

## Referrals to Improving Access to Psychological Therapies (IAPT)

Rotherham, Doncaster and South Humber Trust offer NICE recommended treatments for people over the age of 18 years old (with no upper limit) presenting with any of the following problems:

- Depression and Low mood
- Anxiety / Panic
- Loss
- Sleep Problems
- Stress
- Confidence and self esteem
- Assertiveness
- Obsessive Compulsive Disorder (OCD)
- Phobias
- Post Traumatic Stress Disorder (PTSD)
- Problems adjusting to life changes/ life events
- Relationship problems

### Referrals

#### How to refer:

- In some practices, GPs book patients into allocated assessment appointments; others **complete a small referral form. Please consult the referral protocol for your individual practice.**
- Patients should also have completed a **GAD-7** and/or **PHQ-9** and have a score of 10 or above before referral to the service is appropriate.

#### Information it would be useful to provide to patients about the service when you refer:

- At their first appointment patients will be individually assessed and offered an appropriate intervention from a range of evidence based treatment options including groups, online programs and face to face. Consequently not all patients will receive one to one therapy.
- **Patients will be asked to complete psychological measures at every session/treatment or intervention they receive and provide feedback at the end of treatment via completion of a 'Patient Experience' questionnaire and an RDASH 'Your Opinion Counts' questionnaire**

#### When referring it is also important that:

- The patient shows some insight into their problem and has made an informed decision to attend and engage in therapeutic treatment to support their recovery.
- The patient is willing to attend regular appointments and accept a level a personal responsibility to manage their condition

<p><b>DO NOT REFER:</b></p>	<ul style="list-style-type: none"> <li>• Mental health problems and is at significant risk of self harm, self neglect or harm to others</li> <li>• Co-morbid with current substance misuse</li> <li>• Severe mental illness including atypical/psychotic illness, bi-polar disorder etc</li> <li>• Recurrent symptoms, (at least 2 interventions tried already as per NICE guidance)</li> <li>• Treatment resistant</li> <li>• Complex issues requiring intervention of more than 1 mental health worker</li> <li>• Severe PTSD</li> <li>• Severe OCD</li> <li>• Personality and behaviour disorders</li> <li>• Requires treatment for anger &amp; aggression</li> </ul> <p><b>IF PATIENTS PRESENT WITH THE ANY OF THE ABOVE THEY SHOULD BE SENT TO ROTHERHAM ACCESS TEAM AT SWALLOWNEST</b></p>
<p><b>Resources:</b></p> <p>For further information please contact: Lisa Pepper, Team Manager, Rotherham Primary Care Mental Health Service (IAPTS), Office 1, Nine Trees Trading Estate, Morthen Road, Thurcroft, Rotherham, S66 9JG Telephone 01709 302630</p> <p><b>The following website will also provide further information:</b></p> <p><a href="mailto:www.rdash@nhs.uk">www.rdash@nhs.uk</a>  <a href="http://www.iapts.nhs.uk">www.iapts.nhs.uk</a></p>	
<p><b>Lead Consultant</b></p>	
<p><b>Lead GP</b></p>	<p>Russell Brynes, Rotherham CCG</p>
<p><b>Date Approved</b></p>	
<p><b>Review Date</b></p>	