

24th May 2022

[REDACTED]

[REDACTED]

[REDACTED]

Official Information Act Request for – Maternal Mental Health

I write in response to your Official Information Act request received by us 19th April 2022, you requested the following information:

- 1. The number of women referred to Maternal Mental Health to this DHB in 2021 and the number that were accepted.**
- 2. The current wait times for Maternal Mental Health in this District Health Board.**

Counties Manukau Health Response:

For context Counties Manukau Health (CM Health) employs over 8,500 staff and provides health and support services to people living in the Counties Manukau region (approx. 601,490 people). We see over 118,000 people in our Emergency Department each year, over 490,000 outpatient appointments each year, and over 2,000 visitors come through Middlemore Hospital daily.

Our services are delivered via hospital, outpatient, ambulatory and community-based models of care. We provide national, regional and supra-regional specialist services i.e. for orthopaedics, plastics, burns and spinal services. There are also several specialist services provided including tertiary surgical services, medical services, mental health and addiction services.

Maternal and Infant Mental Health Service provides specialist assessment and treatment for mothers with Mental Health & Addiction problems that impact on their ability as a mother to care for their young baby or child. The service is delivered by a multidisciplinary team who provide mental health care and support for women during their pregnancy or up to a year after having a baby. Treatment options are tailored to meet individual and whaanau needs which may include:

- Psychological therapy
- Group therapy
- Medication and advice
- Support during adjustment to motherhood
- Connecting the individual with relevant community, social or other support services

1. The number of women referred to Maternal Mental Health to this DHB in 2021 and the number that were accepted.

The table below reflects the information you have requested.

Maternal Mental Health – Referred and Accepted	
Number of Women Referred	526
Number of Women Accepted	526

Table 1: Data sourced: Mental Health Services

2. The current wait times for Maternal Mental Health in this District Health Board.

We have supplied the wait times for January 2021 to December 2021 and from February 2021 to January 2022. As you can see from the percentages between table 2 and 3 that progress is being made, however we will be focusing on lifting the <3 week wait time.

Over the COVID-19 period Maternal and Infant Mental Health has been primarily delivered by telehealth. The service found that many mothers preferred this method of contact to keep young babies safe at home away from potential COVID-19 environments, in addition many of our workforce were working remotely to encourage physical distancing within hospital sites.

January 2021 to December 2021		MoH Target
<= 3 weeks	78.18%	80%
<= 8 weeks	98.18%	95%

Table 2: Data Sourced: Mental Health Services

February 2021 to January 2022		MoH Target
<= 3 weeks	78.34%	80%
<= 8 weeks	98.73%	95%

Table 3: Data Sourced: Mental Health Services

I trust this information answers your request. You are entitled to seek a review of the response by the Ombudsman under section 28(3) of the Official Information Act. Information about how to make a complaint is available at www.ombudsman.parliament.nz or Freephone 0800 802 602.

Please note that this response or an edited version of this may be published on the Counties Manukau Health website. If you consider there are good reasons why this response should not be made publicly available, we will be happy to consider this.

Yours sincerely



Dr Peter Watson
Acting Chief Executive Officer
Counties Manukau Health