

Referral Form

People who are eligible:

- People with low income (e.g. health care card holders)
- People experiencing perinatal depression
- People in areas impacted by natural disaster (e.g. drought)
- People who live in rural or remote areas
- People who identify as Aboriginal and/or Torres Strait Islander
- People who identify as LGBTIQ+
- People from cultural and linguistically diverse (CALD) backgrounds
- Children under the age of 12 years
- People experiencing short-term displacement or homelessness
- People not in receipt of a NDIS plan
- People experiencing or at risk of domestic violence

*Please note a referral to headspace for children over 12 years of age is recommended.

Title:	First Name:	Preferred Name	Surname:
Mr Mrs Ms Miss Dr			

DOB:	Gender:	Pronouns:
	Female Male Transgender Non-binary Prefer not to say	

Address:	Phone:	Email:

Country of birth:	Main language:	Interpreter required:
		Yes No

ATSI:	Homeless:	NDIS:
Aboriginal but not Torres Strait Islander Torres Strait Islander but not Aboriginal Both Aboriginal and Torres Strait Islander Neither Aboriginal or Torres Strait Islander	Currently homeless At risk of homelessness Not homeless	Yes No

Guardian u/16 and/or NOK

Name:	Phone:	Relationship:

Referrer Profession:	Name:	Phone:	Fax:	Organisation:

Suicide prevention referral:	Diagnosis:	Other Diagnosis:
Yes No		

STEPTHRU CARE

Regional Care Partnerships – Mental Health and AOD



Help, hope and purpose

AOD Use:	Main Substance:	Other Substance:
Yes No		

Severity of symptoms:

No problem
 Mild: some symptoms experienced for less than 6 months
 Moderate: symptoms present 6+ months causing moderate distress with hx of treatment resistance
 Severe: at risk of escalating causing significant distress or hospitalisation within 12 months
 Very Severe: persistent poorly managed or recent onset of very severe symptoms requiring multiple service involvement and significant distress

Risk of harm:

No risk
 Low: past suicidal ideation without plan/intent/action or occasional self-harm not needing treatment
 Moderate: current suicidal ideation without plan/intent or behaviours posing non-fatal risk to others or frequent self-harm not needing treatment
 High: current suicidal ideation and hx of attempts but safety planning and has protective factors or unintentional self-harm due to compromised self-care/frequent self-harm requiring treatment

Functioning:

Functioning ok
 Mild: diminished ability in at least one usual role without significant consequences
 Moderate: inability to meet usual roles 1-2 days per month
 Severe: significant difficulties to usual roles / self-care – manageable with support / no risk to health
 Very severe: major disruption in all areas of life or severe neglect to self-care resulting in damage to health

Co-existing conditions:

No co-existing conditions
 Minor: occasional un-concerning substance use not impacting on mental health
 Moderate: ongoing/episodic substance use or physical health concern impacting mental health and treatment attendance
 Severe: substance use poses a risk to physical and mental health/physical health – requires monitoring or intellectual disability/impairment significantly impacting mental health or treatment attendance
 Very severe: substance use requiring AOD support to limit use and concurrent mental illness or poorly managed/life threatening physical health conditions or intellectual disability and concurrent mental illness

Treatment / Recovery HX:

No history of treatment
 Full recovery: non need for ongoing treatment
 Moderate: partial recovery with limited support
 Minor: recent treatment with minor improvement or specialist intervention with limited response
 Negligible: negligible or no recovery despite intensive and structured support over an extended period.

Social and environmental stressors:

No known stressors
Mild: believes environment to be mildly stressful
Moderate: believes environment to be moderately stressful
Highly stressful: believes environment to be highly stressful
Extremely stressful: believes environment to be extremely stressful

Family and other supports:

Highly supported: substantial useful supports willing to help
Well supported: a few useful supports willing to help
Limited supports: usual sources of support are reluctant or have insufficient resources to help
Minimal supports: very few useful sources of support
No supports: no useful supports

Engagement and motivation:

Optimal: complete understanding of the impacts of mental illness and is active and motivated in recovery
Positive: good understanding of mental illness and is capable and willing to accept supports
Limited: limited understanding of impact of mental illness and unlikely to accept supports without encouragement or prompting
Minimal: rarely accepts mental illness or its impacts and is reluctant to accept support
Disengaged: no understanding or awareness of mental illness and avoids managing the condition or engagement with supports