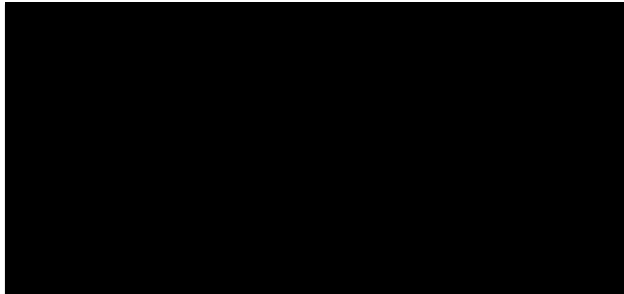


19 September 2018



Re Official Information Request: Patients of specialist mental health services

I refer to your official information request of 22 August 2018 about patients of Specialist Mental Health Services for the following

- as a percentage of patients of SMHS, how many are receiving psychological therapy from a clinical psychologist?***
- for patients who are referred to a clinical psychologist for psychological therapy, how long is it between referral and their first appointment for therapy?***
- for patients receiving psychological therapy from a clinical psychologist, how many sessions on average does the patient receive?***
- how many FTE clinical psychologists does your district health board employ?***
- how many FTE vacancies are there for clinical psychologists?***

The information you have requested is enclosed. We have provided the information under each of your questions below.

Context for this OIA response:

Psychologists are found in all services within Mental Health and Addictions. With regard to the second question, you have clarified that you were asking about the adult CMHS services only. Within the adult CMHS, psychologists operate a waiting list for service users referred by other team members.

Within Mental Health and Addictions most psychologists are registered within the Clinical scope of practice, however, we also employ some who are registered in other scopes, particularly in the general "Psychologist" scope. We have not differentiated between these different scopes of practice and included all psychologists for the purpose of this response.

Please note that psychological therapies are delivered by a range of specialist mental health staff who have additional training in psychological or talking therapies. These include nurses, psychotherapists, medical doctors, social workers and therapists. Therefore data on those seeing a psychologist is an under-reporting of those service users who access psychological therapies.

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

For the period 1 July 2017 to 30 June 2018, there were 9291 individuals who had at least 1 x community face-to-face contact and/or a bed night in an inpatient unit while under the care of Auckland DHB mental health services. Of these, 2615 individuals, or 28.1% of the total, had at least one face-to-face treatment contact with a psychologist.

Of those service users seen in the same time period within the adult community mental health service, 14.7% had at least one direct treatment contact with a psychologist.

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?

Generally, those accessing a psychologist at an adult community mental health service are referred by an internal colleague- a keyworker or psychiatrist. Service users continue to receive the support of a keyworker and psychiatrist while waiting to see a psychologist.

We have recently streamlined our data processes so that we can more accurately capture the number of those on the waiting list and the length of time on the waiting list to see a psychologist. The data below about wait times is therefore based on service users currently waiting to see a psychologist and those coming off the wait list for the months July- August 2018. This data only includes the four mainstream adult community mental health services.

Accessing a psychologist after referral is based on prioritisation based on risk and acuity. Based on the data described above, the average wait time to see a psychologist was 93.6 calendar days, with the shortest wait time being 14 days.

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

Of the 2615 people identified in Q1, on average they had seven face-to-face treatment contacts.

4. How many FTE clinical psychologists does your district health board employ? as at 24 August 2018

FTE clinical psychologists

	Total Count of Positions	Sum of FTE
Psychologists in Mental Health	78	57.13
Total ADHB Psychologists	119	85.98

**excludes contractors & employees on parental leave or leave without pay*

**employees with multiple positions have been counted per position*

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

In the physical health Directorates of Auckland DHB we employ primarily Clinical or Health Psychologists.

In the Mental Health Directorate, we employ primarily Clinical Psychologists.

As at 24 August 2018 the following positions were vacant in mental health and across the DHB:

Positions vacant in mental health

	Total Count of Positions	Sum of FTE
Psychologists in Mental Health	9	8.1
Total ADHB Psychologists	15	11.4

I trust this information answers your questions.

You are entitled to seek a review of my response 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 response, may be published on the Auckland DHB website.

Yours faithfully



Ailsa Claire, OBE
Chief Executive

