

Initial Assessment and Referral – Decision Support Tool (IAR-DST)

Why use the IAR-DST?

1. Consistent and transparent referrals. The IAR-DST is being progressively introduced across federal and state mental health services, harmonising the approach to referrals and service provision right across the sector.
2. Improved patient outcomes. Effective communication of a consumer's circumstances will ensure that they are matched to the most appropriate service for their needs, minimising their time within the primary care system while maximising their opportunities for improved health outcomes.
3. Flexible clinical decision making. The IAR-DST is used in conjunction with other standardised assessment tools and clinical judgement to help the consumer make the most appropriate plan, while being able to flexibly adjust treatment needs in response to changes in their circumstances.
4. Improved workflow. Integration of the IAR-DST within the [RediCASE My Mental Health Services eReferral form](#) and mapping of available services in the Brisbane North PHN region to each level of care will streamline decision-making processes and reduce overall administrative load.

How does the IAR-DST work?

The IAR-DST is a useful support to complement clinical judgement and assessment. It is used to assist clinicians to recommend the most appropriate level of care for a person seeking mental health support. Using the IAR-DST to complement your clinical judgement will help align GPs and mental health clinicians in other parts of the mental health system to provide the best support and care for patients. This may help to avoid delays in connecting your patient to the right type of care.

[The tool](#) is designed to provide advice relating to initial assessment and intake, across 8 diagnostic domains:

1. Symptom severity and distress
2. Risk of harm
3. Impact on functioning
4. Impact of co-existing conditions
5. Treatment and recovery history
6. Social and environmental stressors
7. Family and other supports
8. Engagement and motivation

The IAR-DST uses these criteria to assist with matching an individual to the most appropriate level of care that is most likely to help them get the treatment to recover.

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Accessing the IAR-DST via the My Mental Health Services eReferral form

The My Mental Health Services Referral is a single electronic form which can be used to refer into all Brisbane North PHN commissioned mental health, alcohol and other drug and suicide prevention services. The information provided in the referral form including the IAR-DST assessment will be used to select a service matched to the consumers presenting needs.

GPs and other health professionals are able to access the [eLink](#) on any internet browser and this will securely transmit referral information, directly to the service provider.

Practices with Medical Director or Best Practice can install the RediCASE GP Integrator into your existing software. The Integrator prefills patient information and sends the referral securely to the service provider. Please contact the Head to Health Service Navigation Team at Brisbane North PHN to arrange installation of the Redicase GP Integrator. Ph: 1800 595 212 e: headtohealth@brisbanenorthphn.org.au Further information about the My Mental Health Services eReferral form can be found [here](#)