

**Mental Health and Addiction
Services**

**Day Activity and Living
Skills Service**

Tier 3 Service Specification

September 2024

Contents

1. Status	2
2. Review History	2
3. Introduction	3
4. Service Definition	3
5. Service objectives	3
5.1 General.....	3
5.2 Māori Health	4
6. Service Users	4
7. Access	4
8. Service Components.....	4
8.1 Processes.....	4
8.2 Settings	4
8.3 Pacific Health.....	4
9. Service Linkages.....	4
10. Exclusions	4
11. Quality Requirements	4
12. Purchase Units	5
13. Reporting Requirements.....	6
14. Glossary	6
15. Appendices	6

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	June 2009
Amended: purchase unit MHA21E description corrected in line with numbering framework	August 2012
Amended: clarified reporting requirements corrected name of T1 service specification.	February 2013
Amended: added MHA21S purchase unit code, removed standard provider monitoring reporting tables. Minor editing.	July 2016
Amended: added purchase units MHC “S” series	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

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

3. Introduction

This tier three service specification for Day Activity and Living Skills Service (the Service) must be used with the tier one Mental Health and Addiction Services and the tier two Adult Mental Health service specifications.

4. Service Definition

The Service includes day activity services that:

- are provided in a community-based setting
- may be long term
- promotes recovery and community involvement by including socially inclusive activities in community mainstream settings
- offers Service Users key roles in determining the content of the programmes and the ways in which activity services are managed
- provides a flexible and varied programme of activities determined largely by the Service User's needs and aligned with their individual goals
- provides a safe environment for mutual support, information exchange and socialisation.

The style of Service provided is such that:

- there is an emphasis on supporting and developing the strengths of the Service Users and their families / whānau and significant others. Mental Health workers will work together with the Service User to reach desirable outcomes for all
- the particular needs of Māori and Pacific peoples Service Users is met by the provision of culturally derived skills programmes. Wherever possible, the ethnicity of staff will reflect the ethnicity of the local population / client group.

It is expected that the services contribute to the following outcomes for Service Users:

- improved participation in community life
- development and maintenance of work skills and routines
- greater stability of lifestyle
- increased social 'connectedness' and sense of belonging
- fulfilment of self-expression in arts and creative / recreational pursuits.

5. Service objectives

5.1 General

The Service is to provide a recovery-oriented service to assist people with mental illness to develop their life and living skills and enjoy their relationships with others.

5.2 Māori Health

Refer to tier one Mental Health and Addiction Services service specifications.

6. Service Users

The Service Users are eligible adults as detailed in the tier two Adult Mental Health service specification.

7. Access

The Service Users access the Service by self-referral or from any other source, including community mental health teams.

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 team of health professionals and / or support worker staff with a strong recovery focus, who have appropriate qualifications, competencies, skills and experience in accordance with the nature of the service required.

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
MHA21C	Activity based recovery support services - Nursing and/or allied health staff	A recovery-oriented service by nurses and/or allied health staff to assist people with mental illness to develop their life and living skills and enjoy their relationships with others.	FTE
MHA21D	Activity based recovery support service - Non-clinical staff	A recovery-oriented service by non-clinical support staff to assist people with mental illness to develop their life and living skills and enjoy their relationships with others.	FTE
MHA21E	Activity based recovery support service – Cultural Staff	A recovery-oriented service by cultural support staff to assist people with mental illness to develop their life and living skills and enjoy their relationships with others.	FTE
MHA21F	Activity based recovery support service – Peer Support	A recovery-oriented service by peer support staff to assist people with mental illness to develop their life and living skills and enjoy their relationships with others.	FTE
MHA21S	Activity Based Recovery Support Services	A recovery-oriented service to assist people with mental illness to develop their life and living skills and enjoy their relationships with others.	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

The Performance Monitoring Reporting tables for the Mental Health and Addiction Service Specifications¹ may be used for performance monitoring if specified as agreed with the Funder.

14. Glossary

Not Required

15. Appendices

Not Required

¹ 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