



Australian Government

**phn**  
GOLD COAST

An Australian Government Initiative

# Initial Assessment & Referral (IAR) for Mental Healthcare Onsite Training

- \$300 payment for GPs and GP Registrars
- Self logged CPD points
- 2 hours in total, can be split into two sessions

# Objectives of IAR

- A person seeking mental health assistance has their experiences understood in the context of holistic assessment domains (the **8 domains**). The 8 domains help to distil essential assessment information and amplify key signals (e.g., red flags) that are critical for decision-making.
- A person's treatment needs are understood and matched to a service type and intensity based on the least intensive and least intrusive evidence-based intervention that will likely lead to the most significant possible gain (the **5 levels of care**).
- Bring together the assessment results rather than replace (or require additional) existing clinical assessment scales and processes.
- To minimise the risks that arise through under-servicing (poor outcomes) and over-servicing (unnecessary burden of care for the individual).
- To guide clinical judgement and inform discussions with the consumer about choice and preferences.



# Why use the IAR Guidance and IAR-DST?

All Commonwealth-funded mental health services will progressively begin using the IAR-DST. State and territory mental health services will also begin using or exploring use of the tool. PHNs are supporting General Practitioners by building awareness of the tool and training GPs in how to use the tool.

- A framework for mental health assessment in primary mental healthcare.
- Clinical decision support (estimating or confirming the treatment need).
- Widespread use of the IAR-DST improves the **awareness of and transparency about how decisions relating to referral appropriateness are made** – reducing some of the frustration that occurs with referrals not being accepted by service providers.
- Using a standardised tool like IAR helps referrers **record and communicate initial assessment and referral information and articulate treatment needs** using language commonly understood across the sector.
- Equips users with a framework for documenting decision-making.



# Organise a training session

- ✓ \$300 incentive payment for GPs and GP Registrars
- ✓ Self logged CPD Points
- ✓ Support for mental health referrals
- ✓ Overview of Head to Health phone service
- ✓ Flexible onsite training opportunity

To organise or discuss further contact:

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