

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

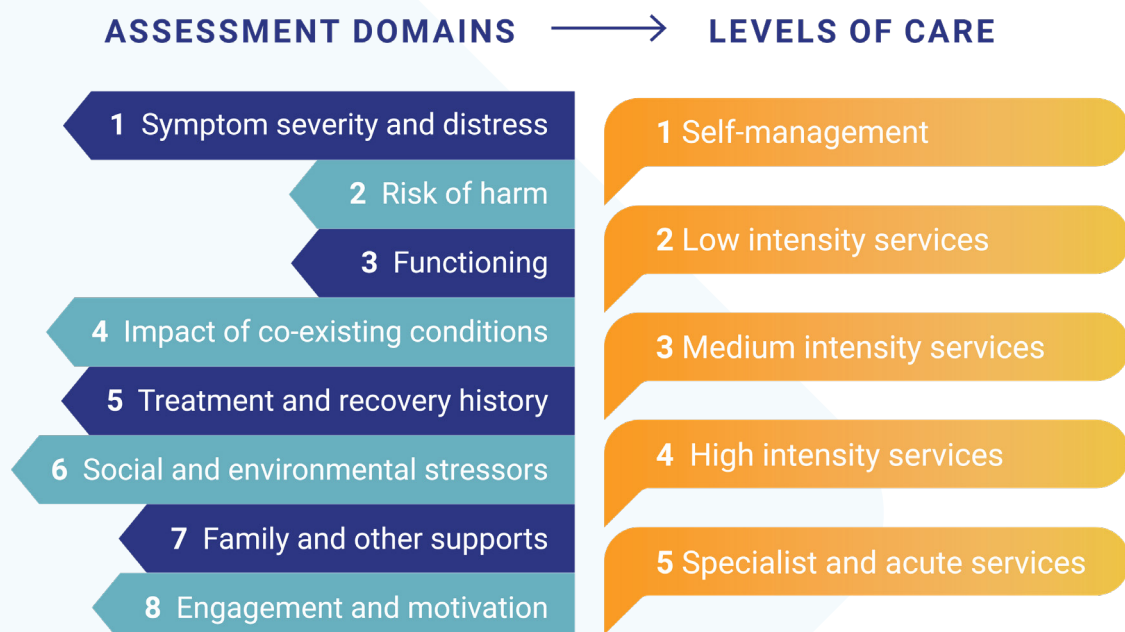
## What is the IAR-DST?

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](http://iar-dst.online)

## Why use the tool?

- The IAR tool will be used by all Commonwealth-funded mental health services and promotes a shared language surrounding mental health treatment needs
- IAR-DST supports clinicians' choice of referral for mental health consumers
- The tool helps identify and communicate essential information across eight assessment domains that is critical for referral and decision-making
- 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
- Estimates or confirms mental health treatment needs within five defined levels of care while encouraging consumer - supported choice and decision-making



## Find Out More

Learn more about IAR-DST and register for training at [wentwest.com.au/IAR-DST](http://wentwest.com.au/IAR-DST)

Register for an upcoming training: [bit.ly/IAR-DST](http://bit.ly/IAR-DST)

Contact Sandra d'Arbon and Hannah Sanday to find out more about the IAR-DST:  
[iar@wentwest.com.au](mailto: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](https://bit.ly/IAR-DST) or scan the QR code on the bottom.



**Mighty  
Networks**

To view IAR training session dates on your phone, you can download the Mighty Networks app, which hosts Our West Sydney.

1. Scan the QR code to access the 'Our West Sydney' website
2. Option to 'View in App'
3. Download '**Mighty Networks**' from the App or Play Store
4. Search networks for 'OWS' or '**Our West Sydney**' if not shown automatically
5. Sign-up for Our West Sydney or use your existing login
6. View upcoming **IAR-DST Training Sessions**
7. Click 'Going' and save the date in your calendar
8. Complete Module 1: Registration

## 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](mailto:iar@wentwest.com.au) if you would prefer to organise face-to-face or whole-of-practice training.