

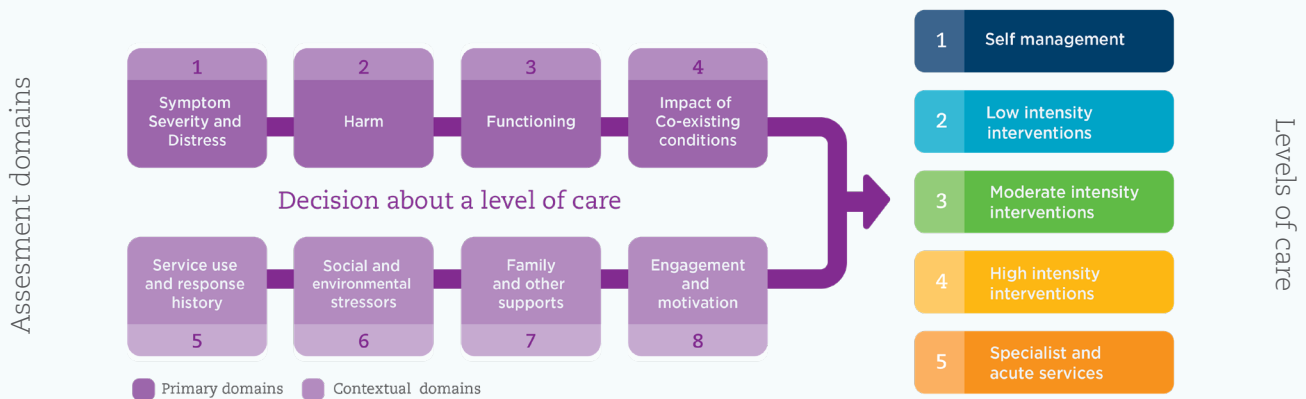
# Initial Assessment and Referral Decision Support Tool for **mental healthcare**

A nationally consistent and evidence-based approach to mental health referrals

## What is the Initial Assessment and Referral Decision Support Tool (IAR – DST)?

The IAR-DST helps clinicians and mental health service providers to assist individuals seeking mental health support in primary care. It uses a standardised evidenced -informed approach to evaluate needs, connecting consumers with the appropriate local care.

Individuals often present with diverse mental health concerns. The IAR-DST evaluates these across eight holistic domains to generate an appropriate level of care. The IAR-DST and the IAR Guidance are being implemented across all Commonwealth-funded mental health service nationwide.



## The IAR-DST can assist users to:



Explore essential information during a mental health assessment and review critical & holistic information that is essential for decision making.



Estimate or confirm the mental health treatment needs of the patient or consumer



Communicate treatment needs with others in the sector, reducing the frustration that might occur when referring to mental health services.

The IAR-DST redefines the stepped care approach to mental health care by recommending a level of care based on the least intensive intervention that will likely lead to the best possible gain for mental health consumers.

## IAR-DST training

For an introduction and orientation to stepped care, the initial assessment and referral process, and the decision support tool, please register for online training.

Training can also be delivered face-to-face at your facility by request.

Learn more about IAR-DST by scanning the QR code or visit: [nqphn.com.au/iar-dst](http://nqphn.com.au/iar-dst)

