

Mental Health and Addictions Services

Early Intervention for People with First Time Psychosis

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	June 2009
Correction: Reporting item- monthly number of day attendances added	July 2010
Amended: clarified reporting requirements	February 2013
Amended: added MHA10S and MHI10S purchase unit codes, removed standard provider monitoring reporting tables. Minor editing.	July 2016
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 Early Intervention for People with First-Time Psychosis (the Service) is linked to tier one Mental Health and Addiction Services and either tier two Adult Mental Health or tier two Infant, Child, Adolescent and Youth service specifications as appropriate.

4. Service Definition

The Service will include:

- early recognition, assessment, acute treatment, therapy and support
- risk assessment and reduction in suicide
- appropriate organic investigations
- bio-medical treatments
- psychological interventions
- case management and service co-ordination
- social treatments
- psycho education
- family and whānau intervention and support
- appropriate cultural support
- consultation and liaison with other health services, including primary care
- liaison with other services/agencies to facilitate assistance with income/employment/education/housing requirements/peer support and so on
- training and education (of the Service User concerned plus relevant family and whānau / carers)
- treatment and maintenance of health and wellbeing
- Service User self-help/mutual support opportunities
- attention to (amongst other things) developing and maintaining positive interpersonal relationships
- attention to personal safety
- attention to problems with alcohol and other drug misuse
- engagement with family and whānau
- liaison and education with primary care providers
- time limited provision of services
- evaluation and outcomes
- patients should receive ongoing follow up during the early critical period, anywhere between two and up to five years.

Relapse prevention 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 a comprehensive approach to meeting the identified needs.

5. Service objectives

5.1 General

To provide a recovery-oriented service specifically for people experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis. The Service aims to actively detect psychosis early in the course of the condition and therefore shorten the course and decrease the severity of the illness, thereby minimising the complications that may arise. The Service will actively seek appropriate referrals and provide interventions that assist with early detection of psychosis.

5.2 Māori Health

Refer to the tier one Mental Health and Addition Services service specifications.

6. Service Users

The Service Users are eligible people. Refer to either the tier two Adult Mental Health or tier two Infant, child, adolescent and youth service specifications.

Consistent with national and international evidence, this service is more commonly focused on a younger age group and will often be provided in conjunction with either adult mental health, or CAMHS service or as an entity of its own linking with the appropriate other mental health services.

7. Access

Access to the Service may be from any source, including by Service Users directly or upon referral from primary practitioners, family and whānau, carers and community members, and from inpatient services.

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 those described in tier one Mental Health and Addiction Specialist Services, and either tier two Adult Mental Health or tier two Infant, child, adolescent and youth 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
MHA10A	Early intervention for adults with first time psychosis - Senior medical staff	A service by senior medical staff to provide a recovery-oriented service specifically for adults experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis .	FTE
MHA10B	Early intervention for adults with first time psychosis - Junior medical staff	A service by junior medical staff to provide a recovery-oriented service specifically for adults experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis.	FTE

PU Code	PU Description	PU Definition	Unit of Measure
MHA10C	Early intervention for adults with first time psychosis – Nursing/allied health staff	A service by nurses and/or allied staff to provide a recovery-oriented service specifically for adults experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis.	FTE
MHA10D	Early intervention for adults with first time psychosis - Non-clinical staff	A service by non-clinical support staff to provide a recovery-oriented service specifically for adults experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis.	FTE
MHA10E	Early intervention for adults with first time psychosis - Cultural staff	A service by support cultural staff to provide a recovery-oriented service specifically for adults experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis.	FTE
MHA10S	Early Intervention for people with first time psychosis	A service to provide a recovery-oriented service specifically for adults experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis .	Service
MHI10A	Early Intervention - Infant, child, adolescent, youth - first time psychosis - Senior medical staff	A service by senior medical staff to provide a recovery-oriented service specifically for infant, children, adolescents and youth experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis.	FTE
MHI10B	Early Intervention - Infant, child, adolescent, youth - first time psychosis - Junior medical staff	A service by junior medical staff to provide a recovery-oriented service specifically for infant, children, adolescents and youth experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis.	FTE
MHI10C	Early Intervention - Infant, child, adolescent, youth - first time psychosis - Nurses & allied health	A service by junior medical staff to provide a recovery-oriented service specifically for infant, children, adolescents and youth experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis.	FTE
MHI10D	Early Intervention - Infant, child, adolescent, youth - first time psychosis - Non-clinical	A service by non-clinical staff to provide a recovery-oriented service specifically for infant, children, adolescents and youth experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis.	FTE

PU Code	PU Description	PU Definition	Unit of Measure
MHI10E	Early Intervention - Infant, child, adolescent, youth - first time psychosis – Cultural	A service by cultural staff to provide a recovery-oriented service specifically for infant, children, adolescents and youth experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis.	FTE
MHI10S	Early Intervention - Infant, child, youth - first time psychosis	A service to provide a recovery-oriented service specifically for infant, children, adolescents and youth experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis.	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.

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.nsfh.health.govt.nz/service-specifications/current-service-specifications/mental-health-and-addiction-services