Pathways to Psychosis for Māori

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The lifetime prevalence of mental disorder for Māori is therefore high:

31% of Māori experience Anxiety Disorders
27% of Māori experience Substance Use Disorders
24% of Māori experience Mood Disorders
3% of Māori experience Eating Disorder
51% of Māori experience Any Mental Disorder

Schizophrenia has been estimated as 3X the rate of Non-Māori
“Every system is perfectly designed to get the results it gets.”

Donald Berwick
Research Approach

Project 1:
- National Data
- People and patterns

Project 2:
- Patient and whanau perspectives of bipolar and healthcare

Project 3:
- Providers response to results of projects 1 and 2.
- Recommendations to improve care
Aims

1) To identify the profile of Rangatahi Māori and young non-Māori cross-sector service contact prior to development of FEP and following FEP, compared to a matched control group.

2) To investigate and compare the characteristics of services associated with these pathways.

3) To explore the experience of Māori and whānau with FEP in these services.

4) To explore health, social and justice service provider’s perceptions of enablers and barriers to implement strategies for improving service delivery for Māori at risk of developing and following FEP.

This picture represents the four phase mixed methods design. The person in the middle is a Rangatahi Māori experiencing the pathways to FEP and the whānau are at either side. The five koru on the Rangatahi Māori’s back symbolize the five senses that can be affected by psychosis. The four streams represent the four phase mixed method design.
**Project 1** is an epidemiological project that will identify a profile of Rangatahi Māori and young non-Māori cross-sector service contact for FEP, from five years prior and five years post first episode diagnosis. This will be done using PRIMHD, a national database of specialist mental health and addiction service data, and New Zealand’s Integrated Data Infrastructure (IDI) that includes cross-sector service data.
Exposure to Adversity

Te Uemairangi - Māori and First Episode Psychosis:
• 2334 individuals with FEP (41% Māori/59% non-Māori)
• adjusting for NZDep reduced ethnic differences in FEP incidence
**Project 2** is a documentary analysis of the cross-sector services identified in project one’s policy and protocols. These will be analysed to identify characteristics of services associated with best outcomes for Rangatahi Māori.
Project 3 is a qualitative analysis of Rangatahi Māori and whānau experiences of FEP and cross-service contact.
**Project 4** will bring together representatives from key health, social, and justice services to participate in focus groups to identify and implement strategies to address the needs of Rangatahi Māori with FEP and whānau.
More of the same?

William Pollard

Learning and innovation go hand in hand. The arrogance of success is to think that what you did yesterday will be sufficient for tomorrow.
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