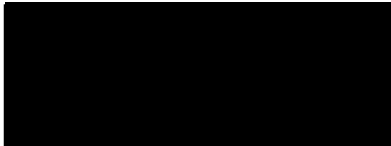


1 February 2019



Dear 

Re: Official Information Act request – births and mental health services

Thank you for your Official Information Act request to Waitemata District Health Board (DHB) received 16 January 2019.

Before responding to your specific questions, it may be useful to provide some context about our services to assist your understanding. The Waitemata DHB Specialist Mental Health and Addiction Service serves a population of 630,000 and is the largest service in the country by volume of service-users seen. Our total mental health services workforce numbers just over 1,260 permanent staff. In answer to your questions, please see the responses provided below.

1. *How many live births in this DHB in 2016, 2017, and 2018 respectively?*

Table 1: Live births in Waitemata DHB 2016-2018

Year	Number of live births
2016	6986
2017	6794
2018	6565

2. *Does this DHB have any funding dedicated to maternal mental health?*

2 (a). *If yes, how much annually?*

2 (b). *Please provide a breakdown of where that funding is allocated*

Waitemata DHB funds a maternal mental health treatment team, with a budget and allocations of \$1,767,177 for the 2018/19 financial year. Costs and allocations for the 2017/18 financial year were \$1,679,566. All maternal mental health referrals at Waitemata DHB are initially triaged by Adult Mental Health Service clinicians who often also provide some ongoing assessment and treatment. We are not able to provide complete information about the cost or funding for triage, assessment and treatment provided by the adult mental health teams because we do not collect separate data about people with maternal mental health issues. To collate this information, we would need to review all health records where acute contact has occurred. We estimate this task would take at least 250 hours to complete.

We have considered whether charging for the time required to collate this information would assist us to manage this request and have formed the view that it would not because it would require clinical staff with mental health backgrounds who are experienced in using our records system to review the patient files. This would, in turn, impact our ability to meet the needs of our patients. If you are dissatisfied with this decision, you are entitled to make a complaint to the Ombudsman, whose details are available via www.ombudsman.parliament.nz. Additionally, Waitemata DHB's Funding and Planning Team contracts a non-

government organisation to provide non-clinical support, with a contract funded at \$248,956.68 per annum. People with maternal mental health issues may also access intensive addictions treatment residential facilities, which enable them to engage with their children during treatment. However, these are not specifically funded for maternal mental health.

3. Does this DHB have a dedicated Maternal Mental Health service and team?

The Waitemata DHB Maternal Mental Health Team sits within our Child Youth and Family Mental Health Service. However, all referrals are triaged by our Adult Mental Health teams, which operate 24/7, so that an urgent response can be provided when required. The Acute Adult Mental Health teams provide acute assessment and treatment, sometimes in consultation, or jointly, with clinicians from the Maternal Mental Health Team.

3.(a) If yes, who does it serve (e.g. severe cases of PND)?

A woman can be referred to the Waitemata DHB Maternal Mental Health Team from the time of her second trimester of pregnancy until her infant is 12-months old. Women who are referred will be experiencing moderate to severe mental health issues related to their pregnancies, childbirth and/or the adjustment to parenting. During this 'perinatal' period, we see women experiencing issues such as post-natal depression, anxiety, and post-natal psychosis. We also see women with pre-existing mental health diagnoses, such as bipolar affective disorder or schizophrenia, if more support and treatment are required during the course of pregnancy or post-natally.

3.(b) How many women did this service see / treat in 2016, 2017 and 2018 respectively?

Below we have provided you with information about the number of women seen by our Maternal Mental Health Team (see Table 2). However, as mentioned above, some women may receive treatment from the Acute Adult Mental Health teams.

Table 2: Number of women seen by Waitemata DHB Maternal Mental Health Team 2016-2018

Year	Number of women seen by Maternal Mental Health
2016	304
2017	345
2018	315

Notes:

- 1. This report shows the number of women who have had at least one face-to-face contact with Maternal Mental Health team. If a woman has had more than one referral, only the first referral is counted above.*
- 2. This report does not include women who have received assessment and treatment only from the Acute Adult Mental Health teams.*

I trust this information meets your requirements.

Waitemata DHB, like other agencies across the state sector, supports the open disclosure of information to assist the public's understanding of how we are delivering publicly-funded healthcare. This includes the proactive publication of anonymised Official Information Act responses on our website from 10 working days after they have been released. If you feel that there are good reasons why your response should not be made publicly available, we will be happy to consider this.

Yours sincerely



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Waitemata District Health Board