

Corporate Services



7 December 2021

[REDACTED]
[REDACTED]

Dear [REDACTED]

YOUR OFFICIAL INFORMATION ACT (1982) REQUEST HBDHB REF: OIA2021147

I refer to your Official Information Act request dated 8 November 2021 where you requested information from Hawke's Bay District Health Board (HBDHB). Your questions and HBDHB's response is provided below:

- 1. Do you diagnose ADHD for those under the age of 18, and for those over 18? If so, what is the process to getting a diagnosis, and who does the diagnosis? If not, please explain why not.***
- 2. What is the waiting list/average time frame to be diagnosed over the last 12 months? (for under and over 18)***
- 3. What support do you provide once they are diagnosed?***
- 4. Do you have the ability to cope with an ADHD person in crisis? What care is provided?***

In response to question one, Hawke's Bay DHB's Mental Health and Addiction Service does diagnose ADHD for people of any age.

The process for people aged under 19 is through the Child and Family Service (CAFS). Anyone can refer to CAFS, including self-referral. A first specialist appointment is arranged in person with a registered Psychologist for assessment.

ADHD can be diagnosed as young as four years upwards. There must be six or more symptoms for a period of six months.

Determining a diagnosis involves a diagnostic process including but not limited to developmental history, trauma, schooling (if applicable) individual appointments with parents/caregivers as well as in-person assessments and physical examinations.

Following any diagnosis of ADHD, a further appointment with a psychiatrist is arranged for additional assessment. The patient is then re-referred back to their General Practitioner. Medication if required, can be prescribed via the psychiatrist or GP.

In response to question two, HBDHB does not collect the wait time between referral and date of diagnosis in a digital format. To collate this information would require a manual search of individual patient files. Therefore, this portion of your request is declined under Section 18(f) of the Official Information Act relating to substantial collation or research.

C H I E F E X E C U T I V E ' S O F F I C E
Hawke's Bay District Health Board

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In response to question three, for patients under CAFS, once a diagnosis of ADHD is made the patient may see a psychiatrist for medications and further reviews. The DHB's Child and Family Service also facilitates an ADHD clinic to review medications once diagnosis has been confirmed. Parenting support and practical information is also provided via the clinic.

Further supports available include behaviour modification therapy, skills training, psychotherapy and family therapy which are provided by CAFS. Additionally, CAFS also works in collaboration with schools and the Ministry of Education on psychoeducation, including a plan for what supports are available at school.

For people aged 19 years and older, a psychiatrist would normally see the person twice following diagnosis before they are referred back to their GP to monitor efficacy of treatment. Supports by family members are identified. Further supports available include behaviour modification therapy, skills training, psychotherapy and family therapy, provided by CAFS as above.

A GP may re-refer a patient back to Mental Health and Addiction Services at any time. People are able to re-refer themselves back.

In response to question four, the DHB operates a 24/7 Emergency Mental Health Service. It is accessible via a publicly available 0800 number for anyone in distress. This service is staffed by experienced health practitioners who can arrange for any suitable supports and/or treatment(s) for any person experiencing a mental health or addiction crisis in Hawke's Bay.

In addition, a local Mental Health Crisis Hub announced by Minister of Health Andrew Little earlier this year, is expected to open in February/March next year. Te Tāwharau will be a hub of services delivered as a collaboration between DHB, Kauapapa Māori service provider Te Taiwhenua o Heretaunga and the Ministry of Social Development.

Once operational, the service will be available 24/7 offering mental health and addictions support. It will provide specialist care alongside input from social services, with the needs of the patient at the centre.

I trust this information meets your needs. If you would like any further information or clarification please phone me. If you are not satisfied with this response you may contact the Office of the Ombudsman, phone 0800 802 602.

Please note that this response, or an edited version of this response, may be published on the Hawke's Bay DHB website after your receipt of this response.

Yours sincerely



Chris Ash
Chief Operating Officer

cc: *Ministry of Health via email: SectorOIAs@moh.govt.nz*
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