



West Coast District Health Board

Te Poari Hauora a Rohe o Tai Poutini

Corporate Office
High Street, Greymouth 7840

Telephone 03 769-7400
Fax 03 769-7791

13 September 2018

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[REDACTED]
[REDACTED]
[REDACTED]

RE Official information request WCDHB 9195

We refer to your email dated 22 August 2018 requesting the following information under the Official Information Act from West Coast DHB regarding patients of Specialist Mental Health Services (SMHS). I note that we received clarification on your request on 23 August 2018 as below: Specifically:

Clarification received that your request relates to 'Adults only'.

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

Currently SMHS for adults have no Clinical Psychologist in their workforce despite a robust and ongoing recruitment process over a period of approximately 2 years. Talking therapies are being delivered by case managers who are all trained in talking therapy techniques. Without substantial research and collation we are unable to report if case managers within SMHS are consulting with a person to undertake psychological interventions, solely as a case manager or both.

- **For patients who are referred to a clinical psychologist for psychological therapy, how long is it between referral and their first appointment for therapy?**

As indicated previously the adult service currently have no clinical psychologist. Following assessment and discussion in a multidisciplinary meeting a decision may be made for a referral to an external clinical psychologist. It is not possible to indicate exact time frames of waiting period for an external provider.

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

Due to the utilisation of external providers for the reasons previously identified it is problematic to identify an average number of sessions any referred client would receive. It is noted though that the emphasis is placed on those referred receiving an appropriate number of sessions to meet their individual needs in full.

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

None for Adult SMHS, noting that the DHB have and are actively seeking to recruit to this profession.

- **How many FTE vacancies are there for clinical psychologists?**

One FTE vacancy exists.

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 West Coast DHB website after your receipt of this response.

Yours sincerely

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

Carolyn Gullery
Executive Director
Planning, Funding & Decision Support