

DORSET STEPPED CARE REFERRAL GUIDANCE

REFERRAL GUIDANCE	SYMPTOMS	FUNCTIONING	LEVEL OF RISK	INTERVENTIONS
STEP 4 SEVERE	Constant distress/No control Strong feelings of hopelessness. At least two interventions steps 2 and 3 tried but no improvement after 12 weeks. Or presenting with severe risk or psychosis.	Persistent problems with functioning independently and maintaining daily activities and social support. Self care severely affected	Definite indication of risk with intent and means. Previous attempts to self or others. Clear signs of vulnerability and inability to protect self.	Referral to CMHT for assessment or Crisis Response Team
STEP 3 MODERATE TO SEVERE	Constant distress/preoccupied Little or no control Some feelings of hopelessness about the future Interventions at step 2 tried but did not help	Social support and occupational functioning are showing signs of disruption or breakdown. Self care and daily living affected, showing signs of self neglect	Definite indication of risk. Some intent but has deterrents and support	High intensity interventions CBT/IPT(16-20) Couple-focused therapy (15-20 sessions) Mindfulness-based CBT Group-based CBT Medication
STEP 2 MILD	Constant distress for at least two weeks, but appears to have a degree of control	Able to maintain most activities but minimal disruption in personal, social or work pattern is beginning to show.	Low risk: some thoughts but no intent or plan	Low intensity interventions Exploratory Discussion / signposting Guided self-help/cCBT Telephone support Psycho-educational courses Counselling CMP courses
STEP 1 EARLY SIGNS	Short term/mild/recent distress or occasional distress but feels and appears in control	Able to maintain daily living activities, social support and occupation	No concerns or risk of deliberate self harm/suicidal intent/self neglect/risk to others	Watchful waiting Self help Support groups Exercise referral Book prescription Free cCBT websites Community resources: Education, job centre, CAB