

# **Mental Health and Addiction Services**

## **Intensive Alcohol and Other Drug Service with Accommodation**

### **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>Correction:</b> Added Non clinical FTEs reporting item	July 2010
<b>Amendments</b> – Removal of unapproved Purchase Units MHAK09A, MHAK09C, MHAK09D. Minor editing changes for consistency.	February 2011
<b>Amended:</b> clarified reporting requirements	February 2013
<b>Amendments:</b> added MHD76S 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 Addiction Services - Intensive Alcohol and Other Drug Service with Accommodation (the Service) must be used in conjunction with tier one Mental Health and Addiction Services and tier two Addiction Services service specifications.

### 4. Service Definition

Treatment interventions may be provided in a variety of ways, including:

- over a series of weekends
- in short term programmes of up to four weeks duration
- in medium term programmes of up to four months duration
- long term therapeutic community programmes of more than four months duration
- other flexibly delivered 'packages' of care according to Service Users' needs.

The type of programme will be matched with the needs of the Service User, and will be no less than the minimum required to meet those needs. This minimum requirement will be specified in the Provider Specifics component.

The Service includes:

- negotiation of treatment, discharge and aftercare plans established with each Service User including substance use and where appropriate mental health goals
- provision of specific group and individual treatments
- defined treatment programmes including specific treatment related to individual's alcohol and other drug use and co-existing mental health problems
- encouragement of the development of cultural values and associations
- ensuring the provision of access to Kaupapa Māori, including Te Reo, tikanga, hui on marae and attendance at wananga and powhiri
- drug and alcohol relapse prevention education
- provision of other structured activities such as vocational, social, recreational activities, and skill based health and fitness
- education regarding the effects of behaviour on family, social and health from excessive alcohol and or drug use and the combination of mental health issues including sexually transmitted infections, hepatitis and HIV prevention
- education regarding appropriate usage of prescribed medication
- gender specific needs of both women and men will be addressed (including attention to needs of children)
- acknowledgement of and provision for the needs of families and whānau in relation to information, education and support, including family based interventions
- progress reports are completed for the referrer
- transitional planning occurs including negotiation of supports that will be required on discharge
- discharge summary is completed in a timely manner.

Pharmacological treatments including laboratory monitoring or other investigations will be arranged or provided as required, with supervision of medication as necessary. Standards of safe and competent medical and nursing practice for storage and dispensing of medication will apply.

Provision is made for dealing with crises of people attending the programme.

A recovery orientation is developed and maintained. There is introduction to concepts and practices of self-help groups such as Alcoholics Anonymous, Narcotics Anonymous, Rational Recovery and whānau recovery groups.

Attention is given to ensuring that particular groups receive appropriate services. These groups include people:

- with co-existing problems, including those people receiving anti-psychotic or other prescribed medications
- referred voluntarily or compulsorily under provisions of the Alcohol and other Drug Addiction Act 1966
- who elect to withdraw from methadone, who after the withdrawal programme will continue to be part of this programme. Service Users may enter the programme on a reducing dose as agreed by the methadone treatment service, Service User and residential service
- who wish to remain on methadone and have other addiction issues addressed.

Places will be also allocated on a priority basis to people who wish to remain on methadone and who will benefit from the particular focus of this programme.

## 5. Service objectives

### 5.1 General

To provide treatment services for people who have particular requirements that are unable to be met in less structured or supported settings.

The Service includes:

- provision of services to people with needs for ongoing medication prescribed as part of a comprehensive management plan.
- those who experience co-existing mental health problems.

### 5.2 Continuing Care

- To provide additional post treatment follow-up and supports to ensure the gains made in the intensive treatment are not lost. The intensity of the Service will vary depending on the needs and circumstances of the individual. This Service is funded on a full time equivalent (FTE) or client basis rather than bed day rate.

### 5.3 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. For a youth specific service use Purchase Unit MHDI49.

## 7. Access

Access by referral through the community alcohol and other drug services.

Access may be from any source, including by Service Users directly or upon referral from primary and secondary practitioners, family, carers, and community members.

DHBs may determine more specific local access criteria.

Exit criteria will include attention to transitional planning.

## 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.

### 8.4 Pacific health

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

## 9. Service Linkages

Linkages are as described in the tier one Mental Health and Addiction Services and Addiction tier two 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
MHD76	Intensive and other drug services with accommodation	Treatment services for people who have particular requirements that are unable to be met in less structured or supported settings. Such requirements include ongoing medication prescribed as part of a comprehensive management plan, and those experiencing co-existing mental health problems.	Available Bed Day
MHD76A	Intensive and other drug services with accommodation – Senior medical staff	Treatment services for people who have particular requirements that are unable to be met in less structured or supported settings. Such requirements include ongoing medication prescribed as part of a comprehensive management plan, and those experiencing co-existing mental health problems. The service is provided by senior medical staff	FTE
MHD76B	Intensive and other drug services with accommodation – Junior medical staff	Treatment services for people who have particular requirements that are unable to be met in less structured or supported settings. Such requirements include ongoing medication prescribed as part of a comprehensive management plan, and those experiencing co-existing mental health problems. The service is provided by junior medical staff.	FTE
MHD76C	Intensive and other drug services with accommodation – Nursing and allied health staff	Treatment services for people who have particular requirements that are unable to be met in less structured or supported settings. Such requirements include ongoing medication prescribed as part of a comprehensive management plan, and those experiencing co-existing mental health problems. The service is provided by nursing and allied health	FTE



PU Code	PU Description	PU Definition	Unit of Measure
MHD76D	Intensive and other drug services with accommodation – Non-clinical staff	Treatment services for people who have particular requirements that are unable to be met in less structured or supported settings. Such requirements include ongoing medication prescribed as part of a comprehensive management plan, and those experiencing co-existing mental health problems. The service is provided by non-clinical staff.	FTE
MHD76S	Intensive and other drug services with accommodation	Treatment services for people who have particular requirements that are unable to be met in less structured or supported settings. Such requirements include ongoing medication prescribed as part of a comprehensive management plan, and those experiencing 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
Available Bed Day	Total number of inpatient beds that are available to be occupied during the period multiplied by the number of days they are available during that period. To be counted as available the bed must be resourced, and either empty or occupied by a user of this service.
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.nsfh.health.govt.nz/service-specifications/current-service-specifications/mental-health-and-addiction-services](http://www.nsfh.health.govt.nz/service-specifications/current-service-specifications/mental-health-and-addiction-services)