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RE Official Information Act request CDHB 10734

I refer your email dated 22 September 2021 to the Ministry of Health which they partially transferred to us on 12 October 2021 requesting the following information under the Official Information Act from Canterbury DHB regarding statistics pertaining to mental health. Specifically Questions 10 and 19:

10. How long does a 'vulnerable' person remain in the system post discharge, so that access to support can be expedited quickly should the need arise.

As described below, people are supported in their recovery by services matched to that person's needs. This will be done in the least restrictive way possible to achieve appropriate support for each person in their individual situation. Our aim is to provide services that are flexible which can provide rapid increases in the care provided if this required and carefully reduce support as the person recovers.

19. What risk / benefit model is utilised to assess a person's vulnerability who has been discharged from 'active' support when changing national events could potentially trigger a relapse in their mental ability."

We take a person-centred approach to supporting people in their journey of mental health recovery. This means taking an approach of least restrictive care. We admit people to an inpatient setting to care for them and support their recovery when they are very unwell. When people are well enough to safely leave inpatient care, we discharge them with appropriate supports to the community to continue their journey of recovery, this may include specialist community outpatient support, NGO support and their General Practice team.

The process of 'discharging' a person from specialist mental health services is made in collaboration with the person, their whānau and community supports and their general practice team to ensure ongoing recovery if required or will occur after long periods of the person not requiring specialist supports. If the person, their General Practitioner or support service determines a person requires further specialist mental health care, they may self-refer/refer them back to Specialist Services.

In times of “national events” Specialist Services continue to provide support to people under care of Community Mental Health services. Any change in care will be determined by assessing their needs which is unique for each client and each event.

I trust that this satisfies your interest in this matter.

Please note that this response, or an edited version of this response, may be published on the Canterbury DHB website after your receipt of this response.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Tracey Maisey', with a stylized flourish extending to the right.

Tracey Maisey
Executive Director
Planning, Funding & Decision Support