

Clinical : Primary Care
Proactive Release 28 March 2019



12 February 2019

[REDACTED]

[REDACTED]

Dear [REDACTED]

Official Information Act (1982) Request

I write in response to your Official Information Act request, received by CM Health on 17 January 2019. You requested the following information:

- **How much Funding does your District Health Board receive or allocate directly or through Primary Health Organisations for Brief Intervention Counselling (BIC) initiatives?**

Counties Manukau District Health Board specifically allocates \$122,425.50 per annum for Brief Intervention Counselling (BIC), and provides this through the five Primary Healthcare Organisations (PHOs) in our district. This funding is included in the *Embedding the Alcohol ABC* contracts, and provides funding for general practice (both GPs and nurses) to provide brief interventions and counselling to their enrolled population. We have not included Smoke Free Services Interventions.

In addition, we fund each Primary Healthcare Organisation (PHO) to have a Primary Mental Health Co-ordinator. A component of their role includes providing further BIC to people accessing support through general practice. The total funding for the Co-ordinator roles is \$647,328.00 per annum.

CM Health is currently implementing a new primary mental health model of care, known as Wellness Support. Primary mental healthcare is provided by GPs, nurses, and supported by a wider team in general practice. This can mean people avoid wait-lists and the re-telling of their story, and instead experience continuity and joined up, person-centred care. The Wellness Support model enables people to access funded GP or nurse visits to meet their mental health needs. This can include brief interventions and counselling or more extended consultations over a period of time, with the essence being 'what matters to the person today'.

The total Primary Mental Health budget for services provided through general practice is \$2,806,943 per annum; with a portion of this funding being used for brief interventions, as well as a range of other primary mental health services.

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 'F. Apa', with a stylized circular flourish above the name.

Fepulea'i Margie Apa
Chief Executive