

16<sup>th</sup> December 2020



Dear 

### **Official Information Act Request for – Mental Health Referrals**

I write in response to your Official Information Act request received by us 18<sup>th</sup> November 2020, you requested the following information:

**For Maori and, separately, non-Maori, referred to mental health and addiction services at the DHB between 1 July, 2019 and 30 June, 2020:**

1. referral numbers for each service, e.g., child/adolescence/adult/older adult.
2. what psychiatric diagnoses did these people present with? Please provide numbers of people per diagnosis, e.g., deferred diagnosis – 100; schizophrenia – 100.
3. How many of those in point 1 and 2 were engaged with a psychologist for psychological assessment/treatment or both?
4. How many were prescribed medication?
  - a. Of this number, how many were prescribed anti-psychotic medication?

### **Counties Manukau Health Response:**

For context Counties Manukau Health (CM Health) employs over 7,500 staff and provides health and support services to people living in the Counties Manukau region (approx. 569,400 people). We see over 118,000 people in our Emergency Department 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 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.

**For Maori and, separately, non-Maori, referred to mental health and addiction services at the DHB between 1 July, 2019 and 30 June, 2020:**

1. Referral numbers for each service, e.g., child/adolescence/adult/older adult.

In our last response to you in October 2020, we provided the total number of Maaori referred to the Mental Health & Addictions Service in the last fiscal year (1 July 2019 through 30 June 2020). Below, please find this information with the inclusion of Non-Maaori.

Maaori & Non-Maaori Referral Numbers			
Fiscal Year	Ethnicity	Referral status	Number
2020	Maaori	Accepted	2710
2020	Non-Maaori	Accepted	7784

Table 1: Data sourced HealthCare Community (HCC) 07/12/2020

2. **What psychiatric diagnoses did these people present with? Please provide numbers of people per diagnosis, e.g., deferred diagnosis – 100; schizophrenia – 100.**

In our last response to you in October 2020, we provided a list of the top 20 diagnoses of Maaori individuals who were referred to Mental Health & Addiction Services in the last fiscal year (1 July 2019 through 30 June 2020). Therefore, we are declining to answer this part of the question under section 18(d) of the Official Information Act 1982 as the information requested is publicly available on our website.

Table 2 below reflects the top 20 diagnoses of Non-Maaori individuals who were referred to the MH&A Service in the last fiscal year (01 July 2019 through 30 June 2020).

Top 20 Psychiatric Diagnoses – Non-Maaori Individuals		
	Diagnosis	Referral Numbers
1	Diagnosis Deferred on Axis I or II	3551
2	No Diagnosis on another Axis	2504
3	Psychotic Disorder NOS	480
4	Depressive Disorder NOS	439
5	Major Depressive Disorder, Recurrent, Moderate	330
6	Posttraumatic Stress Disorder	289
7	Schizophrenia, Paranoid Type	241
8	Borderline Personality Disorder	239
9	Generalized Anxiety Disorder	212
10	Major Depressive Disorder - Non specified	185
11	Attention-Deficit/Hyperactivity Disorder NOS	184
12	Alcohol Dependence	150
13	Major Depressive Disorder, Single Episode, Moderate	142
14	Cannabis Dependence	120
15	Cannabis Abuse	118
16	Major Depressive Disorder, Recurrent, Severe Without Psychotic Features	108
17	Amphetamine Abuse	100
18	Alcohol Abuse	100
19	Delusional Disorder	94
20	Adjustment Disorder with Depressed Mood	88

Table 2: Data sourced HealthCare Community (HCC) 07/12/2020

3. **How many of those in point 1 and 2 were engaged with a psychologist for psychological assessment/treatment or both?**

Maaori and Non-Maaori engaged with a psychologist last fiscal year (1 July 2019 through 30 June 2020).

Fiscal Year	Ethnicity	Engaged with psychology
2020	Maaori	637
2020	Non_Maaori	1871

Table 3: Data sourced HealthCare Community (HCC) 07/12/2020

4. How many were prescribed medication?  
a. Of this number, how many were prescribed anti-psychotic medication?

Table 4 below reflects the number of patients (Maaori and Non-Maaori) in inpatient mental health services who have been prescribed medication during the fiscal year (1 July 2019 through 30 June 2020).

Inpatient Mental Health Services - Medication Prescriptions		
Fiscal year	Ethnicity	Number of Patients
2020	Maaori	1030
2020	Non_Maaori	2862

Table 4: Data sourced HealthCare Community (HCC) 07/12/2020

Table 5 below reflects the number of patients (Maaori and Non-Maaori) in inpatient mental health services who were prescribed anti-psychotic medication during the fiscal year (1 July 2019 through 30 June 2020).

Inpatient Mental Health Services - Anti-psychotic Medication Prescriptions		
Fiscal year	Ethnicity	Number of Patients
2020	Maaori	765
2020	Non_Maaori	1847

Table 5: Data sourced HealthCare Community (HCC) 07/12/2020

I trust that this information is helpful. 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](http://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



**Fepulea'i Margie Apa**  
Chief Executive Officer  
Counties Manukau Health