

Mental Health and Addictions Services

Child Adolescent and Youth Planned Respite for Mental Health and Alcohol and Other Drug/Co-Existing Disorders

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
Amended: clarified reporting requirements	March 2013
Amended: added MHI52S & MHD152S purchase unit codes, 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

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

3. Introduction

This tier three service specification for Child, Adolescent and Youth Planned Respite for Mental Health and Alcohol and Other Drug Co-existing Disorders (the Service) is linked to tier one Mental Health and Addiction Services and tier two Infant, Child, Adolescent and Youth service specifications.

4. Service Definition

This Service will include a range of options that will be developed and maintained. These will be implemented in accordance with the particular requirements of the eligible person /Service User and their carers.

Options will include, but may not be limited to:

- provision of staff with skills appropriate to the circumstances to supervise the person in respite care whether in their own home or elsewhere
- short-term care in supervised accommodation
- short-term care in a specifically dedicated respite facility.

Respite usage will be for a planned period.

Treatment will be provided as required during the period of respite care with the aim of quickly resolving the need for respite care.

5. Service objectives

5.1.1 General

To provide a service that is home based or has a home-like accommodation component to be accessed as a planned event to avoid exacerbating the risk of needing an admission to an inpatient mental health service or alcohol and other drugs for children, adolescents and youth under the care of community mental health teams.

5.1.2 Māori Health

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

6. Service Users

The Service Users are eligible infants, children, adolescents and youth.

7. Access

7.1.1 Entry and Exit Criteria

The use of respite services will be included as part of the management plan for Service Users where it is anticipated that, from time to time, there will be a need for respite by the child, adolescent or youth, or to relieve other carers of the provision of care.

Access will be co-ordinated by the usual community mental health service key worker or care co-ordinator from child and adolescent mental health services.

8. Service Components

8.1 Processes

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

8.2 Settings

The Service is provided in community based.settings.

8.3 Key Inputs

The Service is provided by:

- 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.

Staff have suitable child and youth training and expertise and the ability to recognise underlying mental health and developmental issues.

9. Service Linkages

Linkages include, but are not limited to the following as described in tier one Mental Health and Addiction and 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 and Reporting Requirements

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	PU Measure
MHDI52	Child, adolescent and youth planned respite home based facility	A home-based or home like accommodation service, accessed as a planned event to avoid the risk of needing an admission to inpatient mental health, or alcohol and other drugs for children, adolescents and youth under the care of community mental health teams. The service is delivered by staff with skills to supervise the person in respite care in their own home or elsewhere. It includes, but not limited to short-term care in specifically dedicated respite facility.	Occupied bed day
MHDI52C	Child, youth & adolescent respite home facility – Nursing/allied health	A home-based or home like accommodation service, accessed as a planned event to avoid the risk of needing an admission to inpatient mental health, or alcohol and other drugs for children, adolescents and youth under the care of community mental health teams. It includes, but not limited to short-term care in specifically dedicated respite facility. The service is provided by nurses and/or allied health staff with social support to supervise the person in respite care in their own home or elsewhere. The nurses will be trained in mental health intervention, treatment and support.	FTE
MHDI52D	Child, adolescent and youth planned respite home facility - Non-clinical staff	A home-based or home like accommodation service, accessed as a planned event to avoid the risk of needing an admission to inpatient mental health, or alcohol and other drugs for children, adolescents and youth under the care of community mental health teams. It includes, but not limited to short-term care in specifically dedicated respite facility. The service is provided by non-clinical support staff to supervise the person in respite care in their own home or elsewhere. Non-clinical staff are not subjected to regulatory requirements under legislation or by any other means.	FTE
MHDI52E	Child, adolescent and youth planned respite home facility - Cultural staff	A home-based or home like accommodation service, accessed as a planned event to avoid the risk of needing an admission to inpatient mental health, or alcohol and other drugs for children, adolescents and youth under the care of community mental health teams. It includes, but not limited to short-term care in specifically dedicated respite facility. The service is provided by cultural support staff to supervise the person in respite care in their own home or elsewhere.	FTE

PU Code	PU Description	PU Definition	PU Measure
MHD152S	Child, adolescent and youth planned respite home facility	A home-based or home like accommodation service, accessed as a planned event to avoid the risk of needing an admission to inpatient mental health, or alcohol and other drugs for children, adolescents and youth under the care of community mental health teams. It includes, but not limited to short-term care in specifically dedicated respite facility.	Service
MHI52	Infant, Child, adolescent and youth planned respite	A home based service with/or a home-like accommodation component to be accessed as a planned event to avoid exacerbating the risk of needing an admission to an inpatient mental health service or alcohol and other drugs for children, adolescents and youth under the care of community mental health teams.	Occupied bed day
MHI52C	Child, youth & adolescent respite home facility – Nursing/allied health	A home based service with/or a home-like accommodation component to be accessed as a planned event to avoid exacerbating the risk of needing an admission to an inpatient mental health service or alcohol and other drugs for children, adolescents and youth under the care of community mental health teams. The service is provided by nurses and/or allied health staff trained in mental health intervention, treatment and support.	FTE
MHI52D	Child, adolescent and youth planned respite home facility - Non-clinical staff	A home based service with/or a home-like accommodation component to be accessed as a planned event to avoid exacerbating the risk of needing an admission to an inpatient mental health service or alcohol and other drugs for children, adolescents and youth under the care of community mental health teams. The service is provided by nurses and/or allied health staff trained in mental health intervention, treatment and support.	FTE
MHI52E	Child, adolescent and youth planned respite home facility - Cultural staff	A home based service with/or a home-like accommodation component to be accessed as a planned event to avoid exacerbating the risk of needing an admission to an inpatient mental health service or alcohol and other drugs for children, adolescents and youth under the care of community mental health teams. The service is provided by nurses and/or allied health staff trained in mental health intervention, treatment and support.	FTE
MHI52S	Child, adolescent and youth planned respite home facility -	A home based service with/or a home-like accommodation component to be accessed as a planned event to avoid exacerbating the risk of needing an admission to an inpatient mental health service or alcohol and other drugs for children, adolescents and youth under the care of community mental health teams.	Service

Explanations of the units of measure (UOM) from the above table are here:

Unit of Measure	Unit of Measure Definition
Occupied bed day	Total number of beds that are occupied each day over a designated period. For reporting purposes, count beds occupied as at 12 midnight of each day. Leave days, when the bed is not occupied at midnight are not counted. Counting formula is discharge date less admission date less leave days.
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

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.

Glossary

Not required

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