

Le Va's Mental Health and Addiction Workforce survey: Key information

Kia ora, Kia orāna, Mauri, Tālofa lava, Mālō e lelei, Ni sa bula vinaka, Fakaalofa lahi atu,
Mālo ni and warm Pacific greetings.

Invitation to participate

Le Va invites you to participate in a national workforce survey to better understand the needs and wellbeing of the Pacific mental health and addiction (MHA) workforce across Aotearoa. All Pacific mental health and addiction workers across non-government organisations, primary health organisations, Te Whatu Ora (Health NZ), community services, and regulated and non-regulated roles, are invited and encouraged to participate.

Who are we?

Le Va is a national Pacific and Māori led non-government organisation and national Pacific workforce development centre for Aotearoa. Our purpose is to support people of the moana to unleash their full potential and achieve the best possible mental health and wellbeing outcomes. Our approach is holistic – we believe health encompasses mental, physical, social and spiritual wellbeing. Our primary prevention portfolio supports this perspective, encompassing mental health, addiction, disability, public health, youth wellbeing, suicide and violence prevention, and cultural competency training programmes.

What is the purpose of this work?

The purpose of this survey is to build sector understanding of:

- Who makes up our workforce
- Training and professional development needs
- Access to supervision, coaching and mentoring
- Workforce wellbeing and sustainability
- Working conditions and what supports people to remain in the workforce.

Your insights will help build a clearer picture of how the Pacific MHA workforce is currently functioning and where further support or investment may be needed. It will inform the workforce training and development resources and opportunities offered by Le Va.

Who is doing this work?

This project is overseen by our chief executive, Mati Dr Elizabeth Mati, and led by senior manager Mark Esekielu, alongside research and evaluation manager Brooke Hayward, clinical lead Nicholas Cao, and senior project coordinator Seiuli Angel Timali Tiatia-Siau. The work is further supported by Le Va’s wider mental health and addiction team, with additional support provided by our national office. You may recognise some of our faces below.

Mati Dr Elizabeth Mati	Toleaofo Mark Esekielu	Nicholas Cao
		
Chief executive, Le Va	Senior manager, mental health and addiction	Clinical lead, mental health and addiction
Brooke Hayward		Seiuli Angel Timali Tiatia-Siau
		
Research and evaluation manager		Senior project coordinator, mental health and addiction

Our team is dedicated to supporting people of the moana to unleash their full potential. We’re here to listen and learn about your training and development needs so that we can advocate in more informed ways and deliver more responsive supports and resources.

Why have I been invited?

You have been invited because of your work in the mental health and addiction sector, and/or your participation in training offerings delivered by Le Va.

What will my participation look like?

We ask that you complete an anonymous survey which explores:

- key workforce demographics
- training and development needs
- supervision, coaching and mentoring
- workforce wellbeing
- working conditions (eg stressors and supports).

The survey will take between 10 and 15 minutes of your time to complete. We understand that your work is important and your days incredibly busy. Completing this feedback offers a unique and rare opportunity for us to build a more comprehensive and detailed picture of Pacific MHA workforce needs and wellbeing in Aotearoa.

We also ask if you can kindly support the dissemination of the survey by forwarding the link and this invitation to your colleagues in the MHA sector.

It won't cost you anything to participate in the survey, and we will provide a summary of responses back to the MHA sector for sector learning and interests. We deeply value your time and contribution.

What are possible risks and how will I be supported?

Taking part in this survey is completely voluntary. You do not have to participate, and you can change your mind at any time without needing to give a reason. Your decision to participate or not will not affect your eligibility to apply for future programmes, training, grants, roles or other funding opportunities with Le Va.

Participating in this survey has minimal risks to your physical health and wellbeing. However, we understand that this work can feel heavy, emotionally or spiritually, for lots of reasons. It's possible you've experienced (or are still experiencing) work related stressors, or challenges with your own mental health, or the mental health of others you care about.

Responding to the range of questions in this survey may result in you feeling a range of different emotions, from hope and excitement to sadness, frustration, anger, exhaustion or nothing at all. It's okay to experience any emotions. We invite you to take a break, or stop, at any time if you need to. If you are feeling any distress or discomfort that you'd like to talk to someone else about, please use the free service on 1737 anytime.

There are no right or wrong answers – you are the expert of your own experience. We value your honesty and authenticity in responses so we can shape our services and supports effectively.

This survey is administered using SurveyMonkey. Survey responses are collected and stored on SurveyMonkey's secure servers. SurveyMonkey is a third-party service provider that stores data on cloud-based servers, which are located outside of New Zealand. Data is typically hosted in regional data centres such as Australia or the European Union, depending on SurveyMonkey's data residency settings (including the United States and other jurisdictions where SurveyMonkey operates data centres). SurveyMonkey maintains industry-standard security safeguards to protect data, including encryption and access controls. However, because data may be stored overseas, it may be subject to the laws of those countries.

Data will be downloaded from SurveyMonkey and stored securely on password-protected SharePoint. Any reporting will use aggregated or de-identified data to protect participant confidentiality.

As your survey responses are anonymous, we cannot remove your contributions, edit or amend your responses after they have been submitted. This is largely because we will not be able to identify your unique individual response from other responses. You are welcome and able to update or amend your responses before submitting them on SurveyMonkey.

Are there benefits to participating?

By sharing your feedback, you are contributing to the responsiveness of Le Va's workforce development resources or programmes, and sector insights more broadly. Your feedback will help us better understand the needs and aspirations of our Pacific MHA workforce in Aotearoa, enabling us to make changes that are meaningful and impactful. Your feedback will also support insights and advocacy related to broader systemic needs, issues and opportunities that impact on the Pacific MHA workforce.

How will my information be used?

Your individual survey responses will be combined with survey responses from other Pacific MHA workforce personnel. Together, responses from the Pacific workforce will be analysed, with the support of research and evaluation specialists in Le Va's national office team, to summarise workforce feedback.

At Le Va, we recognise that information about our Pacific workforce is more than just data, but a reflection of our people, culture and identity. Upholding Pacific data sovereignty ensures that this information is collected, managed and used in ways that respect our worldviews, values, voices and priorities. We are committed to analysis and reporting approaches and processes that ground Pasifika world views, values, needs

and aspirations. Across all of our projects, data analysis, reporting and framing of key messages is led and/or supported by people with Pacific cultural expertise.

Key outputs from the survey responses may include reports, summaries or other written, graphic or spoken materials to communicate and advocate around Pacific MHA workforce needs, characteristics, stressors and more, to inform future work and resources.

Who do I contact for more information or if I have concerns?

If you have any questions, concerns, or complaints about our workforce survey at any time, you can contact:

Name: Mark Esekielu
 Position: Senior manager, mental health and addiction (Le Va)
 Email: Mark.Esekielu@leva.co.nz

If you want to talk to someone about data queries, requests or a summary of the data, please feel free to contact our research and evaluation manager.

Name: Brooke Hayward
 Position: Research and evaluation manager
 Email: Brooke.Hayward@leva.co.nz
researchandevaluation@leva.co.nz

For support around mental health and wellbeing, you can contact any of these services:

Service name	Contact details
1737	Free call or text 1737 any time, 24 hours a day. You'll get to talk to (or text with) a trained counsellor.
Safe to talk	Available for free 24 hours a day, seven days a week by calling: 0800 044 334 or texting: 4334 Email: support@safetotalk.nz Live webchat on www.safetotalk.nz
Fale Pasifika Women's Refuge	24/7 Crisis line direct dial 09 6220723 or free phone 0800 733 843 option 7 Email: admin@falepasifika.org.nz
Women's Refuge	Crisis line: 0800 REFUGE or 0800 733 843 or 04 802 5078 Email: info@refuge.org.nz
Hey Bro	Phone: 0800 HEY BRO (0800 439 276) Email: info@ngatitahu.iwi.nz