

9 December 2021



Response to a request for official information



Thank you for your request for official information received 8 November 2021 by Nelson Marlborough Health (NMH)¹, where you seek the following information:

- 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.***

NMH Response: Yes.

Referrals for young people under the age of 18 are received from the General Practitioner (GP) or School. Referrals for people aged 18 or over are from the GP.

Our Paediatrics Service diagnose children under the age of 9.
Child and Adolescent Mental Health Service (MHS) diagnose young people aged 9 – 17.
Adult MHS diagnosis people aged 18 or over.

A Paediatrician, Psychiatrist or Clinical Psychologist makes the formal diagnosis.

- 2. What is the waiting list/average time frame to be diagnosed over the last 12 months? (for under and over 18)***

NMH Response:

Paediatrics Service wait time for assessment is 3-4 months.
Child and Adolescent Mental Health Service (MHS) wait time is up to 9 months.
Adult MHS wait time is up to 6 months.

- 3. What support do you provide once they are diagnosed?***

NMH Response:

Case management includes individual child / family engagement with a NMH Psychologist.
Treatment can include prescribing of medication to assist with symptom management.

¹ Nelson Marlborough District Health Board

4. Do you have the ability to cope with an ADHD person in crisis? What care is provided?

NMH Response: Yes.

NMH provides crisis mental health assessments and interventions for people with any diagnosis including ADHD, and for people without a mental health diagnosis who require support due to experiencing a life crisis.

This decision has been provided under the Official Information Act 1982. You have the right to seek an investigation by the Ombudsman of this decision. Information about how to make a complaint is available at www.ombudsman.parliament.nz or free phone 0800 802 602. If you have any questions about this decision please feel free to email our OIA Coordinator OIArequest@nmdhb.govt.nz

I trust this information meets your requirements. NMH, like other agencies across the state sector, supports the open disclosure of information to assist the public's understanding of how we are delivering publicly-funded healthcare. This includes the proactive publication of anonymised Official Information Act responses on our website from 10 working days after they have been released. If you feel that there are good reasons why your response should not be made publicly available, we will be happy to consider.

Yours sincerely



Lexie O'Shea
Chief Executive