

# **Mental Health and Addiction Services**

## **Peer Support Service for Children, Adolescent and Youth**

### **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 NSF Library	June 2009
<b>Amended:</b> Removal of unapproved Purchase Unit MHCK37F. Minor editing changes for consistency.	February 2011
<b>Amended:</b> clarified reporting requirements	March 2013
<b>Amended:</b> added MHA13S purchase unit code, removed standard provider monitoring reporting tables.	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 Peer Support Service for Children, Adolescent and Youth (the Service) must be used in conjunction with tier one Mental Health and Addiction Services, tier two Services providing consumer leadership and tier two Infant, Child, Adolescent and Youth service specifications.

### 4. Service Definition

The Service is peer support that provides:

- strength-based approach to help build resilience
- engagement with the Service User's family and whānau
- links with age-appropriate peer support networks
- child, adolescent and youth friendly information
- support to access a range of community resources and social services
- informal individual and group activities may be included as part of a day programme.

### 5. Service objectives

#### 5.1 General

The Service provides age-appropriate peer support to children, adolescents and youth, tailored to suit the age of the Service User.

Where possible, the peer support worker will be similar in age to the Service User they are working with and the peer will themselves be a former or current child and adolescent mental health or addiction Service User.

#### 5.2 Māori Health

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

### 6. Service Users

The Service Users are eligible children, adolescents and youth.

### 7. Access

Entry to the Service is by Service Users directly or on referral from the Child, Adolescent and Youth Mental Health or Addiction Service.

## 8. Service Components

### 8.1 Processes

The following processes apply but are not limited to: advocacy, assessment, and peer support.

### 8.2 Settings

This service is provided in a community based setting.

### 8.3 Key Inputs

The Service is provided by: peer support workers who will be assisted to access training relevant to their specific roles, which will include specific peer support qualifications / training.

Peer support workers should also have access to a range of supervision options, including peer supervision.

## 9. Service Linkages

Linkages include, but are not limited to the following:

<b>Service Provider</b>	<b>Nature of Linkage</b>	<b>Accountabilities</b>
Other Child, Adolescent and Youth Services	Refer and Liaise	Maintaining connections with other services provided in the district to facilitate access to other services. Refer Service Users to appropriate services

## 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
MHCI37F	Peer Support Service for children and youth	Service providing appropriate peer support to children, adolescents and youth. The nature of the support is tailored to suit the age of the Service User. Service delivered by peer support workers assisted to access training to their specific roles	FTE
MHCI37S	Peer support service for children and youth	Service providing appropriate peer support to children, adolescents and youth. The nature of the support is tailored to suit the age of the service user. Service delivered by peer support workers assisted to access training to their specific roles	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.

<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)