

# **Mental Health and Addictions Services**

## **Alcohol and Other Drug Day Treatment Programme**

### **Tier 3 Service Specification**

**September 2024**

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## 1. Status

**Approved to be used for mandatory nationwide description of services to be provided.**

**MANDATORY  RECOMMENDED**

Recommended – these are centralized and recommended specifications to be used by Districts for purchasing services, they may be used to enable providers to transition to meeting a Mandatory specification over time. Districts are expected to move to a mandatory specification when renewing or varying an agreement].

## 2. Review History

Review History	Date
First Published on NSFL	January 2010
<b>Amended:</b> clarified reporting requirements	March 2013
<b>Amended:</b> added MHD75S purchase unit code, removed standard provider monitoring reporting tables. Minor editing.	April 2017
Moved to Health NZ template. Updated links for PUDD and NSFL only. Amended DHB to become District/Region where appropriate. No other changes to content made.	September 2024
Consideration for next Service Specification Review	Within five years

**Note:** In September 2024 a small programme of work moved all Service Specifications to Health New Zealand branded templates. No amendments were made to the body text or content of the Service Specification, so references to DHB, Ministry of Health or other pre-2022 reforms vocabulary will still exist. A larger programme of work to review and revise all Service Specifications is planned for late 2024 to early 2025.

**Note:** Contact the NSF Team, Te Whatu Ora | Health New Zealand to discuss proposed amendments to the service specifications and guidance in developing new or updating and revising existing service specifications. [NSF@tewhatuora.govt.nz](mailto:NSF@tewhatuora.govt.nz)

Nationwide Service Framework Library web site [here](#)

### 3. Introduction

The tier three service specification for an Alcohol and other Drug Day Treatment Programme (the Service) must be used in conjunction with the tier one Mental Health and Addiction and tier two Addiction Services service specifications.

### 4. Service Definition

The Service will be a goal oriented, recovery focused, skill development programme which increases Service Users' ability to:

- manage own substance related issues
- achieve life goals
- develop positive relationships
- develop problem-solving skills.

The Service aims to:

- meet individual needs
- assist integration into the community
- maintain cultural links
- maintain family and whānau links
- provide integrated care for those with co-existing problems
- educate the Service User and their family and whānau about addiction and, management of relapse
- provide post treatment support to enhance recovery and reduce the risk of relapse

Each Service User will be offered the interventions that are appropriate according to their assessed need in terms of their alcohol and drug use, related problems and readiness for change. This may include referral to other services or agencies as appropriate.

Service Users will be given as much responsibility as possible for determining the content of the programme and the management of the Service.

The emphasis will be on implementation of the treatment plan and integration into the community. A comprehensive range of community based rehabilitation options will be available which may include:

- specialist assessment
- social work
- cultural assessment
- ongoing monitoring of symptoms and regular review of progress and treatment at specified intervals
- attention to matters in relation to maintenance of health, relapse prevention, early detection and intervention for relapses of illness, co-existing mental health problems, problem prevention and promotion of good mental health
- pharmacotherapy and bio-medical interventions

- psychological treatments
- occupational therapy
- recreational activities
- social skills training
- domestic skills training
- assertiveness and self esteem building
- development of cultural links.

The style of the Service will be such that:

- there is an emphasis on supporting the strengths of the Service Users and their families, whānau and significant others. Alcohol and other Drug workers will work together with the Service User to reach desirable outcomes for all
- the particular needs of Māori and Pacific Service Users are met by the provision of culturally derived skills programmes. Wherever possible, relevant staff will be of Māori or Pacific descent.

## 5. Service objectives

### 5.1.1 General

To provide an Alcohol and Other Drug day treatment programme for people with alcohol and other drug dependence problems including those with co-existing mental health problems.

### 5.1.2 Māori Health

Refer to the tier one Mental Health and Addiction Services service specification.

## 6. Service Users

Refer to the tier one Mental Health and Addiction Services service specification.

## 7. Access

Access may be from any source, however this may vary according to DHB local prioritisation and will be reflected in the local access criteria including within the service agreement.

## 8. Service Components

### 8.1 Processes

The processes include but are not limited to the following: engagement; assessment, information provision, treatment, consultation, liaison, advocacy, support, review process and discharge.

## 8.2 Settings

The Service may be provided in community and hospital based settings.

## 8.3 Key Inputs

A multi-disciplinary team of people with skills and experience in alcohol and other drug intervention, treatment and support, and who belong in one of the following categories:

- health professionals regulated by the Health Practitioners Competence Assurance Act 2003
- people regulated by the Drug and Alcohol Practitioners Association Aotearoa New Zealand (DAPAANZ) or another health or social service professional body
- people who interact with Service Users and who are not subjected to regulatory requirements under legislation or by any other means.

There will be partnering with the Specialist Clinical service to meet client need.

## 9. Service Linkages

Linkages are as described in tier one Mental Health and Addiction Services tier two and Addiction service specifications.

## 10. Exclusions

Refer to the tier one Mental Health and Addiction Services service specification.

## 11. Quality Requirements

Refer to the tier one Mental Health and Addiction Services service specification.

## 12. Purchase Units

Purchase Unit Codes are defined in Health New Zealand's Nationwide Service Framework Purchase Unit Data Dictionary. The following codes apply to this Service.

PU Code	PU Description	PU Definition	Unit of Measure
MHD75A	Alcohol and other drug day treatment programme – Senior medical staff	Community based service to provide an alcohol and other drug day treatment programme for people with alcohol and other drug dependence problems including those with co-existing mental health problems. The service is provided by senior medical staff	FTE
MHD75B	Alcohol and other drug day treatment programme – Junior medical staff	Community based service to provide an alcohol and other drug day treatment programme for people with alcohol and other drug dependence problems including those with co-existing mental health problems. The service is provided by junior medical staff	FTE
MHD75C	Alcohol and other drug day treatment programme – Nursing and allied health staff	Community based service to provide an alcohol and other drug day treatment programme for people with alcohol and other drug dependence problems including those with co-existing mental health problems. The service is provided by nursing and allied health staff.	FTE
MHD75D	Alcohol and other drug day treatment programme – Non-clinical staff	Community based service to provide an alcohol and other drug day treatment programme for people with alcohol and other drug dependence problems including those with co-existing mental health problems. The service is provided by non-clinical staff.	FTE
MHD75E	Alcohol and other drug day treatment programme – Cultural staff	Community based service to provide an alcohol and other drug day treatment programme for people with alcohol and other drug dependence problems including those with co-existing mental health problems. The service is provided by cultural staff.	FTE
MHD75S	Alcohol and other drug – day treatment program	Community based service to provide an alcohol and other drug day treatment programme for people with alcohol and other drug dependence problems including those with co-existing mental health problems.	Service

Explanations of the units of measure (UOM) from the purchase unit table.

Unit of Measure	Unit of Measure Definition
FTE	Full-time equivalent staff member (clinical or non-clinical) involved in direct delivery of services to consumers. Exclude time that is formally devoted to administrative or management functions e.g. half-time coordination of a community team.
Service	Service purchased in a block arrangement uniquely agreed between the parties to the agreement

### 13. Reporting Requirements

The Provider must comply with the requirements of national data collections: PRIMHD.

Additional information to be reported and the frequency of collection are specified by the Funder in the Provider Specific Terms and Conditions as agreed with the Service Provider.

Unless otherwise specified in the agreement, the following reporting information will be emailed to The Performance Reporting Team at: [performance\\_reporting@health.govt.nz](mailto:performance_reporting@health.govt.nz)

The Performance Monitoring Reporting tables for the Mental Health and Addiction Service Specifications<sup>1</sup> may be used for performance monitoring if specified as agreed with the Funder.

### 14. Glossary

Not required

### 15. Appendices

Not required

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<sup>1</sup> Performance Monitoring Reporting cluster tables for Mental Health and Addiction Services are published on the Nationwide Service Framework Library, Mental Health and Addiction Service specifications page, Downloads section [www.nsf.health.govt.nz/service-specifications/current-service-specifications/mental-health-and-addiction-services](http://www.nsf.health.govt.nz/service-specifications/current-service-specifications/mental-health-and-addiction-services)