

**Mental Health and Addiction
Services**

**Infant, Child, Adolescent
and Youth Day
Treatment Services**

Tier 3 Service Specification

September 2024

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1. Status

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
Amendments: clarified reporting requirements, completed PU table. Corrected title, edited for consistency	March 2013
Amendments: added MHI45S purchase unit code, removed standard provider monitoring reporting tables. Minor editing.	April 2017
Content moved to updated Health New Zealand format	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 Service Specification Programme Manager, National Health Board Business Unit, to discuss the process and guidance available in developing new or updating and revising existing service specifications. Web site address Nationwide Service Framework Library: [Nationwide Service Framework Library – Health New Zealand](#)

3. Introduction

This tier three service specification for Infant, Child, Adolescent and Youth - Day Treatment Services (the Service) must be used in conjunction with tier one Mental Health and Addiction Services and tier two Infant, Child, Adolescent and Youth service specifications.

Day treatment programmes are fully integrated into the spectrum of infant, child, adolescent and youth mental health services to ensure the smooth transition of Service Users from one part of the service to another. They may be delivered as a more intensive component and part of the community mental health service or the inpatient service.

4. Service Definition

The Service will include a range of services:

- assessment or re-assessment of clinical conditions/functional abilities
- medication review and stabilisation
- specific programmes for symptom reduction, enhancement of function, and education and information
- consultation with and/support to family/whānau and significant others.

The Service may be delivered as a more intensive component and as part of the community mental health service or inpatient service.

The Service is expected to reduce the frequency of inpatient stays and length of stay in inpatient settings.

5. Service objectives

5.1.1 General

To provide an assessment, treatment and resilience-oriented programme for those requiring specialised programmes and/or more intensive care than can be provided within community infant, child, adolescent and youth mental health services, but who do not require inpatient care.

5.1.2 Māori Health

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

5.1.3 Pacific Health

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

5.1.4 Health for other population groups

6. Service Users

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

7. Access

7.1.1 Entry and Exit Criteria

Referrals received from other specialist child and adolescent mental health services and mental health inpatient services.

8. Service Components

8.1.1 Settings and Facilities

Community or hospital based setting.

8.1.2 Processes

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

8.1.3 Key Inputs

The Services are 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
- staff with training, skills and expertise in mental health intervention, treatment and support, for infants, children, adolescents and youth
- staff with the ability to recognise underlying mental health and developmental issues.

9. Service Linkages

Linkages include, but are not limited to the following described in tier one Mental Health and Addiction Service 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 (PU) 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
MHI45	Infant, child, adolescent and youth day services	An assessment, treatment and resilience orientated programme aimed at enhancing interpersonal and living skills for people who have mental health problems and high support needs. The service excludes inpatient care, and it is expected to reduce the frequency and length of stay in inpatient settings.	Client
MHI45A	Infant, child, adolescent and youth day services - Senior medical staff	An assessment, treatment and resilience orientated programme aimed at enhancing interpersonal and living skills for people who have mental health problems and high support needs. The service excludes inpatient care, and it is expected to reduce the frequency and length of stay in inpatient settings. The service is delivered by senior medical staff trained in mental health, intervention, treatment and support.	FTE
MHI45B	Infant, child, adolescent and youth day services - Junior medical staff	An assessment, treatment and resilience orientated programme aimed at enhancing interpersonal and living skills for people who have mental health problems and high support needs. The service excludes inpatient care, and it is expected to reduce the frequency and length of stay in inpatient settings. The service is delivered by junior medical staff trained in mental health, intervention, treatment and support.	FTE
MHI45C	Infant, child, adolescent and youth day services – Nursing and/or allied health staff	An assessment, treatment and resilience orientated programme aimed at enhancing interpersonal and living skills for people who have mental health problems and high support needs. The service excludes inpatient care, and it is expected to reduce the frequency and length of stay in inpatient settings. The service is delivered by nurses and/or allied health staff trained in mental health, intervention, treatment and support.	FTE

PU Code	PU Description	PU Definition	Unit of Measure
MHI45D	Infant, child, adolescent and youth day services - Non-clinical staff	An assessment, treatment and resilience orientated programme aimed at enhancing interpersonal and living skills for people who have mental health problems and high support needs. The service excludes inpatient care, and it is expected to reduce the frequency and length of stay in inpatient settings. The service is delivered by non-clinical support staff trained in mental health, intervention, treatment and support.	FTE
MHI45E	Infant, child, adolescent and youth day services - Cultural staff	An assessment, treatment and resilience orientated programme aimed at enhancing interpersonal and living skills for people who have mental health problems and high support needs. The service excludes inpatient care, and it is expected to reduce the frequency and length of stay in inpatient settings. The service is provided by the appropriate cultural staff.	FTE
MHI45F	Infant, child, adolescent and youth day services - Peer support staff	An assessment, treatment and resilience orientated programme aimed at enhancing interpersonal and living skills for people who have mental health problems and high support needs. The service excludes inpatient care, and it is expected to reduce the frequency and length of stay in inpatient settings. The service is provided by peer support groups who are not subjected to regulatory requirements under legislation or by any other means.	FTE
MHI45S	Infant, child, adolescent and youth day services	An assessment, treatment and resilience orientated programme aimed at enhancing interpersonal and living skills for people who have mental health problems and high support needs. The service excludes inpatient care, and it is expected to reduce the frequency and length of stay in inpatient settings.	Service

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.
Client	Number of clients managed by the service in the reporting period (period is annual 1st July - 30th June) i.e. caseload at the beginning of the plus all new cases in the period. 'Client' and 'Service User' are interchangeable.
Service	Service purchased in a block arrangement uniquely agreed between the parties to the agreement

12.1 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.

The information required by the Funder will be emailed to

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.

13. Glossary

Not required

14. 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 [Mental health and addiction service specifications – Health New Zealand | Te Whatu Ora](#)