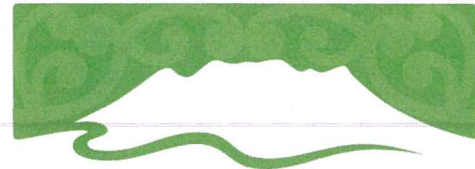


17 December 2020

Tony Hill
Advocate
APEX



WHANGANUI
DISTRICT HEALTH BOARD
Te Poari Hauora o Whanganui

100 Heads Road, Private Bag 3003
Whanganui 4540, New Zealand

Via email: psychologist@apex.org.nz

Dear Tony

Official Information Act Request – OIA 13247 Mental Health and Addiction Services

On 18 November 2020, under section 12 of the Official Information Act, you requested the following information from Whanganui District Health Board (WDHB):

For Maori and, separately, non-Maori, referred to mental health and addiction services at the DHB between 1 July, 2019 and 30 June, 2020:

1. Referral numbers for each service, e.g., child/adolescence/adult/older adult.
2. What psychiatric diagnoses did these people present with? Please provide numbers of people per diagnosis, e.g., deferred diagnosis – 100; schizophrenia – 100.
3. How many of those in point 1 and 2 were engaged with a psychologist for psychological assessment/treatment or both?
4. How many were prescribed medication? a. Of this number, how many were prescribed anti- psychotic medication?

Whanganui District Health Boards response:

For Maori and, separately, non-Maori, referred to mental health and addiction services at the DHB between 1 July, 2019 and 30 June, 2020:

1. Referral numbers for

Child adolescent service: 176 Maori, 395 non-Maori
SUPP adolescent AOD service: Maori, 86 non-Maori 58
Maternal mental health: Maori 40, non-Maori 92
Adult mental health: Maori 698, non-Maori 1,174
Older adult over 65 mental health: Maori 17, Non Maori 175

2. What psychiatric diagnoses did these people present with?

Maternal/Child /adolescent services complete assessments prior to making diagnosis so referrals do not present with an official diagnosis.

For Mental Health and Addictions as a whole the following are the diagnoses recorded usually after a three month period (many crisis presentations do not receive a diagnosis and are coded as observation or assessment to reduce stigmatization):

- o ADHD /disturbance of activity and attention/hyperkinetic conduct disorder – 32
- o Acute and transient psychotic disorder – 1
- o Acute Stress reaction - 2

Chief Executive | Phone 06 348 3140 | Fax 06 345 9390

- Adjustment disorders – 37
- Alzheimer’s disease – 2
- Alcohol abuse – 2
- Alcohol intoxication, moderate - 2
- Anxiety disorder – unspecified – 9
- Asperger’s syndrome, atypical autism – 7
- Autism – severe 1
- Autism – childhood - 2
- Bipolar mood disorder – 40
- Borderline personality disorder 1
- Emotionally unstable personality disorder – 10
- Bulimia nervosa – 1
- Combined motor and vocal tics (Tourette’s d) 2
- Complex PTSD – 1
- Delirium – 2
- Delusional disorder - 1
- Dementia – 1
- Dementia, vascular - 4
- Depression in postnatal period – 4
- Depression, other (various) – 10
- Depressive episode with psychotic features - 1
- Diagnosis deferred – 5
- Did not engage – 1
- Disappearance/death of family – 1
- Dissocial personality – 2
- Dissociative (conversion) disorder – 2
- Drug -induced tremor – 1
- Dysthymic disorder – 3
- Foetal alcohol spectrum disorder – 1
- General psychiatric examination – 2
- Generalised anxiety disorder 14
- Intentional self-poisoning – 3
- Intentional self-harm – hanging - 1
- Lewy body disease – 1
- Major depressive disorder (not in postnatal period) – 13
- Major depressive disorder recurrent severe (not in postnatal period) - 3
- Other recurrent depressive disorder – 34
- Mental and behavioural disorder due to harmful alcohol use – 23
- Mental and behavioural disorder due to cannabis use – 4
- Mental and behavioural disorder due to stimulant abuse/intoxication – 2
- Mental and behavioural disorder due to opioid use - 44
- Intellectual disability – mild – 3
- Intellectual disability – moderate - 2
- Mixed anxiety and depression – 12
- Mixed obsessional thoughts and anxiety – 1
- Obsessive compulsive disorder - 2
- No mental health diagnosis found – 19
- Observation for suspected mental or behavioural disorder - 114
- Oppositional defiant disorder – 1
- Organic psychotic disorder (schizophrenia – like) – 1
- Other organic personality/behavioural disorder – 1
- Other mixed disorders of conduct – 1

- Other reactions to severe stress – 1
- Other specified behavioural and - 1
- Panic disorder – 2
- Persistent somatoform pain disorder – 1
- Phobic anxiety – 1
- Polysubstance abuse – 1
- Posterior cerebral artery syndrome - 1
- Schizoaffective disorder, other – 14
- Schizophrenia, paranoid type – 30
- Schizophrenia, other – 2 +2
- PTSD – 32
- Problems related to sexual abuse – 1
- Psychotic disorder NEC/NOS - 6
- Psychosis, unspecified, non-organic - 10
- Social phobias/anxiety – 6
- Severe stress reaction – 1
- Suicidal ideation - 17

3. How many of those in point 1 and 2 were engaged with a psychologist for psychological assessment/treatment or both?

For Maternal Child/adolescent services 74 clients were engaged with Psychologist.
For Adult Mental health and addiction services 125 people engaged with a psychologist.

4. How many were prescribed medication? a. Of this number, how many were prescribed anti-psychotic medication?

We are not able to obtain this information for DHB prescribing only at present as the information available pertains to all prescribing in the district (Pharms database) and not DHB only. (this is because DHB prescribing is not yet fully electronic).

From the Pharms database, in the period 1 July 2019 to 30 June 2020,
7960 persons domiciled in Whanganui district received a prescription for a psychotropic medication.
2170 persons domiciled in Whanganui district received prescriptions for an antipsychotic.

See attached data from Pharms database (Appendix below)

In regard to those on the waitlist for psychotherapy; prescribing of psychotropics will not be released as it may be possible to identify individuals due to small numbers.

Should you have any further queries about the above information, please contact our OIA co-ordinator Anne Phoenix at anne.phoenix@wdhb.org.nz

Yours sincerely



Russell Simpson
Chief Executive

MHA medicines

people with prescriptions

7.96k

prescriptions

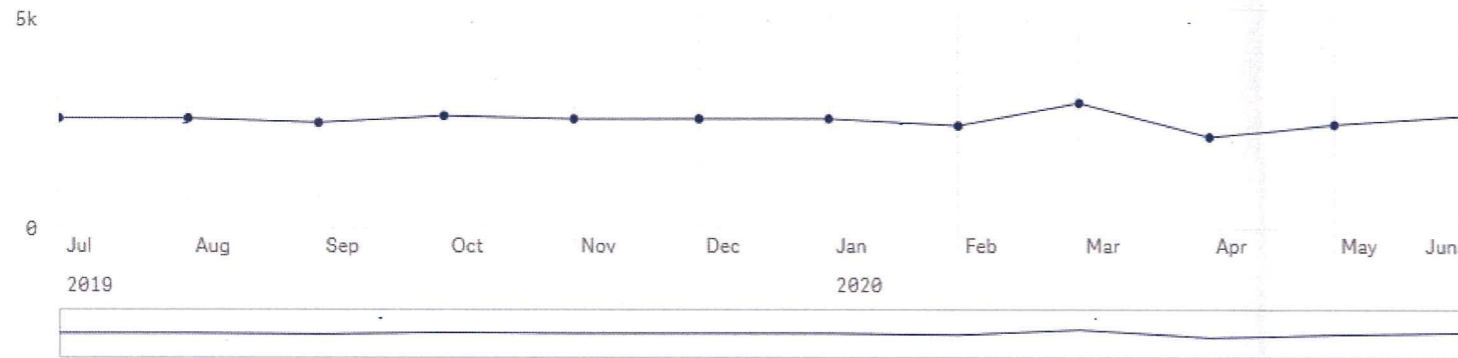
40.26k

% people with 2+ different medic...

23.4%

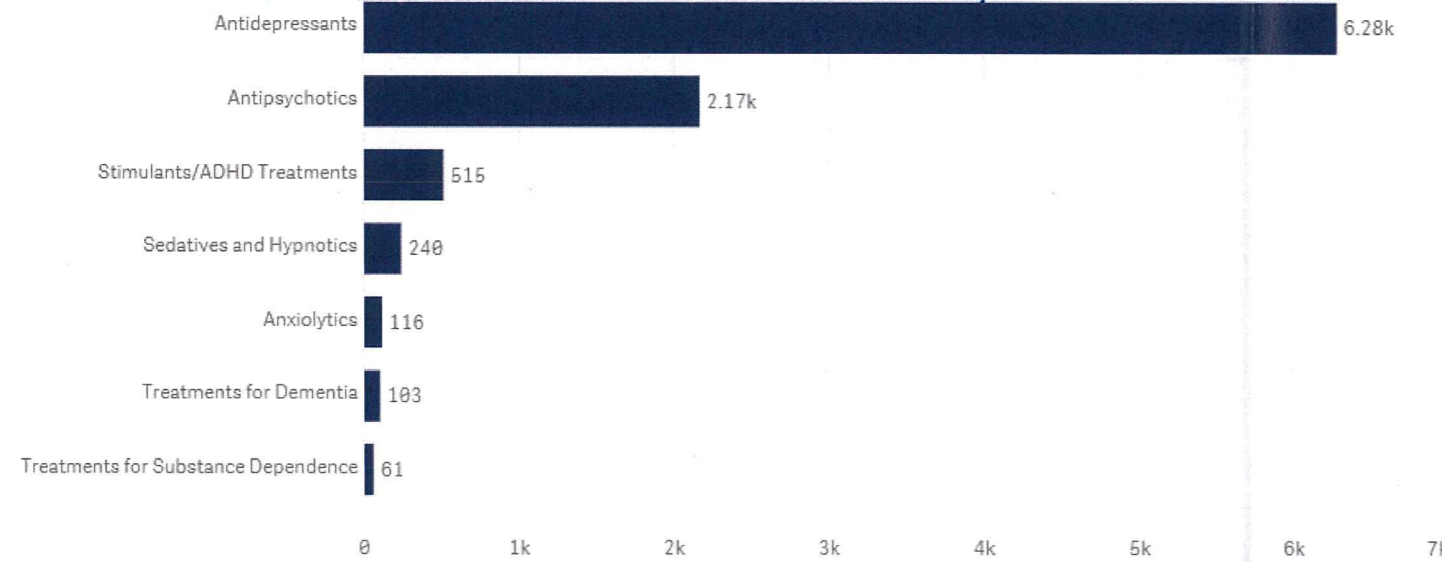
Year and month medicine was dispensed

people with prescriptions



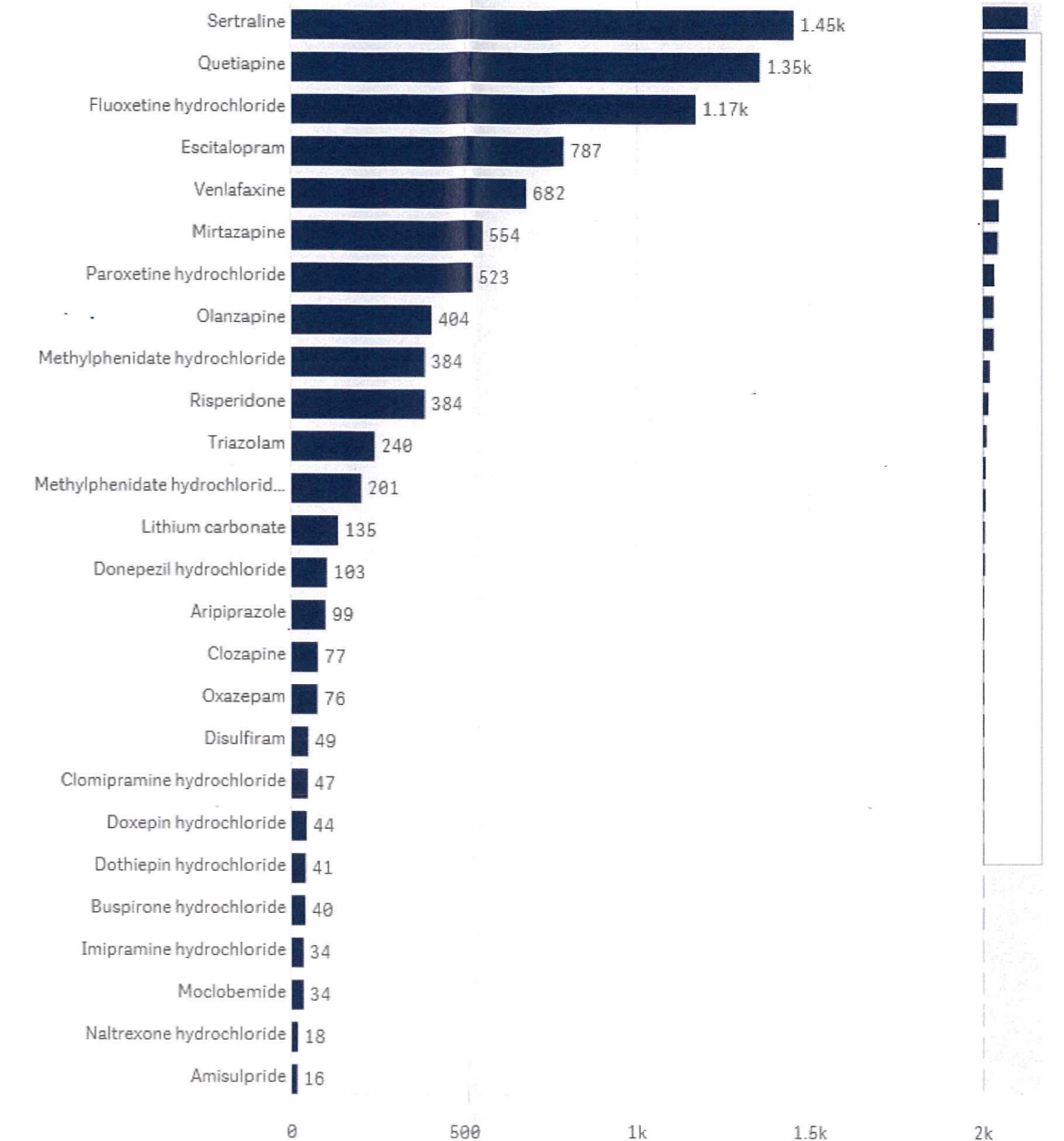
Chemical type

people with prescriptions



>> Chemical and formulation

people with prescriptions



Prescriptions for MHA medicines



Select a measure

- # people with prescriptions
- # prescriptions

Time period

- Financial year
- Calendar year
- Year-Month

Chemical

- Chemical type
- >> Chemical and formulat...

Demographics

- Gender
- >> Age group and in years
- ...

About this app

List of chemicals

people with prescriptions

5.35k

prescriptions

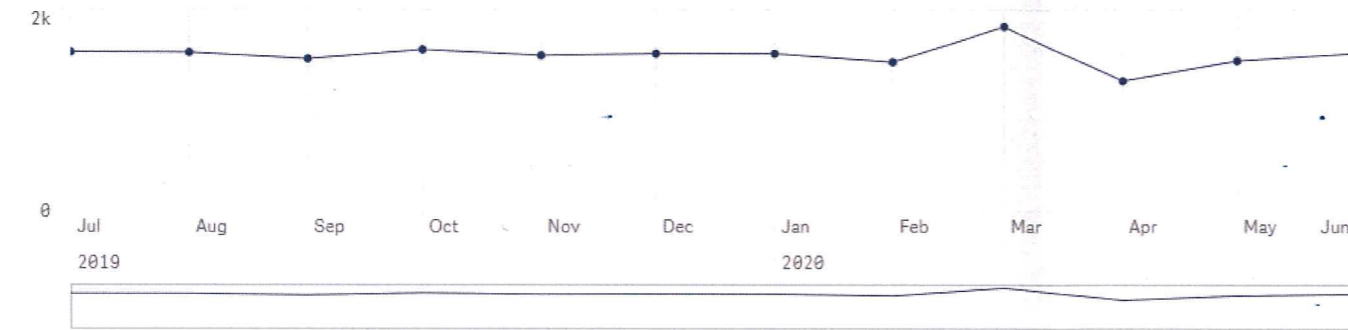
25.23k

% people with 2+ different medic...

24.0%

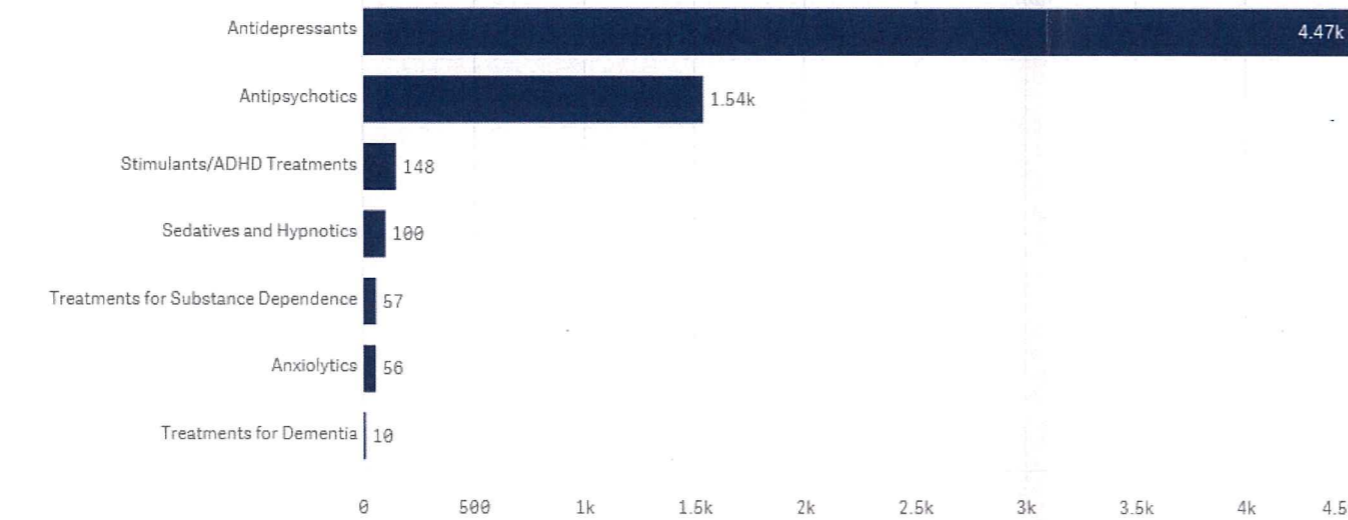
Year and month medicine was dispensed

people with prescriptions



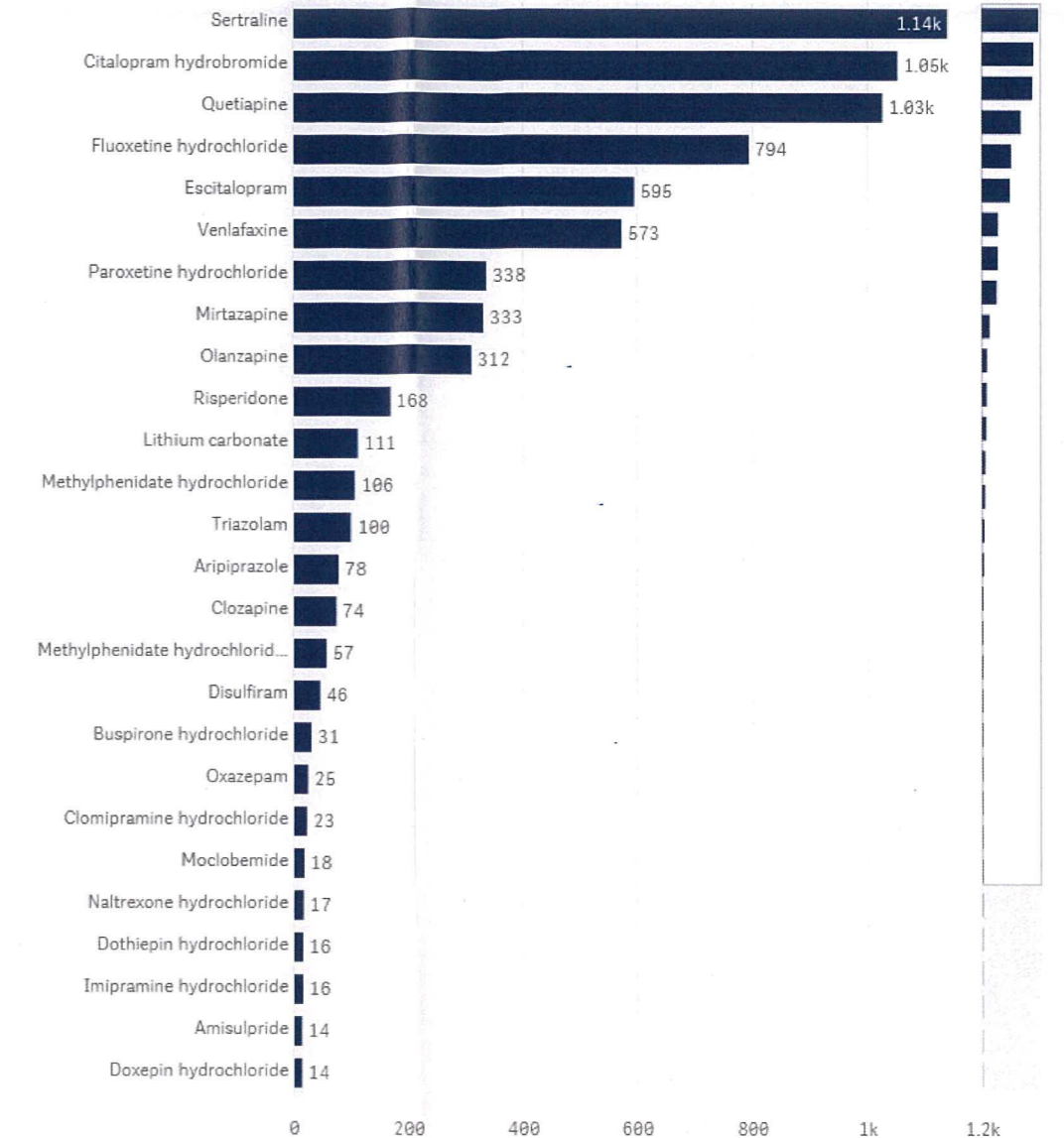
Chemical type

people with prescriptions



>> Chemical and formulation

people with prescriptions



Psychotropic prescribing July 2019 to June 2020 Domicile Whanganui District Age 20-64 years

FinancialYear 2019/20 DomicileDHB Whanganui AgeGroup 4 of 18

Selections

Prescriptions for MHA medicines



Select a measure

- # people with prescriptions
- # prescriptions

people with prescriptions

718

prescriptions

5.84k

% people with 2+ different medic...

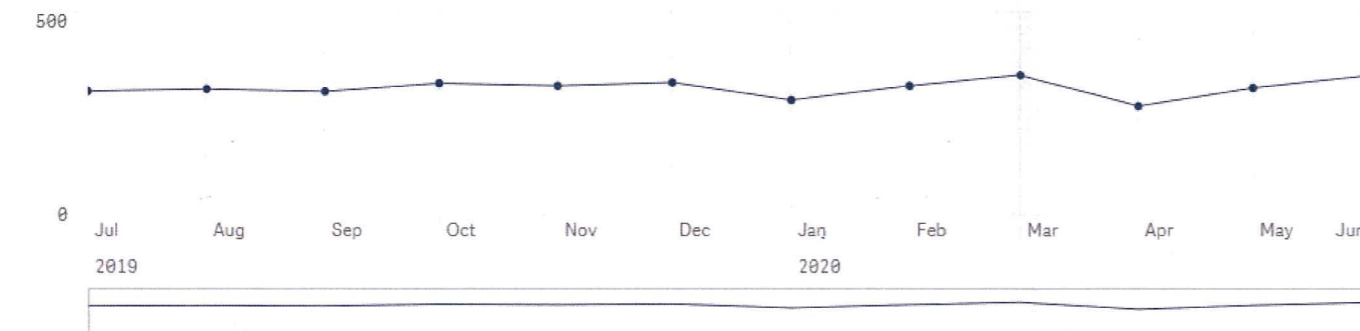
35.4%

Time period

- Financial year
- Calendar year
- Year-Month

Year and month medicine was dispensed

people with prescriptions



Chemical

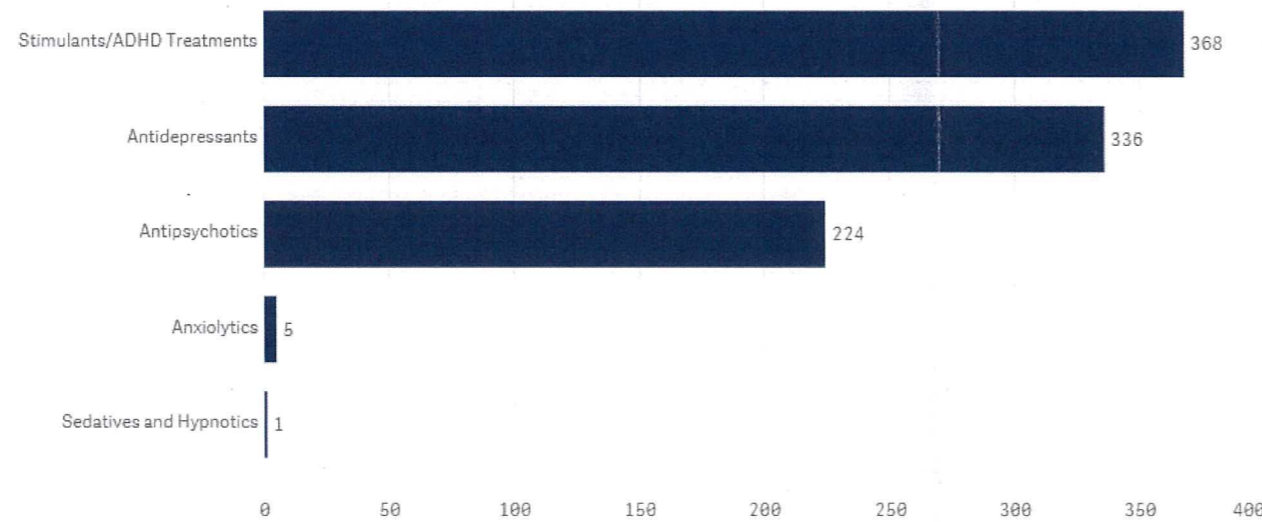
- Chemical type
- >> Chemical and formulat...

Demographics

- Gender
- >> Age group and in years
- ...

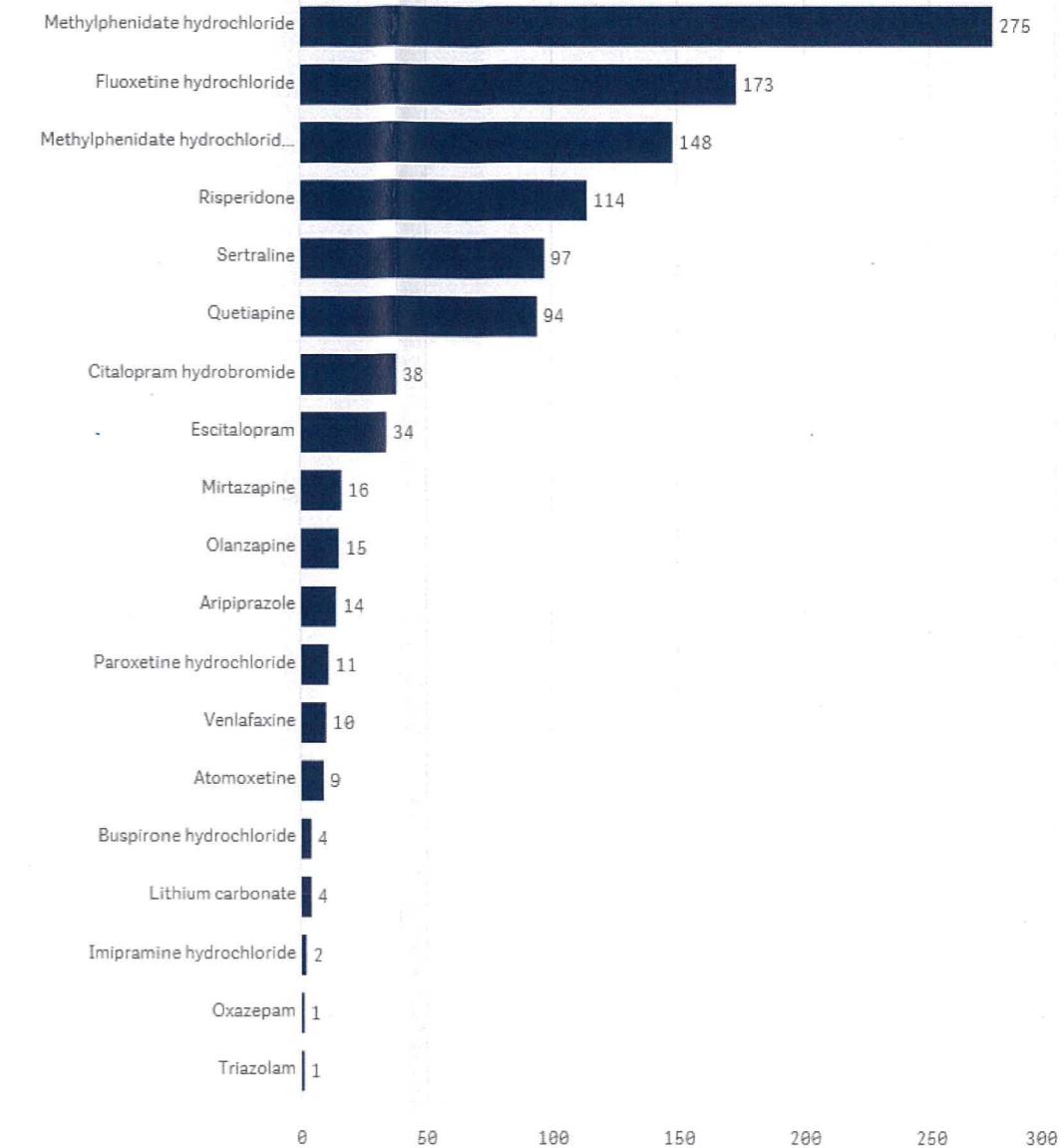
Chemical type

people with prescriptions



>> Chemical and formulation

people with prescriptions



Psychotropic prescribing July 2019 to June 2020 Domicile Whanganui District Age 0-19 years

Prescriptions for MHA medicines



Select a measure

- # people with prescriptions
- # prescriptions

people with prescriptions # prescriptions % people with 2+ different medic...

2k 9.19k 17.0%

Time period

Financial year

50 to 54

55 to 59

60 to 64

65 to 69

70 to 74

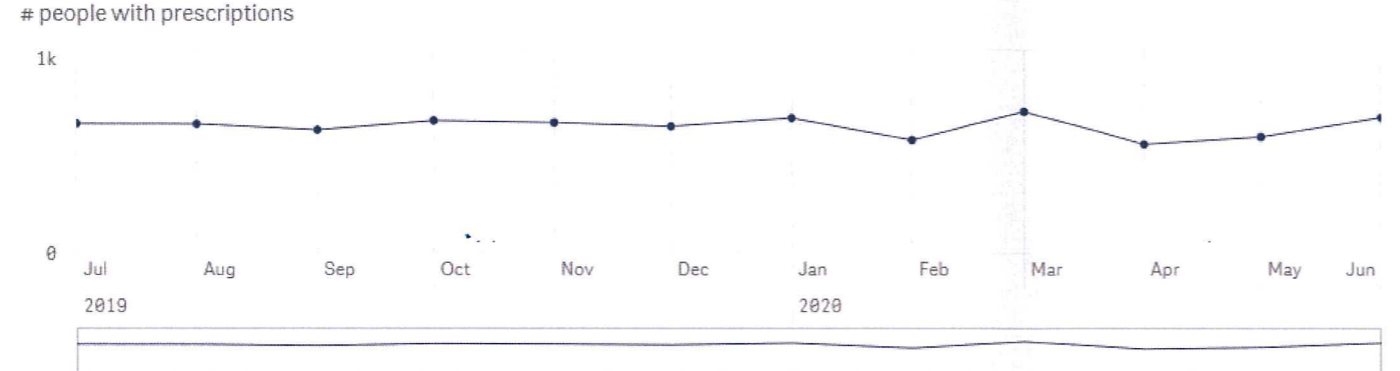
75 to 79

80 to 84

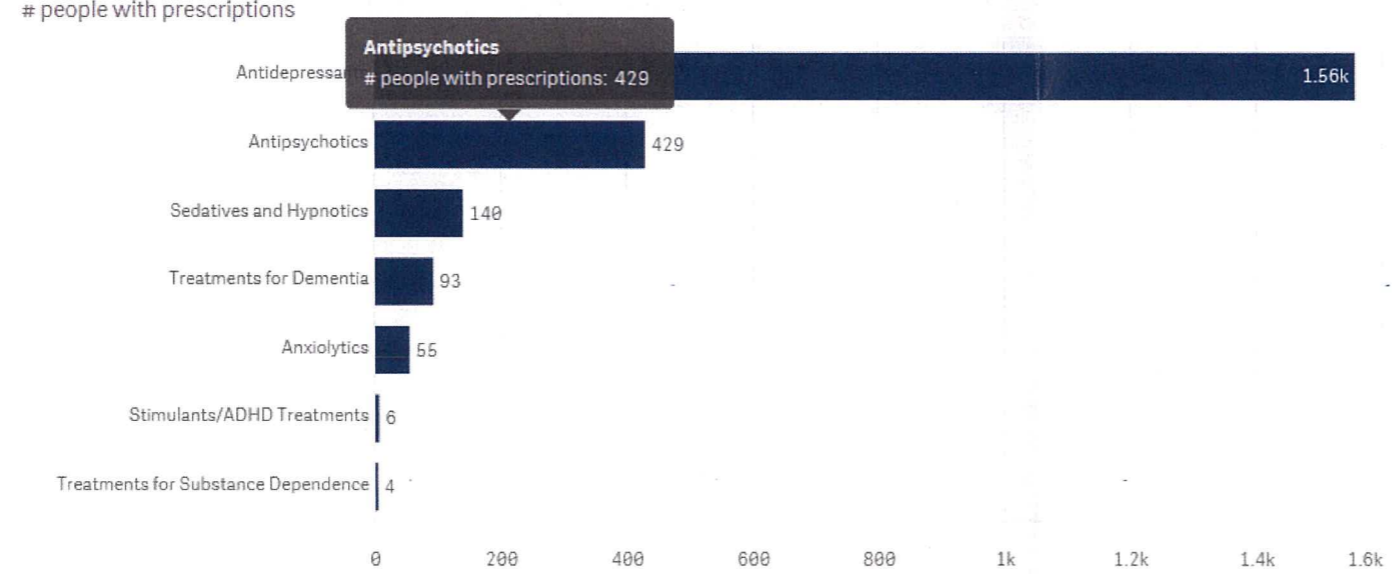
85 and over

>> Age group and in years

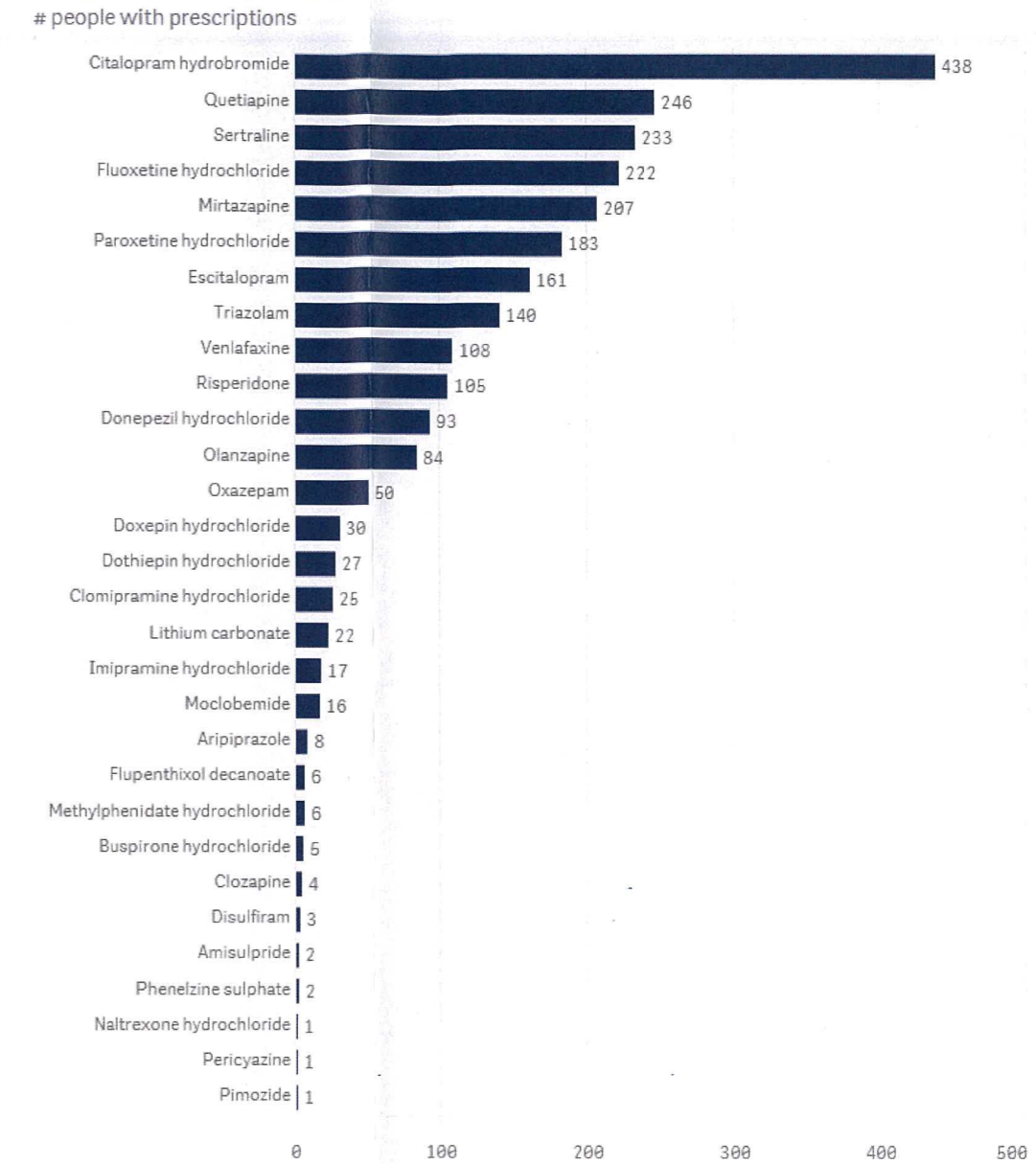
Year and month medicine was dispensed



Chemical type



>> Chemical and formulation



Psychotropic prescribing July 2019 to June 2020 Domicile Whanganui District Age 65 and above