

# Canterbury

District Health Board

Te Poari Hauora o Waitaha

## CORPORATE OFFICE

Level 1  
32 Oxford Terrace  
Christchurch Central  
**CHRISTCHURCH 8011**

Telephone: 0064 3 364 4160  
Fax: 0064 3 364 4165  
[carolyn.gullery@cdhb.health.nz](mailto:carolyn.gullery@cdhb.health.nz)

25 September 2018

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### RE Official information request CDHB 9940

We refer to your email dated 4 September 2018 requesting the following information under the Official Information Act from Canterbury DHB regarding the Child/youth mental health service and not child services generally. Specifically:

- 1. How many referrals were made to the Child and Youth/Adolescent Mental Health Service for the calendar year of 2016, 17 and year-to-date to 1 September 2018?**

**Table one** (below) shows the number of referrals to outpatient teams in the Child, Adolescent and Family Mental Health Service. As there are some duplications caused by transfers between teams, the number of distinct individuals is provided as well.

**Table one:**

Year	No. Referrals	No. Individuals
2016	3954	3034
2017	4137	3299
1 Jan-1 Sep 2018	2870	2432

- 2. How many children/young people were on the waiting list as of 1 September 2018 - broken down by age range**

The Canterbury DHB uses the Ministry of Health endorsed Choice and Partnership Approach (CAPA) for its Child, Adolescent and Family (CAF) Mental Health Services. Under the CAPA approach the first appointment for a new child/young person is usually a 'Choice' appointment which is an opportunity to meet with a child and family mental health clinician (psychologist, nurse, social worker or occupational therapist) clarify the issues, and discuss available services. If needed, the client then proceeds to a second appointment called a 'Partnership' appointment. People are prioritised according to clinical

need for the Partnership appointment. Two child and family mental health clinicians are present at a Partnership appointment and a full psychiatric assessment is completed.

Crisis presentations are managed differently and are responded to immediately. All families are given information about who to contact if their situation changes while awaiting a Choice or Partnership appointment and where to go if they need immediate assistance.

**Table two** (below) shows the number of children/young people waiting for a Choice or Partnership appointment as at 1 September 2018:

**Table two:**

Age Group (years)	No. Waiting for appointment	
	Choice	Partnership
5 and under	4	14
6 to 8	4	77
9 to 11	6	90
12 to 14	16	77
15 to 18	23	78
<b>Total</b>	<b>53</b>	<b>336</b>

### **3. The longest time a child/young person was on the waiting list as of 1 September 2018**

The longest time a child/young person had been waiting for a Choice appointment was 148 days. The longest waiting time for a Partnership appointment was 361 days.

### **4. The average wait time for a child/young person from referral to initial appointment as of 1 September 2018**

The average waiting time from referral to initial appointment for the Child, Adolescent and Family Mental Health Service was 35 days.

### **5. How many mental health professionals (FTE) work for the DHBs child/youth service arm?**

There are 150 FTE (full time equivalent) mental health professionals employed by the Canterbury DHB and working for the child/youth service. This figure includes psychiatrists, psychologists, Pukenga Atawhai, nurses, social workers and occupational therapists across the Child, Adolescent and Family outpatient and inpatient services.

### **6. What age range do you see?**

Infants, children, adolescents and youth between the ages of 0–19 years up to their twentieth birthday.

### **7. How are children/youth triaged when referred to the service?**

Triage is based on HealthPathways for primary care. Referrals are triaged by clinical staff according to the clinical presentation. Depending on the level of information provided and the clinical presentation, additional collateral information may be sought from the GP, school, and family. A clinical decision is then made as to whether a brief face to face (Choice) appointment is appropriate. We also consider the services offered across the sector (such as NGOs) and whether they may be more appropriate.

**8. How long are children/youth funded to see a mental health professional under the DHB service?**

The length of time is based on the person's clinical need. There is a wide variation in the length of time that children/youth remain in the care of the service.

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 ten working days 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**