

Mental Health and Addiction Services

Services for Children, Adolescent and Youth of Parents with a Mental Health Disorder or Addiction

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 Key Inputs	4
9. Service Linkages.....	4
10. Exclusions	4
11. Quality Requirements	5
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
Amendments: clarified reporting requirements, completed PU table. Corrected title, edited for consistency	April 2013
Amendments: added MHA57S purchase unit code, 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 Services for Children, Adolescents and Youth of Parents with a Mental Health Disorder or Addiction (the Service) must be used in conjunction with tier one Mental Health and Addiction Specialist Services and tier two Infant, Child, Adolescent and Youth service specifications.

4. Service Definition

The Service will include:

- building on strengths and developing resilience within the family/whānau context
- assistance with accessing clinical services where required for family/whānau
- providing information and education to family members regarding services and resources available to them
- support families/whānau members to cope with mental health problems that affect them as a family
- linkage to natural supports and strengths within the family/whānau and community as longer-term supports to achieve independence
- linkage to peer groups and networks
- provision of flexible supports to children, adolescents and youth
- culturally appropriate to each family/whānau
- time limited duration.

An allocated flexi-fund may be used when there is no other appropriate funding source available or service to refer the family/whānau or individual to, such as support for household activities and arrangements for child care during attendance at important appointments. Flexible and community-based natural supports are preferred in the first instance and where appropriate.

Children, adolescents and youth will be given as much responsibility as they are able to take for selecting their supports.

5. Service objectives

5.1 General

The Service aims to positively impact the health status of the children, adolescents and youth, and their families/whānau where a parent(s) and/or one or more of their children are experiencing severe mental illness and are an identified consumer of clinical mental health services.

The Service is strengths based and resilience focused, and employs a 'holistic' approach to support the entire family/whānau, rather than supporting parents or children and young people in isolation.

5.2 Māori Health

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

6. Service Users

The Service Users include children, adolescents and youth who have a parent who experiences a mental illness and/or addiction.

7. Access

Access to the Service is on referral from specialist community mental health or addiction 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

Community based setting.

8.3 Key Inputs

The Services are 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.

Services will be provided by staff with qualifications to support children, adolescents and youth with parents who experience mental health disorders or addiction.

9. Service Linkages

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

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
MHI57C	Child, adolescents & youth & families with mental health disorders – Nursing/allied health staff	A strengths-based and resilience and time limited service to help and support children, adolescents and youth and their families/whanau who are experiencing severe mental illness and are an identified consumer of clinical mental health services. The service is provided by non-clinical support staff who interact with the service users and who are not subjected to regulatory requirements under legislation or by any other means.	FTE
MHI57D	Child, adolescents & youth & families with a mental health disorder - Non-clinical staff	A strengths-based and resilience and time limited service to help and support children, adolescents and youth and their families/whanau who are experiencing severe mental illness and are an identified consumer of clinical mental health services. The service is provided by non-clinical support staff who interact with the service users and who are not subjected to regulatory requirements under legislation or by any other means.	FTE
MHI57E	Children, adolescents and youth with a mental health disorder - Cultural staff	A strengths-based and resilience and time limited service to help and support children, adolescents and youth and their families/whanau who are experiencing severe mental illness and are an identified consumer of clinical mental health services. The service is provided by support cultural staff who interact with the service users and who are not subjected to regulatory requirements under legislation or by any other means.	FTE
MHI57F	Children, adolescents and families with a mental health disorder - Peer Support	A strengths-based and resilience and time limited service to help and support children, adolescents and youth and their families/whanau who are experiencing severe mental illness and are an identified consumer of clinical mental health services. The service is provided by peer support who interact with the service users and who are not subjected to regulatory requirements under legislation or by any other means.	FTE
MHI57S	Children, adolescents and families with a mental health disorder -	A strengths-based and resilience and time limited service to help and support children, adolescents and youth and their families/whanau who are experiencing severe mental illness and are an identified consumer of clinical mental health services.	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.nsfh.health.govt.nz/service-specifications/current-service-specifications/mental-health-and-addiction-services