

Initial Assessment and Referral for Mental Health care guidance and Decision Support Tool

The Initial Assessment and Referral and Decision Support Tool (IAR-DST) for mental health care assists general practitioners and clinicians in recommending a level of care for a person seeking mental health support. The IAR-DST is being adopted nationally and provides an evidence-based and objective approach to the initial assessment for patients seeking mental health support.



Background

The National Initial Assessment and Referral Guidance was developed by the Australian Department of Health and Aged Care and is designed to provide:

- advice relating to initial assessment and intake (the eight domains).
- a description of evidence-based services by level of intensity (the five levels of care).
- criteria to assist with matching an individual to a level of care that is most likely to meet the individual's treatment needs and recovery goals (the IAR-DST).

The workshops

The training will focus on:

1. Introduction to the IAR-DST and the development of the National Guidance.
2. Orientation to the domains, levels of care, and Decision Support Tool.
3. Clinical judgement and supported decision-making.
4. Application of the IAR-DST in assessment and intake settings (practical activity using a scenario).

The learning outcomes are:

- Participants are familiar with the principles underpinning the national approach to stepped care.
- Participants have an awareness of and confidence in the IAR-DST development process.
- Participants can apply the IAR guidance in practice settings, to determine an appropriate level of care.
- Participants understand the levels of care and can determine regional services matched against the levels of care.
- Participants understand the principles related to clinical decision making and consumer choice and can practice following these principles using supported decision-making strategies.

For more information, email IAR.info@emphn.org.au