

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

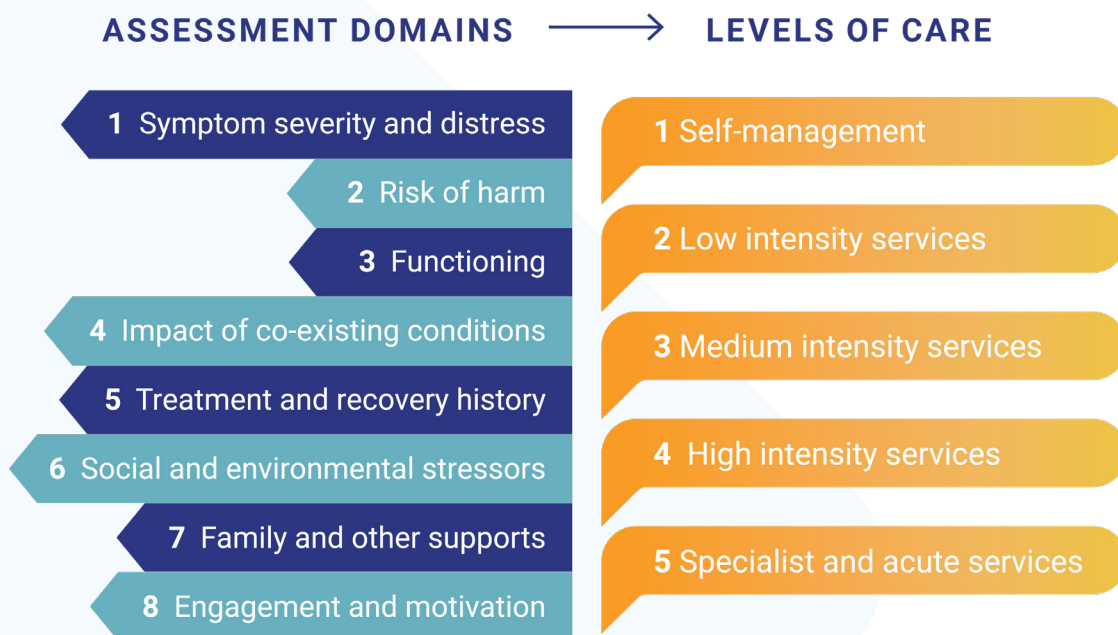
What is the IAR-DST?

The Initial Assessment and Referral Decision Support Tool (IAR-DST) provides support to clinicians on how to respond to people when they first ask for mental health support in primary care settings. By using a standardised, evidence-based approach to categorise mental health levels, patients can be connected to the most appropriate local care.

The IAR-DST is available on the Australian Government website: iar-dst.online

Why use the tool?

- IAR-DST will be widely used by Commonwealth-funded mental health services in the future
- Promotes a shared language for mental health assessment and treatment needs
- Collates essential information about a person, critical for appropriate mental health referral and decision-making
- Builds on the stepped care approach to mental health service provision by recommending a level of care based on the least intensive intervention that will likely lead to the best possible outcome for consumers
- Promotes consumer supported decision-making for mental health in general practice



Find Out More

Learn more about IAR-DST and register for training at wentwest.com.au/IAR-DST

Register for an upcoming training: bit.ly/IAR-DST

Contact our IAR Team at
iar@wentwest.com.au

Accessing Training

IAR-DST training is available to GPs, general practice staff, clinicians, and other mental health service providers in Western Sydney.

GPs are **eligible for CPD** from the RACGP for attending IAR-DST training. GPs and GP Registrars working in general practices in the WSPHN region will receive **\$300 reimbursement** for attending the training.

Our IAR training is hosted on our new Our West Sydney platform. To register, head to bit.ly/IAR-DST or scan the QR code below.



To sign-up for IAR-DST training:

1. Scan the QR code to access the 'Our West Sydney' website
2. Sign-up for Our West Sydney or use your existing login
3. View upcoming IAR-DST Training Sessions and click 'Going' on your preferred date
4. Save the date to your calendar and complete Module 1 ahead of the training session.



**Mighty
Networks**

You can also access Our West Sydney on your phone by downloading the Mighty Networks app.

Learning Objectives:

- Describe the development process of the Initial Assessment and Referral Initiative
- Describe the 8 Initial Assessment Domains of the Decision Support Tool
- Define the 5 levels of care and provide examples of mental health services that belong to each
- Apply the IAR Guidance to use the decision support tool to generate a recommended level of care
- Apply the supported decision-making strategies to involve the patient in referral decision-making

Duration: Two hours

Delivery: Face-to-face or online

Dates: Multiple dates available

Please email iar@wentwest.com.au if you would prefer to organise face-to-face or whole-of-practice training.