

Brown Girl in the CAMHS

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Overview of Presentation

- ❖ Introduction- my family, my history, me
- ❖ Overview of Pasifika peoples in Aotearoa/NZ
- ❖ Overview of mental health issues and access to mental health services in Aotearoa/NZ
- ❖ My personal experiences of being a Pasifika clinician in a Mainstream CAMHS service- Kari Centre

Environment Scan- Pasifika in Aotearoa



- ✦ Pasifika population is projected to be 599,000 by 2051
- ✦ Pasifika population had the second largest increase from the 2001 Census
- ✦ Samoan largest, next Cook Islands, then Tongan, Niue, Fiji, Tokelau, Tuvalu
- ✦ Over half are NZ Born

Ethnicity	2001	2006
European	80%	67.7%
Maori	14.7%	14.6%
Asian	6.6%	9.2%
Pacific	6.5%	6.9%
Middle Eastern Latin America African		0.9%
Other		11.2%

Seven largest Pacific Peoples Ethnic Groups

(NZ Ministry of Statistics from 2006 Census)

Ethnic Group	2001 Count	2006 Count and %
Samoan	115,017	131,103 49%
Cook Islands	52,569	58,008 22%
Tongan	40,719	50,481 19%
Niuean	20,148	22,476 8%
Fijian	7,041	9,864 4%
Tokelau	6,204	6,819 3%
Tuvalu	1,965	2,628 1%

- ✦ The median age for Pasifika is 21yrs compared to 35.9yrs for the total population
- ✦ Pasifika have the highest proportion of children 0-14yrs (37.7%) of all ethnicities. Of those children, increasing numbers identify with more than one ethnicity and speak another language in addition to English
- ✦ 93.4% live in North Island; two thirds of Pasifika peoples live in Auckland
- ✦ The Auckland region had the highest proportion of usual residents born in the Pacific Islands
- ✦ Of the cities and districts, Manukau City had the highest proportion of usual residents born in the Pacific Islands
- ✦ Just over 8 in 10 Pasifika peoples identified with the Christian religions

Pasifika Mental Health Issues

From : Te Rau Hinegaro- the NZ Mental Health Survey (>16years)

- ❖ Pasifika bear a greater burden due to mental health problems. Some key differences after adjustment for socioeconomic correlates- no differences for anxiety disorders in past 12 months, but high for bipolar disorder (after Maori), substance use (after Maori), and lower for depression compared with Maori and Others
- ❖ Younger Pasifika (16-24y) have higher rates of disorder than the older Pasifika cohort
- ❖ Age at migration was significant as those who migrated to NZ at before 18yo had lower prevalence for mental health disorder; no difference in rates in visits to a mental health service between English only speaking and multilingual Pasifika people
- ❖ Males have higher substance use disorder and females have higher anxiety and mood disorders; Comorbidity between substance use disorder is common
- ❖ Suicidal behaviour: completed suicide is slightly lower than for non-pasifika. Highest rate of suicidal ideation for 16-24, and higher lifetime prevalence for suicide attempt than total population with pasifika females higher prevalence of suicide attempt than males; suicidal behaviour highest for cook islands than samoan, other and tongan but not statistically significant and suicide attempt high for nz born and those migrating before age 12- also similar suicidal ideation for these two groups than the rest of the cohort

Pasifika access to Mental Health Services

From : Te Rau Hinegaro- the NZ Mental Health Survey (>16years)

- ✘ Utilisation of community mental health services is less but use of acute inpatient services and length of stay is longer
- ✘ More likely to use forensic services
- ✘ Less likely to use alcohol and other drug service but Pasifika youth (15-19y) appear to use these services as any other NZ young people (15-19y)
- ✘ Use of mental health services are higher for Pasifika in less deprived areas different to total NZ population where people in low deprivation areas use fewer mental health services
- ✘ Upshot: Mental Health issues exist but access to services remain low

Pasifika access to Mental Health Services

Stocktake of CAMHS in NZ, 2005

- ❖ Prevalence of mental health issues for Pasifika young people not known. The current NZ longitudinal studies do not give us information about Pasifika young people
- ❖ Again, Pasifika young people had highest rates of inpatient care and longer recovery period
- ❖ The number of Pasifika clients seen in mental health settings was 467 in 2001 (2.4% of total population under 20 years). In 2003 this figure was 559 (2.9%)
- ❖ As a percentage of the total NZ population, access rate for Pasifika was 0.56%

Pasifika Workforce Considerations- Psychology

Niu Mindworks, 2003

- ❖ Child and Family training in the training programmes for psychologists varied in standard hence psychology placements and vocational experiences in CAMHS were more useful than psychology course content
- ❖ Attraction to CAMHS for Pasifika psychologists included the opportunity to work with young Pasifika people in the context of their families; the over-representation of Pasifika adolescents and the under-representation of Pasifika professionals. Of those who had never worked in CAMHS setting, this would have been more likely had they received more specialist clinical training
- ❖ Barriers identified to working in CAMHS were limited resources- non-competitive salary, study rewards, career and professional development opportunities, lack of cultural support and cultural isolation but this was also highlighted on other levels- institutional racism, supervision both culturally and clinically

Pasifika Workforce Considerations- Psychology (cont'd)

Niu Mindworks, 2003

- ✦ Training needs identified included incorporating Pasifika training into psychology programmes, focus on child and adolescent specific assessment and intervention modes eg. Narrative, family therapy
- ✦ Acknowledgement of Pasifika skills above and beyond skills relevant to discipline
- Facilitation of Pasifika support and networking groups
- Incentives should consider financial support eg. Scholarships, bonding; cultural support , academic support and pro-active Pasifika recruitment strategy

Improving Responsiveness to Pasifika- Increasing Access for Pasifika Peoples

- MHR&D Strategy: Pacific Models of Mental Health Service Delivery in NZ 2004
- “bricks and mortar”- environment and culture of the service eg. having tapa, Pasifika language in a setting, hospitality practices
- “Roundabout” engagement. Pasifika “people don’t go straight to the issue, we beat around the bush and then carve your way in”
- Va fealoaloa’i – valuing the relational space
- Youth consumers- having mixed groups with others their own age. More research into this area

Improving Responsiveness to Pasifika- Increasing Pasifika Clinicians

- Recruitment- selection-panel interviews, having a brown face, interview protocol- prayer or starting with culturally appropriate way, additional interviewing procedure- lunch with interviewee or other less formal procedure.
- Shoulder tap people- offer placements and support
- Retention
- Cultural Supervision,
- Opportunities for professional development

My own journey- Why I've stayed at the Kari Centre

- Interest in child and family work during clinical training
- Placement at Kari Centre, then called CCAFS- Community Child, Adolescent and Family Service. Philosophy of seeing young person with their family appealed
- Internship at the Kari Centre
- Ongoing employment at the Kari Centre

My own journey- Why I've stayed at the Kari Centre (cont'd)

- Great clinical Supervisors
- Maori and Pasifika Cultural Workers Support [Team]
- Other opportunities -Pasifika Parents' Support Group; running groups, DBT, ECLIPS, Infant Mental Health
- Collegial support- Neuropsych Interest Group, CBT interest Group, Family Therapy Interest Group, Sandtray Interest Group etc.

My own journey- Why I've stayed at the Kari Centre (cont'd)

- Touch team, social events, Christmas Parties, Workplace rituals powhiri, waiata, farewells, friendships
- Flexibility of work hours



Being a Pasifika Clinician

- Tension of clinical and cultural responsibility/accountability
- Obligation
- Whilst by Pasifika for Pasifika is very important, mainstream services also need to improve access/responsivity given that most Pasifika will access mainstream services

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