

# 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)

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### RE Official information request CDHB 9925

We refer to your email dated 22 August 2018 requesting the following information under the Official Information Act from Canterbury DHB regarding patients of Specialist Mental Health Services (SMHS). I note your request was clarified on 23 August 2018 as referring to Adults only:

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

Psychological therapy undertaken in inpatient units is not usually recorded as a contact in our clinical information system and therefore a percentage is not able to be provided. We are unable to provide this information without substantial research and collation. We are therefore declining a response to this question under section 18(f) of the Official Information Act.

Without substantial research and collation, we are unable to report if a psychologist working in a community mental health team is consulting with a person to undertake psychological therapy or case management.

**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?**

We are declining a response to this question under section 18(f) of the Official Information Act. Referrals in our patient information system are directed to the appropriate mental health team, not individual psychologists. A person referred to a Mental Health team will be assessed and then following a multidisciplinary discussion, the appropriate treatment will be offered. If the person is to be offered psychological treatment and the treating psychologist is not available to commence treatment immediately, a case manager will be assigned to work alongside the person. Case managers are all trained in talking therapies techniques. We are not able to easily extract the data requested regarding the wait time for a psychologist without substantial collation and research.

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

We are declining a response to this question under section 18(f) of the Official Information Act. We are not able to easily extract the data requested without substantial collation and research.

**4. How many FTE clinical psychologists does your district health board employ?**

We currently employ 59.35 FTE Psychologists.

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

The most recent number for vacancies (end of June 2018) is 5.89 FTE

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.

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



Carolyn Gullery  
**Executive Director**  
**Planning, Funding & Decision Support**