

**Mental Health and Addiction  
Service**

**Community Day  
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
Published on NSFL	June 2009
<b>Corrected:</b> Reporting item- monthly number of day attendances added	July 2010
<b>Amended:</b> clarified reporting requirements	February 2013
<b>Amended:</b> added MHAD16S 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

This tier three service specification for Adult Mental Health Services- Community Day Programme (the Service) is linked to tier one Mental Health and Addiction Services and tier two Adult Mental Health service specifications.

### 4. Service Definition

The Service will include:

- assessment or re-assessment of clinical conditions/functional abilities
- medication review and stabilisation
- specific programmes for symptom reduction, enhancement of function, and education and information
- a goal-oriented, recovery-focused, skill development programme that increases the Service User's ability to manage their own illness, achieve life goals, develop positive relationships, develop problem-solving skills, consultation/support to family/whānau and significant others.

Individual Service User recovery plans will be developed in accordance with formally assessed needs. The plans are developed in conjunction with the Service User and relevant carers, and with other health and social agencies and community mental health services actually or potentially involved in the person's care – enabling a comprehensive approach to meeting the identified needs. Progress against plans and identified goals will be reviewed at specified intervals, with modification of plans accordingly.

Plans will aim to:

- meet individual needs
- assist integration into the community
- maintain cultural links
- maintain family and whānau links
- educate the Service User and their carers about illness, symptoms and the management of symptoms.

A comprehensive range of community-based development options will include:

- specialist 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, problem prevention and promotion of good mental health
- occupational therapy
- recreational activities
- social skills training
- domestic skills training
- assertiveness and self-esteem building
- development of cultural links

- access to vocational activities
- assistance and coaching with budgeting and financial goals.

It may also include:

- pharmacotherapy and bio-medical investigations and interventions
- psychological treatments/therapy

Where required, transport to and from the facility is provided or arranged by the service. Meals are provided at no cost to the Service User.

## **5. Service objectives**

### **5.1 General**

The Service provides an assessment, treatment, therapy and support, recovery-oriented rehabilitative programme. Day treatment programmes are fully integrated into the continuum of acute and support services to ensure the smooth transition for individuals from one service to another.

### **5.2 Māori Health**

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

## **6. Service Users**

Referral to the Service is from community or inpatient mental health services.

## **7. Access**

Refer to the tier two Mental Health of Older People service specifications.

## **8. Service Components**

### **8.1 Processes**

The following processes apply but are not limited to: assessment, treatment, intervention and support, review process and discharge

### **8.2 Settings**

The Service is provided in community based settings.

## 8.3 Key Inputs

The Service is provided by a multi-disciplinary team of people with skills and experience in mental health intervention, treatment and support, made up of:

- health professionals regulated by the Health Practitioners Competence Assurance Act 2003
- people regulated by a 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.

## 9. Service Linkages

Linkages include, but are not limited to the following described in tier one Mental Health and Addiction Specialist Services and tier two Adult Mental Health 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
MHA16A	Community day programme - Senior medical staff	A service by senior medical staff trained in mental health and addiction intervention, treatment and support to provide an assessment, treatment, therapy and support, recovery-oriented rehabilitative programme	FTE
MHA16B	Community day programme - Junior medical staff	A service by junior medical staff to provide an assessment, treatment, therapy and support, recovery-oriented rehabilitative programme.	FTE
MHA16C	Community day programme - Nursing and/or allied staff	A service by nurses and/or allied staff to provide an assessment, treatment, therapy and support, recovery-oriented rehabilitative programme.	FTE

MHA16D	Community day programme - Non-clinical staff	A service by non-clinical support staff to provide an assessment, treatment, therapy and support, recovery-oriented rehabilitative programme.	FTE
MHA16E	Community day programme - Cultural staff	A service by cultural support staff to provide an assessment, treatment, therapy and support, recovery-oriented rehabilitative programme.	FTE
MHA16F	Community day programme - Peer support staff	A service by peer support to provide an assessment, treatment, therapy and support, recovery-oriented rehabilitative programme	FTE
MHA16S	Community Day Programme	A service to provide an assessment, treatment, therapy and support, recovery-oriented rehabilitative programme.	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

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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)