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|  | **All District Health Boards** | |
| ADULT MENTAL HEALTH SERVICES -COMMUNITY DAY PROGRAMME **MENTAL HEALTH AND ADDICTION SERVICES** Tier THREEService Specification | | |
| **STATUS: These service specifications may be amended to meet local agreement needs.** | | **NON-MANDATORY** |
| Review History | | Date |
| Published on NSFL | | June 2009 |
| **Corrected:** Reporting item- monthly number of day attendances added | | July 2010 |
| **Amended**: clarified reporting requirements | | February 2013 |
| **Amended:** added MHAD16S purchase unit code, removed standard provider monitoring reporting tables. Minor editing. | | April 2017 |
| Consideration for next Service Specification Review | | Within five years |

**Note:** Contact the Service Specification Programme Manager, Service Commissioning, Ministry of Health to discuss proposed amendments to the service specifications and guidance available in developing new or updating and revising existing service specifications.

Web site address Nationwide Service Framework Library: <http://www.nsfl.health.govt.nz/>

**ADULT MENTAL HEALTH SERVICES –COMMUNITY DAY PROGRAMME**

**MENTAL HEALTH AND ADDICTION SERVICES**

**TIER THREE SERVICE SPECIFICATION**

**MHA16A, MHA16B, MHA16C, MHA16D, MHA16E, MHA16F, MHA16S**

This tier three service specification for Adult Mental Health Services- Community Day Programme (the Service) is linked to tier one Mental Health and Addiction Services and tier two Adult Mental Health service specifications.

**1. Service Definition**

The Service will include:

* 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
* a goal-oriented, recovery-focused, skill development programme that increases the Service User’s ability to manage their own illness, achieve life goals, develop positive relationships, develop problem-solving skills, consultation/support to family/whānau and significant others.

Individual Service User recovery plans will be developed in accordance with formally assessed needs. The plans are developed in conjunction with the Service User and relevant carers, and with other health and social agencies and community mental health services actually or potentially involved in the person’s care – enabling a comprehensive approach to meeting the identified needs. Progress against plans and identified goals will be reviewed at specified intervals, with modification of plans accordingly.

Plans will aim to:

* meet individual needs
* assist integration into the community
* maintain cultural links
* maintain family and whānau links
* educate the Service User and their carers about illness, symptoms and the management of symptoms.

A comprehensive range of community-based development options will include:

* specialist assessment
* ongoing monitoring of symptoms and regular review of progress and treatment at specified intervals
* attention to matters in relation to maintenance of health, relapse prevention, early detection and intervention for relapses of illness, problem prevention and promotion of good mental health
* occupational therapy
* recreational activities
* social skills training
* domestic skills training
* assertiveness and self-esteem building
* development of cultural links
* access to vocational activities
* assistance and coaching with budgeting and financial goals.

It may also include:

* pharmacotherapy and bio-medical investigations and interventions
* psychological treatments/therapy

Where required, transport to and from the facility is provided or arranged by the service. Meals are provided at no cost to the Service User.

**2. Service Objectives**

**2.1 General**

The Service provides an assessment, treatment, therapy and support, recovery-oriented rehabilitative programme. Day treatment programmes are fully integrated into the continuum of acute and support services to ensure the smooth transition for individuals from one service to another.

**2.2 Māori Health**

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

**3. Service Users**

The Service Users are eligible adults as described in the tier two Adult Mental Health service specification.

**4. Access**

**4.1 Entry and Exit Criteria**

Referral to the Service is from community or inpatient mental health services.

**5. Service Components**

**5.1 Processes**

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

**5.2 Settings**

The Service is provided in community based settings.

**5.3 Key Inputs**

The Service is 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.

**6. Service Linkages**

Linkages include, but are not limited to the following described in tier one Mental Health and Addiction Specialist Services and tier two Adult Mental Health service specifications.

**7. Purchase Units and Reporting Requirements**

**7.1** Purchase Unit (PU) Codes are defined in the DHB and Ministry’s Nationwide Service Framework Data Dictionary. The following codes apply to this Service.

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| **PU Code** | **PU Description** | **PU Definition** | **Unit of Measure** |
| MHA16A | Community day programme - Senior medical staff | A service by senior medical staff trained in mental health and addiction intervention, treatment and support to provide an assessment, treatment, therapy and support, recovery-oriented rehabilitative programme | FTE |
| MHA16B | Community day programme - Junior medical staff | A service by junior medical staff to provide an assessment, treatment, therapy and support, recovery-oriented rehabilitative programme. | FTE |
| MHA16C | Community day programme - Nursing and/or allied staff | A service by nurses and/or allied staff to provide an assessment, treatment, therapy and support, recovery-oriented rehabilitative programme. | FTE |
| MHA16D | Community day programme - Non-clinical staff | A service by non-clinical support staff to provide an assessment, treatment, therapy and support, recovery-oriented rehabilitative programme. | FTE |
| MHA16E | Community day programme - Cultural staff | A service by cultural support staff to provide an assessment, treatment, therapy and support, recovery-oriented rehabilitative programme. | FTE |
| MHA16F | Community day programme - Peer support staff | A service by peer support to provide an assessment, treatment, therapy and support, recovery-oriented rehabilitative programme | FTE |
| MHA16S | Community Day Programme | A service to provide an assessment, treatment, therapy and support, recovery-oriented rehabilitative programme. | Service |

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| **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 |

**7.2 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.

The information required by the Funder will be sent to:

Performance Reporting

Sector Operations

Ministry of Health

Private Bag 1942

Dunedin 9054

Email [performance\_reporting@moh.govt.nz](mailto:performance_reporting@moh.govt.nz)

The Performance Monitoring Reporting tables for the Mental Health and Addiction Service Specifications[[1]](#footnote-1) may be used for performance monitoring if specified as agreed with the Funder.

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.nsfl.health.govt.nz/service-specifications/current-service-specifications/mental-health-and-addiction-services [↑](#footnote-ref-1)