

CLINICAL ASSESSMENT OF PATIENT PRESENTING WITH MENTAL HEALTH SYMPTOMS WITHIN GP /ANP CONSULTATION



Is patient significant risk of harm to themselves or others?

YES

CALL CMHT

NO

New presentation of low level- low mood, anxiety, OCD etc.

YES

- OPTIONS:**
- ⇒ Steps2Wellbeing (Referral)
 - ⇒ Active monitoring (Task)
 - ⇒ Social Prescribers/Care Coordinators (Task)
 - ⇒ Recovery education centre website for courses

NO

RANGE OF OPTIONS

Ongoing presentation of more severe symptoms

- ⇒ Further GP follow-up +/- Medication review
- ⇒ Refer to: Access & Wellbeing Co-ordinator, Social Prescriber, Steps2Wellbeing, STARS, Active Monitoring, Virtual MH MDT, The Lantern, REC, peer support recovery plan.
- ⇒ Consider ARRS support worker if below..

- Refer to Mental Health Practitioner if:**
- ⇒ Needs CMHT referral
 - ⇒ Has dual diagnosis (depression, drugs, alcohol)
 - ⇒ Recent self-harm episode
 - ⇒ Evidence of cPTSD (not PTSD)
 - ⇒ Severe depression requiring more input
 - ⇒ Aged 17 needing more input

- Frequent attenders with emotional instability / hard to engage clients / multiple agencies historically involved**
- Consider:
- ⇒ Virtual MH MDT rather than ARRS initially
 - ⇒ Referral to Access Wellbeing Co-ordinator
 - ⇒ Community front rooms/Connections
 - ⇒ My Recovery Plan
- December 2024

- PATIENTS PRESENTING WITH ADHD SYMPTOMS**
- Refer to Central admin team for centralised allocation of appointment screening. Central admin team will ensure the correct screening and information is collected prior to appointment.
- Or if you feel they will meet the criteria set out for ADHD referrals by CMHT ask to complete the patient form and send in referral.
- ⇒ You can provide self-help links and consider referral onto social prescriber to support onboarding - <https://www.dorsethealthcare.nhs.uk/adhd/learning-more-about-adhd>

Weymouth and Portland PCN Additional Mental Health Service Provision



Service and description of role	WHO, WHAT	Referral process
<p>Remote MIND triage service (aged 18 +) Primary Triage and extensive signposting role 20 min telephone calls</p>	<p>Inclusion: Mild to moderate mental health needs, Low mood anxiety, phobias, burnout, work related stress, not coping (not suicidal), stress, anger management, problems sleeping, Exclusion < 18, psychosis, post-natal, pregnant, domestic violence, deliberate self-harm, already seeing someone for their emotional health</p>	<p>Receptionist uses 'PCN Staff bookable appointments' bookmark to search and book appointment. These appointments are only bookable 48 hours in advance. Please consider using the earlier appointments slots to ensure maximum uptake. If no availability for MIND, use same-day or next available GP / ANP slots at practice.</p>
<p>Mental health Practitioner (Formerly known as ARRS workers)</p>	<p>Inclusion: Patients needing onward referral to CMHT: Anybody who you would like to refer to CMHT (to complete the form properly and ensure they are accepted, or alternative appropriate provision is made) Dual diagnosis (drugs/alcohol etc) Severe depression needing more time, esp if with complex social situations. Young depression aged 17+ with complexity Recent self-harm episode (attended A&E) Evidence of cPTSD Exclusion - Bereavement, carer strain, first presentation mild symptoms, marriage counselling < 17 year olds.</p>	<p>Once triaged by a clinician, ask reception staff to book in using the 'PCN Staff bookable appointments' bookmark. Patient must be telephoned regarding appointment to ensure they can attend and to reduce DNA.</p> <p>If you are unsure of suitability or have any questions for the team, you can send a task to 'PCN Mental Health Team'. You should not contact individual team members.</p>

<p>Active monitoring (lower complexity) Directed, psycho-educational programme of face-to-face sessions delivered over 6-8 weeks offering information, support, and strategies to manage</p>	<p>Inclusion: Adults- New presentations of anxiety and panic attacks, low mood and depression, managing stress, low self-esteem, managing anger, coping with grief and loss, loneliness and feeling alone. Children & Young People - low mood, anger, loss/bereavement, low self-esteem, low to moderate anxiety, low level ASD</p>	<p>Send a task to 'PCN Active Monitor ADULT / CYP'.</p> <p>Referrals to this service can be made by MIND triage worker, social prescribing team, GP/ANP, Mental Health Practitioners and Access and Wellbeing coordinator.</p>
<p>Access and Wellbeing Coordinator Moderate to higher complexity</p>	<p>Ongoing support for a client where there is evidence of difficulties accessing mental health care or activities of self-care to improve resilience. Where it is evident that the client needs (not just wants) frequent more longer-term support than is available in primary care</p>	<p>Referral form can be found by launching PCN mental health Services Template (type 'PCN Mental Health' in bottom left hand corner search bar)</p> <p>Access and Wellbeing coordinators offer a drop in service (non-crisis) Monday to Wednesday 10 am to 2 pm at the Community Front rooms , 56 St Mary's street, Weymouth, DT4 8PP</p>
<p>W&P Mental Health MDT Monthly Meeting Consultant psychiatrist, GP, mental health practitioners, Steps to wellbeing, Access and wellbeing coordinators, MIND triage workers, Care Coordinators all attend with admin support.</p>	<p>18+ Patient primarily managed in primary care or shared cared with CMHT, but a holistic MDT approach would support future decision making and care offered. Patient may have dual diagnoses alcohol/drugs and mental health disorders, may be difficult to engage, have a personality disorder , known to multiple agencies etc.</p>	<p>Referral template must be completed this can be found on the PCN Mental Health template as above or by searching 'W&P Mental Health MDT' in the search bar. Task then needs to be sent to 'PCN Central Admin Team' group.</p>

<p>Peer Support for Recovery plan</p>	<p>Patients recovering or in the process of recovering from mental health illness where it would be helpful to have peer support to help collaborate in a “My Recovery” plan document. Patients might have already had CBT or other therapy.</p>	<p>Email jack.galbraith@nhs.net - Dorset mental health Alliance peer educator</p>
<p>Community Front Rooms Thursday to Sunday 2.15 till 9.45 56 St Mary’s Street, Weymouth, DT4 8PP.</p>	<p>18+ requiring support Drop in or virtual appointments available</p>	<p>You can book and attend anywhere all via this link - https://www.dorsethealthcare.nhs.uk/access-mental-health/community-front-rooms or drop in Thursday to Sunday 2:45 pm till 9:45pm at St Mary’s Street.</p>
<p>Recovery Education Centre</p>	<p>Free educational based courses focusing on Recovery, Wellbeing, and shared learning. Course include Intro to ADHD, Window of tolerance, Boundaries, anxiety, Self-compassion, Depression, grief, Personality disorder and complex trauma , living well with bipolar, understanding Autism , understanding mood, Recovery.</p>	<p>Direct to website for self-referral - https://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/REC/courses</p> <p>Task can be sent to Care Coordinators to help patients access.</p>
<p>Care Coordinators/social prescribers</p>	<p>Inclusion: Family matters, bereavement, carer strain, financial hardship, loneliness, marriage difficulties, work related concerns.</p>	<p>Send a task to ‘Social Pres and Care Coor’ Group.</p>

OTHER SERVICES —

STEPS TO WELLBEING—PRIMARY CARE COUNSELLING <https://www.steps2wellbeing.co.uk/>

REACH - **0800 043 4656**

VETERANS HUB - 114 PORTLAND ROAD - **01305 777788**

CMHT - 01305 362 060, dhc.cmht.weymouth@nhs.net

