

19 September 2018

██████████  
Via email

E-mail: ██████████

Dear ██████████,

### **Official Information Act (1982) Request**

I write in response to your Official Information Act request, dated 22 August 2018. You requested the following information, and our responses for all CM Health Mental Health Services are provided below each question.

For context, we note that the Counties Manukau District Health Board (CMDHB) provides health and support services for the population of Counties Manukau, Franklin and north Waikato, currently in excess of 557,790 people. This community is ethnically diverse, both youthful and aging, and more socioeconomically deprived than other parts of NZ.

We acknowledge that as many as 10% of our community are receiving care for a mental health condition. There are also a number of regionally delivered and community based services for mental health treatment and support across metro-Auckland that contribute to the continuum of care.

Caution should be used before comparing this data to that from other DHBs. Our responses are correct at early September 2018, and includes all services with CMDHB Specialist Mental Health.

#### **Regarding patients of Specialist Mental Health services (SMHS):**

- 1. As a percentage of patients of SMHS, how many are receiving psychological therapy from a clinical psychologist?**

33% of patients are receiving Clinical Psychologist services

- 2. For patients who are referred to a clinical psychologist for psychological therapy, how long is it between referral and their first appointment for therapy?**

Currently there is a wait for psychologist services – average time is 101 days.

- 3. For patients receiving psychological therapy from a clinical psychologist, how many sessions on average does the patient receive?**

For the financial year 2017/18, patients received 5.4 sessions each on average.

- 4. How many FTE clinical psychologists does your district health board employ?**

CM Health currently employs 53.0FTE clinical psychologists

**5. How many FTE vacancies are there for clinical psychologists?**

There are currently 13.5FTE vacant for Clinical Psychologists (additional to above) at CM Health

I trust this information satisfactorily answers your query. If you are not satisfied with this response you are entitled to seek a review of the response by the Ombudsman under section 28(3) of the Official Information Act.

Please note that this response or an edited version of this may be published on the Counties Manukau DHB website.

Yours sincerely,

A handwritten signature in blue ink, appearing to read 'M. Apa', is positioned above the typed name.

Margie Apa  
**Chief Executive**