



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.

Key to redaction codes and their reference to sections of the Act:

- **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:	Filipa Tomaz
Email Address:	9(2) (a)
Phone Number:	
Organisation Name:	Kia Kaha Kids Ltd
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?)	Kia Kaha Kids is a newly created child and young people emotional wellbeing business. It stems from a passion to create better emotional wellbeing outcomes for children and young people in Aotearoa NZ and Worldwide, using mindfulness principles, grit, resilience, a growth mindset and life skills coaching.

<p>Executive Summary: (Please provide a short summary of the key points of your Submission - 200 words)</p>	<p>I have a background in Clinical Psychology and have worked in Portugal, the UK and NZ with children and their families, in complex social and health situations. I would like to be able to impact the lives of more children and families throughout the world, before they are faced with such challenging life situations. This involves following an early intervention/preventative model.</p> <p>https://nz.linkedin.com/in/filipa-tomaz-456a534</p> <p>One can achieve this ambitious objective (stronger children leading happier emotional lives), by assisting children and young people in developing an emotional first aid kit and offering tailored individual and group programmes grounded in mindfulness techniques, a growth mindset and life skills coupled with important values that aim to reduce discrimination, stigma, bullying and social isolation.</p> <p>https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_persistence</p> <p>These programmes are already delivered to some degree throughout the world with great results: significant reduction in anxiety, increase of self-confidence, self-acceptance and sense of belonging.</p> <p>These programmes are relatively inexpensive to run and can be adapted to different age groups and also implemented with parents, via mindful parenting programmes, mindful eating initiatives to promote healthy choice behaviours, etc.</p>
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<p>Submission Content</p>
<p>Kia Ora,</p> <p>Thank you for the opportunity to share my ideas and thoughts on such an important matter that is very close to my heart: Aotearoa NZ first Child and Youth Wellbeing Strategy.</p> <p>Some key research in NZ around mental health in Youth:</p> <p>1. Key statistics about New Zealand youth mental health:</p> <p>The Youth '12 report showed:</p> <ul style="list-style-type: none"> ▪ 92% of students feel okay, satisfied, or very happy with their lives ▪ 38% of female students and 23% of male students feel depressed sometimes, with 16% of females and 9% male reporting symptoms of depression that were likely to have a significant impact on daily life ▪ 29% of female students and 18% of male students reported deliberately self-harming in the last 12 months ▪ 21% of female students and 10% of male students had thought about suicide in the last 12 months, with 6% of females and 2% of males making suicide attempts. <p>The first wave of results from Victoria University of Wellington's Youth and Wellbeing study (2013) found:</p> <ul style="list-style-type: none"> ▪ 39% of youth reported being bullied in the past two months

- Most students felt happy in their family or whānau life and felt as though they were cared for (e.g., three quarters reported that they feel very close to their family or whānau). Additionally, most students (80%) had an adult outside of their family or whānau they could talk to if they were having a problem
- The majority of students appeared to have healthy self-esteem and felt good about themselves; 80% reported feeling satisfied with themselves, 84% agreed that they have a number of good qualities, and 77% reported that they do take a positive attitude towards themselves.

The estimated number of young people experiencing psychological distress has increased in the past year from 58,000 to 79,000.

One in 10 young Kiwis seeking mental health support is left waiting more than two months to be seen by a professional.

New Zealand also has the highest youth suicide rates – between the ages of 15 and 19 – in the OECD.

The Green Party pledged this year to offer free counselling for under-25s if it got into government.

Party leader James Shaw said in September that New Zealand could do more to support people through hard times.

"Free counselling for any young person who wants to talk about the ups and downs they are experiencing with a trained professional will make a huge difference to people's wellbeing."

The survey also showed an increase in the rate of adults experiencing psychological distress.

The current rate across all age groups is 7.6 per cent – a 0.8 per cent increase from 2016 and a 3.1 per cent increase from 2012.

In the past five years: Māori rates increased from 7.4 per cent to 11.5 per cent; Pacific rates increased from 8.5 per cent to 11.8 per cent; Asian rates decreased from 6.3 per cent; and European rates increased from 3.9 per cent to 7.3 per cent.

Research for the [Prime Minister's Mental Health Project](#) showed:

While most young people are resilient, 20% of young people are likely to experience a mental health issue

Depression and anxiety are quite wide-spread: one in five young New Zealanders will be affected by depression by the age of 18; almost one in five meet the criteria for an anxiety disorder by age 19.

2. Some key research supporting the use of mindfulness in schools:

<http://mindfulnessinschools.org/wp-content/uploads/2013/02/MiSP-Research-Summary-2012.pdf>

<http://www.mentalhealth.org.nz/assets/Our-Work/policy-advocacy/mindfulness-in-education.doc>

http://www.huffingtonpost.com/sarah-rudell-beach-/teaching-mindfulness-to-teenagers_b_5696247.html

<https://thepsychologist.bps.org.uk/volume-24/edition-10/mindfulness-schools>

I believe the example research presented in this submission and the initiatives as proposed on my website www.kiakahakids.com (Retreat camps, one on one coaching, brochures, school talks, parenting courses and role modelling through programmes that integrate team sports and leadership skills like sailing (a sport that has a great connection with the sea/NZ) can greatly assist in achieving the key objectives below for our Tamariki:

- are happy & healthy | e harikoa ana, e noho hauora ana
- are loved, nurtured & safe | e arohatia ana, e poipoia ana, e haumarua ana
- have what they need | e tutuki ana o rātou hiahia
- belong, contribute & are valued | e whai wāhi ana, e tautoko ana, e tiakina ana hei kura
- are learning and developing | e ako ana, e whanake ana

Whilst the research and programme initiatives briefly presented in this proposal follow an early intervention approach, I believe it is also important to draw side by side effective programmes that deal with crisis situations. In my view, these involve increasing training budgets for health and social services providers to increase the availability of these important skilled workforces (i.e. psychologists, counsellors, social workers, psychotherapists) in Aotearoa NZ by reducing relevant waiting lists. Another important aspect in increasing and upskilling this workforce with methodologies from overseas whilst diversifying possible interventions, will be assisting professionals coming from overseas achieve relevant registrations with the applicable professional bodies.

I would welcome the opportunity to further input into this important strategy and/or be part of your working party as you further develop your priorities and action points. Also, happy to talk about the programmes I am developing at Kia Kaha Kids if of interest.

Please note that your submission will become official information. This means that the Department of the Prime Minister and Cabinet may be required to release all or part of the information contained in your submission in response to a request under the Official Information Act 1982.

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.