

# IAR levels of care and services in EMPHN catchment at a glance (not exhaustive)

IAR-DST Level 1: Self Management	IAR-DST Level 2: Low Intensity Services	IAR-DST Level 3: Moderate Intensity Services	IAR-DST Level 4: High Intensity Services	IAR-DST Level 5: Acute & Specialist MH Services
<p>Example of services in the catchment:</p> <ul style="list-style-type: none"> <li>- Helplines (1800 Respect, Lifeline)</li> <li>- Online Apps (Calm Harm, Daisy App, 1800 Respect)</li> <li>- Anxiety Recovery Centre Victoria</li> <li>- Beyond Blue (Coronavirus Mental Wellbeing Support Service, helpline and webchat; online forum)</li> <li>- Sane Australia counselling</li> </ul>	<p>Example of services in the catchment:</p> <ul style="list-style-type: none"> <li>- Lifeline</li> <li>- Better Access</li> <li>- Partners in Wellbeing Counselling</li> <li>- Brother to Brother</li> <li>- Community Mental Health and Wellbeing Hub</li> <li>- healthAbility</li> <li>- Mullum Mullum Indigenous Gathering Place</li> <li>- Neami National</li> <li>- Sane Australia counselling</li> <li>- The Mindful Hub (online counselling)</li> <li>- Wellways Australia</li> <li>- healthAbility after-hours mental health nurse support</li> </ul>	<p>Example of services in the catchment:</p> <ul style="list-style-type: none"> <li>- Better Access</li> <li>- Partners in Wellbeing Counselling</li> <li>- Mental Health Stepped Care</li> <li>- LIFT</li> <li>- The Mindful Hub</li> <li>- Steps Mental Health</li> <li>- Access Health and Community</li> <li>- Conduit Health</li> <li>- Epsychiatry</li> <li>- Health to Health</li> <li>- healthAbility after-hours mental health nurse support</li> <li>- Outcome Health</li> </ul>	<p>Example of services in the catchment:</p> <ul style="list-style-type: none"> <li>- Steps Mental Health</li> <li>- Mental Health Stepped Care</li> <li>- LIFT</li> <li>- Community Health Services</li> <li>- Conduit Health</li> <li>- Epsychiatry</li> <li>- Outcome Health</li> </ul>	<p>Example of services in the catchment:</p> <ul style="list-style-type: none"> <li>- Emergency, 000</li> <li>- Austin Health, North East Psychiatric Triage Service</li> <li>- Eastern Health Psychiatric Triage Service</li> <li>- Monash Health Psychiatric Triage Service</li> <li>- North Western Mental Health Triage Service</li> <li>- St Vincent's Health Triage Service</li> </ul>

## Level of Care 1 - Self Management (6.4 million people)

Typically no risk of harm, experiencing mild symptoms and/or no/low levels of distress - which may be in response to recent psycho-social reasons.

Symptoms have typically been present for a short period of time.

The individual is generally functioning well and should have high levels of motivation and engagement.

Evidence based digital interventions and other forms of self-help

## Level of Care 2 - Low Intensity (1.3 million people)

Typically minimal or no risk factors, mild symptoms/low levels of distress and where present, this is likely to be in response to a stressful environment.

Symptoms have typically been present for a short period of time (less than 6 months but this may vary).

Generally functioning well but may have problems with motivation or engagement. Moderate or better recovery from previous treatment.

Services that can be accessed quickly and easily and include group work, phone and online interventions and involve few or short sessions

## Level of Care 3 - Moderate Intensity (1.6 million people)

Likely mild to moderate symptoms/distress (meeting criteria for a diagnosis).

Symptoms have typically been present for 6 months or more (but this may vary). Likely complexity on risk, functioning or co-existing conditions but not at very severe levels.

Also suitable for people experiencing severe symptoms with mild or no problems associated with Risk, Functioning and Co-existing Conditions.

Moderate intensity, structured and reasonably frequent interventions (eg. Psychological interventions).

## Level of Care 4 - High Intensity (400,000 people)

A person requiring this level of care usually has a diagnosed mental health condition with significant symptoms and/or significant problems with functioning.

A person with a severe presentation is likely to be experiencing moderate or higher problems associated with Risk, Functioning and Co-existing Conditions.

Periods of intensive intervention, typically inc. multi-disciplinary support, psychological interventions, psychiatric interventions and care coordination

## Level of Care 5 - Acute and Specialist (350,000 people)

A person requiring this level of care usually has significant symptoms and problems in functioning independently across multiple or most everyday roles and/or is experiencing:

- Significant risk of suicide; self-harm, self-neglect or vulnerability.
- Significant risk of harm to others
- A high level of distress with potential for debilitating consequence.

Specialist assessment and intensive interventions (typically state/territory mental health services) with involvement from a range of mental health professionals