

Canterbury
District Health Board
Te Poari Hauora o Waitaha
CORPORATE OFFICE

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5 March 2019

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RE Official information request CDHB 10033

I refer to your email dated 1 February 2019, and received on 4 February 2019, requesting the following information under the Official Information Act from Canterbury DHB. Specifically:

For the most recent year data is available:

1. How many people were referred to specialist mental health services (SMHS) for diagnosis of bipolar disorder (any type)?

The Canterbury DHB Specialist Mental Health Service does not collect this information, as typically referrals do not come with fully formed diagnoses. They are usually established during assessment and treatment which may take some time. (Declined under section 18(g) of the Official Information Act)

2. How many people were diagnosed by SMHS with bipolar disorder (any type)?

For the calendar year 2018, 45 people had their first contact with Canterbury DHB Adult Community Mental Health Services and received a diagnosis of bipolar disorder.

3. How many people were treated by SMHS for bipolar disorder (any type)?

For the 2018 calendar year, 389 people (who have a diagnosis of bipolar disorder), had contact with the Adult Community Mental Health Service during the year.

4. What kind of non-pharmacological treatment did those people diagnosed with bipolar disorder (any type) receive? And what was the duration of the treatment?

A range of non-pharmacological therapies have been used. These include psycho education, Cognitive Behaviour Therapy, Interpersonal Psychotherapy and Social Rhythms Therapy. The duration of treatment is dependent on the individual and their specific needs.

I trust that this satisfies your interest in this matter.

If you disagree with our decision to withhold information you may, under section 28(3) of the Official Information Act, seek an investigation and review of our decision from the Ombudsman. 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 Canterbury DHB website after your receipt of this response.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Carolyn Gullery', with a long horizontal flourish extending to the right.

Carolyn Gullery
Executive Director
Planning, Funding & Decision Support