



28 June 2016

Alex Harris
Email: fyi-request-4122-4a1e5fd0@requests.fyi.org.nz

Dear Alex

Re: Official Information Act request – information on seclusion units

Thank you for your Official Information Act request received 8 June 2016 seeking the following of Waitemata District Health Board (DHB):

1. *The number of mental health patients currently detained in seclusion units.*

We have interpreted your request for information on the number of mental health patients “currently” detained in seclusion units as meaning those who were detained at the time of the receipt of your request (8 June 2016). On this date, there were no Waitemata DHB mental health patients in seclusion.

2. *How long each has been detained for. I'm happy for this to be aggregated into bands (e.g. less than one month, 1 - 3 months, 3 - 6 months, 6 months - 1 year and so on) in order to protect privacy. If this would result in a refusal for substantial collation and research because there are more than a hundred such detainees, I am happy to limit the statistics to those detained for more than six months.*

Not applicable, as above.

As background, Waitemata DHB Mental Health Services Group is the largest in the country by volume of service-users. Our Mental Health Services serves a population of nearly 600,000 people in our district and provides forensic mental health care for the Northern Region, at our Mason Clinic facility. The following three inpatient units have seclusion rooms that are used at times, albeit sparingly and strictly only where clinically appropriate.

He Puna Waiora Adult Inpatient Unit (located on the North Shore)

The He Puna Waiora mental health unit is an acute inpatient unit, located within the North Shore Hospital site. He Puna Waiora provides services for adults 18-65 years and primarily admits residents from the North Shore and Rodney area. It has a total of 35 beds which are split into: Intensive Care Unit (ICU) (9 beds), and Acute Unit (26 beds).

Waiatarau Adult Inpatient Unit (Located in West Auckland)

Waiatarau mental health unit is an acute adult inpatient unit, located within the Waitakere Hospital site in West Auckland and provides services for adults 18-65 years. It primarily serves the West Auckland population. Waiatarau has a total of 32 beds which are split into Intensive Care Unit (8 beds) and Open Ward (24 beds).

Regional Forensic Psychiatry Service - Mason Clinic

The Mason Clinic is a secure forensic inpatient mental health unit, located in Point Chevalier, Auckland. It is a Northern Regional service, made up of seven forensic inpatient units, with a total of 94 beds (secure, acute and rehabilitation for 18-65-year-olds), and a 12-bedded intellectual disability unit. Mason Clinic provides for the assessment, treatment and recovery of persons with a mental illness or intellectual disability who have committed a criminal offence or are at high-risk in the community.

Seclusion is used in accordance with the Mental Health Act (1992) and the Health and Disability Services (Restraint Minimisation and Safe Practice) Standards. Waitemata DHB aligns with the National Guidelines and local policy reflects that Waitemata DHB removes service-users from seclusion at the earliest possible moment.

Since 2004, all inpatient units in Waitemata DHB have been implementing the Six Core Strategies for the minimisation of restraint and seclusion. The Six Core Strategies were developed in the United States by the National Association of State Mental Health Program Directors (NASMHPD) and provides a comprehensive and evidence-based framework for the reduction of restraint and seclusion. The result over time has been a consistent reduction in the use of seclusion in Waitemata DHB, making us one of the leading DHBs in this area.

I trust this information will satisfy your request.

Yours sincerely



Dr Dale Bramley
Chief Executive Officer
Waitemata District Health Board