

Mental Health and Addiction Services

**Specialist Eating
Disorders with
Accommodation**

Tier 3

November 2024

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1. Status

These service specifications may be amended to meet local agreement needs.

MANDATORY RECOMMENDED

2. Review History

Review History	Date
First Published on NSF Library	June 2009
Amended: clarified reporting requirements added Purchase unit code MHE32.	March 2013
Amended: added MHE32S purchase unit code, removed standard provider monitoring reporting tables. Minor editing.	April 2017
Consideration for next Service Specification Review	Within five years
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

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@tewhatauora.govt.nz

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

3. Introduction

**EATING DISORDER SERVICES –
SPECIALIST EATING DISORDERS SERVICE (WITH ACCOMMODATION)
MENTAL HEALTH AND ADDICTION SERVICES
TIER THREE SERVICE SPECIFICATION
MHE32, MHE32A, MHE32B, MHE32C, MHE32D, MHE32E, MHE32S**

This tier three service specification for Specialist Eating Disorders Service (with accommodation) (the Service) is linked to tier one Mental Health and Addiction Services and tier two Eating Disorder service specifications.

4. Service Definition

The Service provides recovery-orientated accommodation and treatment for people with an eating disorder. This is a 24-hour service and will include appropriate assessment, monitoring, treatment and support. This service specification should be used for people aged 15 years and older.

The Service may be used as planned respite, an alternative to acute admission or as a step down from inpatient care. It is likely that people will stay in this service for a period of weeks/months.

5. Service Objectives

5.1 General

The Service will be part of, or closely aligned with, a clinical eating disorder service and hospital inpatient facilities. The Service will include:

- 24-hour residential accommodation in an age-appropriate home-like setting
- 24-hour staffing with on-call clinical staff
- transfer to and from hospital inpatient services
- supported and/or supervised meals
- treatment and relapse prevention planning
- close monitoring of physical and mental wellbeing
- engagement with family/whānau
- transition planning.

The Service will provide a day programme that will include:

- group and/or individual based treatment and therapy involving family/whānau where appropriate
- supported and/or supervised meals.

5.2 Māori Health

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

6. Service Users

The Service Users include eligible people of any age.

7. Access

7.1 Entry and Exit Criteria

Access to the Service will be by referral from a clinical outpatient eating disorder service, inpatient services or, where appropriate, community mental health team or primary health services.

8. Service Components

8.1 Processes

The processes include but are not limited to: assessment; treatment, intervention and support; review; discharge; consultation and liaison.

8.2 Settings

The Service is provided in a community based setting.

The treatment needs are different for adolescents and adults. Separation between adolescents and adults in both treatment and accommodation is recommended. This could occur in the same facility or in separate facilities.

8.3 Key Inputs

The Service is provided by people with skills and experience in eating disorder intervention, treatment and support, and who belong in one of the following categories:

- 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.

9. Service Linkages

Linkages include, but are not limited to the following:

Service Provider	Nature of Linkage	Accountabilities
Clinical outpatient, inpatient and, other eating disorders service and primary care.	Referral pathways for referring on and receiving Service Users	Service Users will be transitioned in to other services within the continuum to support their needs appropriately

10. Purchase Units and Reporting Requirements

10.1 Purchase Units

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
MHE32	Specialist eating disorders residential service	A 24-hour service to provide recovery-orientated accommodation and treatment for people aged 15 years and older with an eating disorder.	Occupied bed day
MHE32A	Specialist eating disorders residential service - Senior medical staff	A 24-hour service to provide recovery-orientated accommodation and treatment for people aged 15 years and older with an eating disorder. The service is provided by senior medical staff with skills and experience in eating disorder intervention, treatment and support.	FTE
MHE32B	Specialist eating disorders residential Service - Junior medical staff	A 24-hour service to provide recovery-orientated accommodation and treatment for people aged 15 years and older with an eating disorder. The service is provided by junior medical staff with skills and experience in eating disorder intervention, treatment and support.	FTE
MHE32C	Specialist eating disorders residential service – Nursing and/or allied health staff	A 24-hour service to provide recovery-orientated accommodation and treatment for people aged 15 years and older with an eating disorder. The service is provided by nurses and/or other allied health staff with skills and experience in eating disorder intervention, treatment and support.	FTE
MHE32D	Specialist eating disorders residential service - Non-Clinical staff	A 24-hour service to provide recovery-orientated accommodation and treatment for people aged 15 years and older with an eating disorder. The service is provided by non-clinical support staff with skills and experience in eating disorder intervention, treatment and support	FTE

PU Code	PU Description	PU Definition	Unit of Measure
MHE32E	Specialist eating disorders residential service - Cultural staff	A 24-hour service to provide recovery-orientated accommodation and treatment for people aged 15 years and older with an eating disorder. The service is provided by cultural support staff.	FTE
MHE32S	Specialist eating disorders residential service	A 24-hour service to provide recovery-orientated accommodation and treatment for people aged 15 years and older with an eating disorder.	Service

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

10.2 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:

Email: 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.

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 <https://www.tewhātuora.govt.nz/health-services-and-programmes/nationwide-service-framework-library/about-nationwide-service-specifications/mental-health-and-addiction-service-specifications>