



The Initial Assessment and Referral Decision Support Tool (IAR-DST) for mental health care

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 tool brings together existing assessment results rather than replacing or requiring additional clinical assessment scales and processes.

PHNs nationally are supporting the adoption of the IAR-DST. General Practitioners may use the IAR-DST after they have completed an initial clinical assessment to help engage in a conversation with the patient about a resource recommendation or service referral.

The IAR- DST:

- provides a framework for GPs and clinicians to consider consumers presentation in the context of 8 holistic assessment domains and may also act as a prompt about the information to gather.
- aims to provide: a common approach and language for communicating the intensity of the treatment response (level of care) across service providers.

A once off \$300 payment (excl. GST) is available for eligible GPs who complete the two-hour training*. We are working towards the IAR-DST training being a RACGP CPD Approved Activity for the triennium 2023-2026.

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).

Further information

For more information please visit the [EMPHN website](#)

* GPs/GP registrars whose principal place of practice is within the EMPHN catchment must attend the full two-hour training to receive the payment. GPs will not be paid for attending this training if attending on behalf of an organisation as a salaried position funded by the Commonwealth or if they have previously been paid for attending this training.