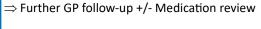
CLINICAL ASSESSMENT OF PATIENT PRESENTING WITH MENTAL HEALTH SYMPTOMS WITHIN GP /ANP CONSULTATION





- ⇒ 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:

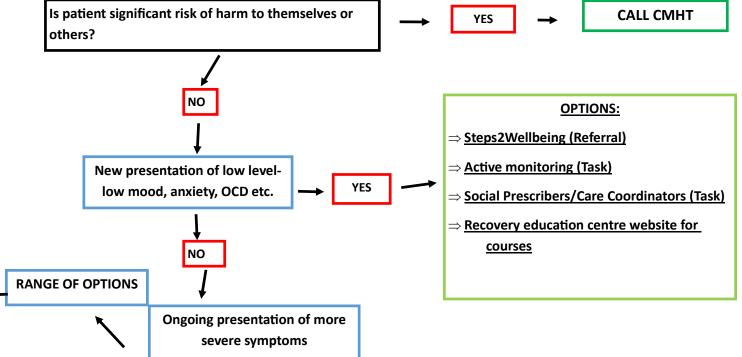
- ⇒ Needs CMHT referral
- ⇒ Has dual diagnosis (depression, drugs, alcohol)
 - ⇒ Recent self-harm episode
 - \Rightarrow Evidence of cPTSD (not PTSD)
 - ⇒ Severe depression requiring more input
 - ⇒ Aged 17 needing more input

Frequent attenders with emotional instability / hard to engage clients / multiple agencies historically involved

Consider:

- ⇒ Virtual MH MDT rather than ARRS initially
- \Rightarrow Referral to Access Wellbeing Co-ordinator
- \Rightarrow Community front rooms/Connections
- \Rightarrow 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
Remote MIND triage service (aged 18 +)	Inclusion: Mild to moderate mental health needs,	Receptionist uses 'PCN Staff bookable appointments'
Primary Triage and extensive signposting	Low mood anxiety, phobias, burnout, work related stress, not coping	bookmark to search and book appointment.
role	(not suicidal), stress, anger management, problems sleeping,	These appointments are only bookable 48 hours in
20 min telephone calls	Exclusion < 18, psychosis, post-natal, pregnant, domestic violence,	advance. Please consider using the earlier appointments
	deliberate self-harm, already seeing someone for their emotional health	slots to ensure maximum uptake.
		If no availability for MIND, use same-day or next available
		GP / ANP slots at practice.
Mental health Practitioner	Inclusion:	Once triaged by a clinician, ask reception staff to book in
(Formerly known as ARRS workers)	Patients needing onward referral to CMHT:	using the 'PCN Staff bookable appointments' bookmark.
	Anybody who you would like to refer to CMHT (to complete the form	Patient must be telephoned regarding appointment to
	properly and ensure they are accepted, or alternative appropriate	ensure they can attend and to reduce DNA.
	provision is made)	
	Dual diagnosis (drugs/alcohol etc)	If you are unsure of suitability or have any questions for
	Severe depression needing more time, esp if with complex social	the team, you can send a task to 'PCN Mental Health
	situations.	Team'. You should not contact individual team members.
	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.	



		Primary Care Netwo
Active monitoring (lower complexity)	Inclusion:	Send a task to 'PCN Active Monitor ADULT / CYP'.
Directed, psycho-educational programme	Adults- New presentations of anxiety and panic attacks,	
of face-to-face sessions delivered over 6-8	low mood and depression, managing stress, low self-esteem,	Referrals to this service can be made by MIND triage
weeks offering information, support, and	managing anger, coping with grief and loss, loneliness and feeling	worker, social prescribing team, GP/ANP, Mental Health
strategies to manage	alone.	Practitioners and Access and Wellbeing coordinator.
	Children & Young People - low mood, anger, loss/bereavement,	
	low self-esteem, low to moderate anxiety, low level ASD	
Access and Wellbeing Coordinator	Ongoing support for a client where there is evidence of difficulties	Referral form can be found by launching PCN mental
Moderate to higher complexity	accessing mental health care or activities of self-care to improve	health Services Template (type 'PCN Mental Health' in
	resilience.	bottom left hand corner search bar)
	Where it is evident that the client needs (not just wants) frequent more	
	longer-term support than is available in primary care	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
W&P Mental Health MDT Monthly	18+	Referral template must be completed this can be found
Meeting	Patient primarily managed in primary care or shared cared with CMHT,	on the PCN Mental Health template as above or by
Consultant psychiatrist, GP, mental health	but a holistic MDT approach would support future decision making and	searching 'W&P Mental Health MDT' in the search bar.
practitioners, Steps to wellbeing, Access	care offered.	Task then needs to be sent to 'PCN Central Admin Team'
and wellbeing coordinators, MIND triage	Patient may have dual diagnoses alcohol/drugs and mental health	group.
workers, Care Coordinators all attend with	disorders, may be difficult to engage, have a personality disorder,	
admin support.	known to multiple agencies etc.	
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Peer Support for Recovery plan	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	Email jack.galbraith@nhs.net - Dorset mental health Alliance peer educator
Community Front Rooms Thursday to Sunday 2.15 till 9.45 56 St Mary's Street, Weymouth, DT4 8PP.	already had CBT or other therapy. 18+ requiring support Drop in or virtual appointments available	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.
Recovery Education Centre	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.	Direct to website for self-referral - https://www.dorsethealthcare.nhs.uk/patients-and- visitors/our-services-hospitals/REC/courses Task can be sent to Care Coordinators to help patients
Care Coordinators/social prescribers	Inclusion: Family matters, bereavement, carer strain, financial hardship, loneliness, marriage difficulties, work related concerns.	access. Send a task to 'Social Pres and Care Coor' Group.

OTHER SERVICES —

 ${\tt STEPS\ TO\ WELLBEING-PRIMARY\ CARE\ COUNSELLING\ \underline{https://www.steps2wellbeing.co.uk/}}$

REACH - **0800 043 4656**

VETERANS HUB - 114 PORTLAND ROAD - 01305 777788

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

