

**Perinatal Mental Health Services**

**Infant Mental Health  
Service**

**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 2010
<b>Amended:</b> clarified reporting requirements.	February 2013
<b>Amended:</b> updated reporting requirements.	September 2014
<b>Amended:</b> added MHIM92S 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 Perinatal Mental Health Services - Infant Mental Health Service (the Service) must be used in conjunction with the following service specifications: tier one Mental Health and Addiction Services, tier two Perinatal Mental Health Services, and tier two Infant Child Adolescent and Youth and service specifications. In addition, it is linked to a range of tier three Perinatal Mental Health service specifications and tier three Infant, Child, Adolescent and Youth Services service specifications.

The service specification defines the infant mental health service and its objectives in the delivery of the Service.

### 4. Service Definition

This community based mental health service for infants within the context of their family and whānau works in partnership with other health and social services agencies and provides:

- comprehensive assessment services
- identification of factors contributing to mental unwellness
- behavioural and psychotherapeutic treatment services
- consultation and liaison to other health and social services.

The Service is designed to support mental wellbeing<sup>1</sup> as:

- the developing capacity of the child to experience, regulate and express emotion
- the ability to form close, secure relationships
- the capacity to explore his/her environment and learn
- the ongoing social-emotional and behavioural well-being of the infant, toddler and young child and his/her “family.”

### 5. Service objectives

#### 5.1 General

The objective of the Service is to provide specific mental health assessment and treatment that is focused on the mental health needs of the infant within the context of family and whānau.

The Service should be provided where there is concern regarding moderate to severe behavioural, emotional or family and whānau relationship problems impacting adversely on the social and emotional development of the infant.

Appropriate assessment and treatment for the infant will alleviate adverse impacts and support their social and emotional development.

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<sup>1</sup> The Zero to Three (2002)

## **5.2 Māori Health**

Refer to tier two Perinatal Mental Health Service, service specification.

## **6. Service Users**

The Service Users will be eligible infants from birth to 3 years old, up to their 4<sup>th</sup> birthday who have social and emotional development problems associated with severe behavioural, emotional or relationship factors.

## **7. Access**

Refer to tier two Perinatal Mental Health Service, service specification. Access to the Service will be via triaged referral from community mental health teams, Perinatal Mental Health, general health services and primary health care.

## **8. Service Components**

### **8.1 Processes**

Refer to tier two Perinatal Mental Health Service, service specification. In addition, the processes include assessment of the infant (including relationship with the mother) in context of family and whānau.

### **8.2 Settings**

The Service is provided in community and hospital based settings, cognisant of the importance of co-location with appropriate services such as perinatal services or Infant Child Adolescent Mental Health Service.

### **8.3 Key Inputs**

Refer to the tier two Perinatal Mental Health Services service specification.

The Service is provided by: a staff with skills and expertise in infant mental health intervention, treatment and support.

## 9. Service Linkages

Linkages include, but are not limited to the following:

Service Provider	Nature of Linkage	Accountabilities
Other providers of Mental Health and addiction services and general health-paediatrics, Well Child providers, General Practitioners and Nurse Practitioners, Lead Maternity Carers, iwi and Pacific providers	Referral, liaison, consultation shared care	Work with other relevant professionals and agencies in the care of the infant(s)
Social agencies such as Ministry of Social Development - Child, Youth and Family	Referral, liaison Consultation	Communicate and work with other agencies in the care of the mother and infant

## 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
MHIM92A	Perinatal – Infant Mental Health Service – Senior medical staff	Service to ensure that specific mental health expertise is available and directed to infants (0 to 3 years old i.e., to fourth birthday) and families and whanau where there is a concern of a moderate to severe behavioural, emotional or family and whanau relationship problem impacting adversely on the social and emotional development of the infant. The service is provided in a community or hospital setting by senior medical staff.	FTE

PU Code	PU Description	PU Definition	Unit of Measure
MHIM92B	Perinatal – Infant Mental Health Service – Junior medical staff	Service to ensure that specific mental health expertise is available and directed to infants (0 to 3 years old i.e., to fourth birthday) and families and whanau where there is a concern of a moderate to severe behavioural, emotional or family and whanau relationship problem impacting adversely on the social and emotional development of the infant. The service is provided in a community or hospital setting by junior medical staff.	FTE
MHIM92C	Perinatal – Infant Mental Health Service – Nurses & allied health	Service to ensure that specific mental health expertise is available and directed to infants (0 to 3 years old i.e., to fourth birthday) and families and whanau where there is a concern of a moderate to severe behavioural, emotional or family and whanau relationship problem impacting adversely on the social and emotional development of the infant. The service is provided in a community or hospital setting by nurses and allied health staff.	FTE
MHIM92D	Perinatal – Infant Mental Health Service – Non-clinical staff	Service to ensure that specific mental health expertise is available and directed to infants (0 to 3 years old i.e., to fourth birthday) and families and whanau where there is a concern of a moderate to severe behavioural, emotional or family and whanau relationship problem impacting adversely on the social and emotional development of the infant. The service is provided in a community or hospital setting by non-clinical staff.	FTE
MHIM92E	Perinatal – Infant Mental Health Service – Cultural staff	Service to ensure that specific mental health expertise is available and directed to infants (0 to 3 years old i.e., to fourth birthday) and families and whanau where there is a concern of a moderate to severe behavioural, emotional or family and whanau relationship problem impacting adversely on the social and emotional development of the infant. The service is provided in a community or hospital setting by cultural staff.	FTE
MHIM92S	Perinatal – Infant Mental Health Service	Service to ensure that specific mental health expertise is available and directed to infants (0 to 3 years old i.e., to fourth birthday) and families and whanau where there is a concern of a moderate to severe behavioural, emotional or family and whanau relationship problem impacting adversely on the social and emotional development of the infant. The service is provided in a community or hospital setting.	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>2</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>2</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)