to be addressed at the same time, to prevent perpetuating of difficulties children experience.</p> <p>Disabled children and their families often have high and complex health and social needs. They are additionally disadvantaged if there are also experiencing issues with health determinants, like many whānau in Tairāwhiti and other parts of New Zealand. Currently, there is a lack of medium to long term wrap around support for children with disability, especially those with significant needs. Residential options and respite facilities are particularly lacking in Tairāwhiti and most regions in New Zealand.</p> <p>Government and health professionals should advocate for children with disability and their whānau, to ensure that they achieve equitable outcomes- their full potential.</p>
<p>Children’s and young people’s mental wellbeing is supported</p> <ul style="list-style-type: none"> • Families and are equipped to provide a supportive home environment that promotes children’s and young people’s good mental wellbeing • Children and young people are supported to build the resilience that helps them navigate life’s challenges • Children and young people with emerging mental health needs are identified and they and their families and whānau receive quality, culturally appropriate support • Children and young people are free from bullying, substance abuse, self-harm and suicide • Children and young people are supported to recover from trauma 	<p>We support a comprehensive and accessible psychology service for our young people and their families in Tairāwhiti, and nationally. This would in some cases prevent a need to access mental health services (early intervention).</p> <p>Currently Infant, Child and Adolescent Mental Health remain a limited service for diagnosis and management of mental health diagnoses, but the psychological needs of our tamariki are much more than diagnosable conditions. Additional psychological support should be aimed at both the community and secondary level. Many of our tamariki experience adverse childhood experience, violence, loss and trauma, and our approach to support them needs to be informed by this understanding, and staff need adequate training, support and resources. This approach should be taken by health, education and social sectors, with view to expand more widely as supported by the Strategy.</p> <p>Across the sector there needs to be the ability to grow capability of the workforce to be able to</p>

<p>and harm</p>	<p>respond to e.g. mental health, addiction and trauma issues, even in the short term until whānau can engage with other services.</p> <p>Resilience can be built through early intervention and Whānau Ora approaches.</p> <p>As mentioned above, dedicated rehabilitation services for drug, alcohol and addiction are essential. Such services should also be supporting the needs of the whole whānau including children.</p> <p>Early intervention/prevention models of care are paramount.</p> <p>Parental (and other key adults') mental health has significant impact on children's mental wellbeing. Adequate mental health resources and support for adults, particularly parents and caregivers of children and young people, are essential.</p>
<p>Children and young people are supported to make positive decisions</p> <ul style="list-style-type: none"> • Children and young people make considered and informed decisions about alcohol, drugs and sexual relationships • Children and young people consider the impact of their behaviour on others • Children and young people are supported to be accountable and address the underlying causes of their behaviour if they break the law 	<p>Children need to be in environments where they can model positive relationships, responsible decision making, and make a positive contribution to their whānau and society. To support this, we need to focus on supporting that environment. In essence this means addressing poverty, violence, drugs, alcohol and addiction and all other influencing factors for the parents and future parents. Where there are detrimental exposures already, adequate social, psychological and psychiatric support needs to be available (as mentioned above and below).</p> <p>Education regarding physical and sexual safety needs to start at an appropriate timing. Equitable access for young people to family planning, drug and alcohol, mental health and psychological support is essential for when issues arise.</p> <p>Early intervention services are key – engaging with whānau in early years</p> <p>For young people – need to access sexual and reproductive health services that are responsive and informative. Listen to their story.</p> <p>Use screening programmes such as HEADSS to support sharing of information and education as well as walking beside young people to get what</p>

	they need.
<p>Children experience best development in their “first 1000 days”, safe and positive pregnancy, birth and responsive parenting (conception to around 2)</p> <ul style="list-style-type: none"> • People make positive, empowered choices about when to have a family • The environment around parents helps them make positive choices for pregnancy, birth and parenting • Communities support families and whānau to grow stable, loving relationships of care for each other and for their babies • Services for parents and babies are accessible, culturally appropriate, meet a range of needs and support parents to build the lives they want for their babies • Parents’ mental wellbeing is supported and care is taken to reduce stress in the lives of new parents 	<p>Listening to the whānau voice should be the first step and then services/agencies responding in a collaborative way.</p> <p>We recommend multi-sector, multi-agency and transdisciplinary action to ensure that no child is left behind in the “first 1000 days” initiative. Finding common technological enablers and having a collaborative relationship between agencies is required. Government agencies currently work on cooperation agreements to work together but this does not always eventuate into better outcomes for children due to resourcing and workloads. If the 1000 days initiative is to progress and succeed, a lot of financial and non-financial resourcing is required in the front end to avoid the impact that the health system has to manage when other parts of the system fail to appropriately support whānau. A child that faces abuse from their carers is “treated and managed” by the health system but the reasons why that episode happened is a failure of other systems (including health).</p> <p>Need to strengthen existing system improvement models where organisations across the sector are sharing information, working in a transdisciplinary way and working on one assessment/one plan as one team and identifying and resolving system barriers.</p> <p>Eliminate biggest health services barrier, which is “sharing of critical information”.</p> <p>Strengthening current models of supporting pregnant women to work with alcohol and other drug issues/localising programmes/ways of working to communities – one size does not fit all.</p> <p>We recommend that expectant mothers are provided with good physical and mental health services to ensure that they are ready to support their children. A key component of this is maternal oral health and while there is significant research to demonstrate the link between maternal oral health and its implication on the birth weight of the offspring, very little funding or resourcing has been made available to support maternal oral health.</p>

	<p>There is wrap around support in Tairāwhiti for teenage parents where they can continue receiving education and health and parenting support (e.g. Teen Parent centres). However there is no structured provision of mothercraft support for other families. A community centre may be a way of providing lower level wrap around support and health promotion where all parents can access. Ideally, this would be a place where young families can go for social interactions, supported by experienced people for parentcraft education, delivery of wellchild services and a link to other health or social services. We recommend that this is co-located with the “Youth One Stop Shop”.</p>
<p>Children are thriving socially, emotionally and developmentally in the early years (around 2 to 6)</p> <ul style="list-style-type: none"> • Parents, families, whānau and communities are supported to provide loving, stimulating environments for children to develop and learn • Children build resilience, self-control and mental wellbeing • Children develop effective communication skills to support learning and social success • Children benefit from high quality early learning • Children’s learning needs are identified quickly, and responded to in a timely way, including through additional learning support and support for family and whānau 	<p>This Focus Area would be covered with recommendations already proposed.</p> <p>Specifically, collaboration between health and education sectors is essential. Parents need to have support and access to parenting resources, and services to address their health, mental health, and livelihood needs. Education providers need to have the training and resources to support this.</p> <p>More focus needs to go on parenting – “communication with children” – a strengths based approach.</p> <p>Increase resources to perinatal and infant mental health.</p> <p>Ensure bonding and attachment from parents to babies and children.</p> <p>Promotion of breastfeeding.</p>
<p>All children and young people have an equal chance to gain the skills, knowledge and capabilities for success in life, learning and work</p> <ul style="list-style-type: none"> • High quality education for all children and young people is assured, given the intrinsic value of education, and its role in enabling children to meet their 	<p>UNICEF’s Innocenti report card highlights key areas of focus to ensure inequities in education can be addressed. We recommend that DPMC look at the report and utilise their recommendations to ensure New Zealand provides quality and equitable educational opportunities for our population groups that is able to be benchmarked globally (through UN/WHO based reporting systems).</p>

<p>academic and social potential and in ensuring they have options for meaningful work once they leave school</p> <ul style="list-style-type: none"> • Children, young people, their families and whānau have a voice and can help shape their learning and skills opportunities • There is equity in access to quality learning and achievement among children and young people of different socio-economic groups and ethnicities • All children and young people can take part in a full range of opportunities to develop and express their talents 	<p>Link to report: https://drive.google.com/file/d/1NnVWU9ZArWghuEPKYXEKNKdQe53y0CmO/view</p> <p>Include alternate education centres and ensure crsoo sector support to these young people</p>
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The Department of the Prime Minister and Cabinet may withhold all or parts of your submission if it is necessary to protect your privacy or if it has been supplied subject to an obligation of confidence.

Please tell us if you don't want all or specific parts of your submission released, and the reasons why. Your views will be taken into account in deciding whether to withhold or release any information requested under the Official Information Act and in deciding if, and how, to refer to your submission in any possible subsequent paper prepared by the Department.