

2022 Match Summary

Name of Match: Mental Health and Addictions in Primary Care Settings: An Integrated Approach

Location of Match: Virtual, with hosts based in New Zealand and the United States. Showcased services located in NZ

1. Describe the **purpose** of the match: (Maximum 500 words)

The match purpose was to develop a shared understanding of the integrated primary mental health and addiction programme in New Zealand and its implementation and to enable information exchange and shared learning about similar developments in participating countries.

2. Describe the **leaders** who participated in the match (for example, were some of them peers, youth, family/caregivers, practitioners, policy makers, clinicians? Were they from community settings, government, NGOs, clinical settings?): (Maximum 500 words)

Match participants included academics and educators, policy-makers, people working in Government roles, primary mental health care, a health and disability commission and a mental health network organization.

3. What do you see as the **game changer** for this match topic? (Game changer is defined as: a newly introduced element or factor that changes an existing situation or activity in a significant way.) (Max 500 words)

The Game Changer for this topic is the integration of mental health and addiction within general practice clinics as an integral part of these teams, incorporating a range of registered and non-registered workforce roles to address holistic behavioural health needs and social determinants.

4. How will the match **support inclusion, resilience and growth** for this match topic and for the leaders who attended: (Maximum 500 words)

The focus of the match was on newly developed services being rolled out across New Zealand that aim to improve resilience and wellbeing early on, inclusive of all people who access general practice clinics and whose thoughts, feelings, actions or social circumstances are adversely affecting their health and wellbeing. The match illustrated how the new services are enabling widespread inclusive access to services that support people to strengthen skills they can use to address current issues and promote future wellbeing.