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[REDACTED]

**RE Official information request CDHB 10022**

I refer to your email dated 16 January 2019, requesting the following information under the Official Information Act from Canterbury DHB regarding Canterbury DHBs maternal mental health care:

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

2016 – 5789 births  
2017 – 5820 births  
2018 - 5536 births

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

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

Total funding allocated to maternal mental health services in the 2017/18 financial year was \$4,119,630.00.

i. The Canterbury DHB provided \$500,012.00 to the Royal New Zealand Plunket Trust to provide the Plunket Postnatal Adjustment Programme (PPNAP) in the 2017/2018 financial year.

ii. The Canterbury DHB also funds the Royal New Zealand Plunket Trust to provide Plunket Parent and Infant Relationship Services (PPAIRS). The total of \$216,706.00 in 2017/2018 provided support for parents to develop healthy communication with their babies by promoting positive parenting responses and awareness of their role in achieving secure attachment with their babies.

iii. \$3,402,912.00 was dedicated to specialist maternal mental health services, this is provided by Specialist Mental Health Services, a division of Canterbury District Health

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

- i. Plunket deliver the PPNAP service across Canterbury, providing group and individual sessions to woman experiencing mild to moderate depression in the perinatal period.
- ii. PPAIRS delivered group sessions and worked with individual clients.

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

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

The Mothers and Babies Service includes a regional (South Island) inpatient service and a local (Canterbury) outpatient service.

People in this service have a moderate to severe mental disorder. Most will have had a trial of treatment in primary care and require more specialised treatment. People who are treated by the service will have at least one of the major mental disorders which people experience, for example Complex Post Traumatic Disorder, Post Natal Depression, Bipolar Disorder, Anxiety Disorder or a Psychotic disorder such as schizophrenia. The team specialises in treating both the adult as well as ensuring the attachment and bonding needs for the child and the parent are met as best as they can be.

The inpatient service provides treatment for women who have had their babies up until the child is approximately 12 months old.

The outpatient service provides treatment for women who are pregnant past the first trimester or are primary caregivers of children up until the child is approximately 12 months old.

In addition the service provides education, consultation and liaison services throughout the South Island to primary and secondary care providers, through visits to each DHB, phone calls and videoconferencing.

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

The table below shows the number of women seen face to face on one or more occasion by the Mothers and Babies outpatient team and/or the Mothers and Babies inpatient unit.

Calendar Year	No. Women
2016	200
2017	191
2018	174

The table below shows the Mothers and Babies figures which includes case discussion, consultation or advice to clinical staff in South Island DHBs.

Calendar Year	No. Women
2016	367
2017	322
2018	326

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



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