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|  | **All District Health Boards** | |
| **MENTAL HEALTH AND ADDICTION SERVICES -** EARLY INTERVENTIONFOR PEOPLE WITH FIRST-TIME PSYCHOSISTier THREEService Specification | | |
| **STATUS: These service specifications may be amended to meet local agreement needs.** | | **NON-MANDATORY** |
| Review History | | Date |
| First Published on NSFL | | **June 2009** |
| **Correction:** Reporting item- monthly number of day attendances added | | **July 2010** |
| **Amended:** clarified reporting requirements | | February 2013 |
| **Amended:** added MHA10S and MHI10S purchase unit codes, removed standard provider monitoring reporting tables. Minor editing. | | July 2016 |
| 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 in developing new or updating and revising existing service specifications.

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

**MENTAL HEALTH AND ADDICTION SERVICES -**

**EARLY INTERVENTION FOR PEOPLE WITH FIRST-TIME PSYCHOSIS**

**TIER THREE SERVICE SPECIFICATION**

**MHA10A, MHA10B, MHA10C, MHA10D, MHA10E, MHA10S**

**MHI10A, MHI10B, MHI10C, MHI10D, MHI10E, MHI10S**

This tier three service specification for Early Intervention for People with First-Time Psychosis (the Service) is linked to tier one Mental Health and Addiction Services and either tier two Adult Mental Health or tier two Infant, Child, Adolescent and Youth service specifications as appropriate.

**1. Service Definition**

The Service will include:

* early recognition, assessment, acute treatment, therapy and support
* risk assessment and reduction in suicide
* appropriate organic investigations
* bio-medical treatments
* psychological interventions
* case management and service co-ordination
* social treatments
* psycho education
* family and whānau intervention and support
* appropriate cultural support
* consultation and liaison with other health services, including primary care
* liaison with other services/agencies to facilitate assistance with income/employment/education/housing requirements/peer support and so on
* training and education (of the Service User concerned plus relevant family and whānau / carers)
* treatment and maintenance of health and wellbeing
* Service User self-help/mutual support opportunities
* attention to (amongst other things) developing and maintaining positive interpersonal relationships
* attention to personal safety
* attention to problems with alcohol and other drug misuse
* engagement with family and whānau
* liaison and education with primary care providers
* time limited provision of services
* evaluation and outcomes
* patients should receive ongoing follow up during the early critical period, anywhere between two and up to five years.

Relapse prevention 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 a comprehensive approach to meeting the identified needs.

**2. Service Objectives**

**2.1 General**

To provide a recovery-oriented service specifically for people experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis. The Service aims to actively detect psychosis early in the course of the condition and therefore shorten the course and decrease the severity of the illness, thereby minimising the complications that may arise. The Service will actively seek appropriate referrals and provide interventions that assist with early detection of psychosis.

**2.2 Māori Health**

Refer to the tier one Mental Health and Addition Services service specifications.

**3. Service Users**

The Service Users are eligible people. Refer to either the tier two Adult Mental Health or tier two Infant, child, adolescent and youth service specifications.

Consistent with national and international evidence, this service is more commonly focused on a younger age group and will often be provided in conjunction with either adult mental health, or CAMHS service or as an entity of its own linking with the appropriate other mental health services.

**4. Access**

**4.1 Entry and Exit Criteria**

Access to the Service may be from any source, including by Service Users directly or upon referral from primary practitioners, family and whānau, carers and community members, and from inpatient 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 those described in tier one Mental Health and Addiction Specialist Services, and either tier two Adult Mental Health or tier two Infant, child, adolescent and youth 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 Purchase Unit Data Dictionary. The following codes apply to this Service.

| **PU Code** | **PU Description** | **PU Definition** | **Unit of Measure** |
| --- | --- | --- | --- |
| MHA10A | Early intervention for adults with first time psychosis - Senior medical staff | A service by senior medical staff to provide a recovery-oriented service specifically for adults experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis . | FTE |
| MHA10B | Early intervention for adults with first time psychosis - Junior medical staff | A service by junior medical staff to provide a recovery-oriented service specifically for adults experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis. | FTE |
| MHA10C | Early intervention for adults with first time psychosis – Nursing/allied health staff | A service by nurses and/or allied staff to provide a recovery-oriented service specifically for adults experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis. | FTE |
| MHA10D | Early intervention for adults with first time psychosis - Non-clinical staff | A service by non-clinical support staff to provide a recovery-oriented service specifically for adults experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis. | FTE |
| MHA10E | Early intervention for adults with first time psychosis - Cultural staff | A service by support cultural staff to provide a recovery-oriented service specifically for adults experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis. | FTE |
| MHA10S | Early Intervention for people with first time psychosis | A service to provide a recovery-oriented service specifically for adults experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis . | Service |
| MHI10A | Early Intervention - Infant, child, adolescent, youth - first time psychosis - Senior medical staff | A service by senior medical staff to provide a recovery-oriented service specifically for infant, children, adolescents and youth experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis. | FTE |
| MHI10B | Early Intervention - Infant, child, adolescent, youth - first time psychosis - Junior medical staff | A service by junior medical staff to provide a recovery-oriented service specifically for infant, children, adolescents and youth experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis. | FTE |
| MHI10C | Early Intervention - Infant, child, adolescent, youth - first time psychosis - Nurses & allied health | A service by junior medical staff to provide a recovery-oriented service specifically for infant, children, adolescents and youth experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis. | FTE |
| MHI10D | Early Intervention - Infant, child, adolescent, youth - first time psychosis - Non-clinical | A service by non-clinical staff to provide a recovery-oriented service specifically for infant, children, adolescents and youth experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis. | FTE |
| MHI10E | Early Intervention - Infant, child, adolescent, youth - first time psychosis – Cultural | A service by cultural staff to provide a recovery-oriented service specifically for infant, children, adolescents and youth experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis. | FTE |
| MHI10S | Early Intervention - Infant, child, youth - first time psychosis | A service to provide a recovery-oriented service specifically for infant, children, adolescents and youth experiencing symptoms of psychosis for the first time or following a first presentation to mental health services for a first episode of psychosis. | 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)