

Tertiary Referral Service for Psychosis

REFERRER'S GUIDE

What is the Tertiary Referral Service for Psychosis?

The Mindgardens Tertiary Referral Service for Psychosis (TRSP) is a state-wide NSW Health service that collaborates with adult community and in-patient mental health teams to improve the lives of people living with complex psychotic illnesses.

The TRSP:

- **Supports consumers** who have engaged with multiple services and treatments to further support their recovery and goals.
- Provides **intensive and individualised therapeutic approaches** for consumers, their families, and carers.
- Offers **comprehensive multidisciplinary assessment** and collaborative care planning.
- Completes assessments either face-to-face or online.
- Works from a **recovery- and trauma-informed framework**, with consumer consent required for engagement.
- **Tailors recommendations** to the resources available within **each consumer's care setting**.

This guide supports treating teams to refer suitable consumers to the TRSP for specialist advice.

The TRSP team

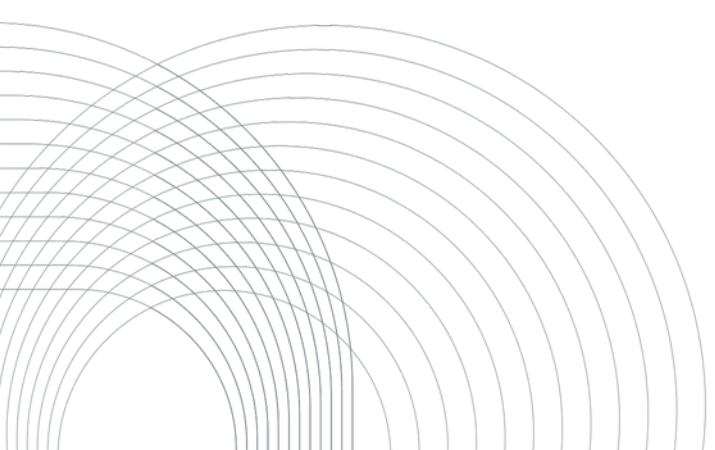
TRSP fosters an interdisciplinary approach, focusing on collaboration across disciplines to deliver cohesive, recovery-focused care planning. Our team includes:

- Consultant psychiatrist
- Psychiatry registrar
- Clinical neuropsychologist
- Senior social worker
- Senior occupational therapist
- Team manager
- Research officer
- Administration support

Eligibility criteria

Consumers must:

- Be aged **16 years – 65 years**
- Have an **enduring psychotic illness**
- Not be in **acute crisis**
- Be engaged with an **LHD adult mental health service**
- Be **aware of and consent to** the referral



Reasons for referral

Referrals may be appropriate if the consumer presents with:

- Need for diagnostic review and clarification
- High illness burden in terms of severity of symptoms and functional impairment
- Long duration of illness despite demonstrably adequate treatment
- First onset treatment-resistant illness requiring diagnostic review and management advice
- Rarely used specialised treatments are being considered
- Continuous hospitalisation of long duration
- Failure to respond to an adequate trial of clozapine
- Failure to respond to appropriate psychosocial therapies
- Presence of multiple complicating factors
- Low/unclear/changed functional capacity
- Suspected or self-reported cognitive or memory difficulties
- Family intervention/support required

The TRSP offers short-term specialised support and liaison, while the referring service remains responsible for the ongoing care of the consumer.

How to make a referral?

- Go to the TRSP Referral Form
- Select one of the three Clinical Streams offered and complete the form for your consumer.
 - **Stream 1** → Medical and whole team assessment
 - **Stream 2** → 1 hour case consultation (medical +/- allied health)
 - **Stream 3** → Neuropsychology assessment only (for rural / remote referrals)
 - You can save and return later (as many times as needed) to finish the form.

Referral review

The TRSP team reviews all referrals within 7 days at their weekly **intake meeting**.

- Outcome is confirmed against **eligibility criteria**.
- An **email notification** will be sent to the referrer.
- Additional information may be requested prior to a decision.

The referral process

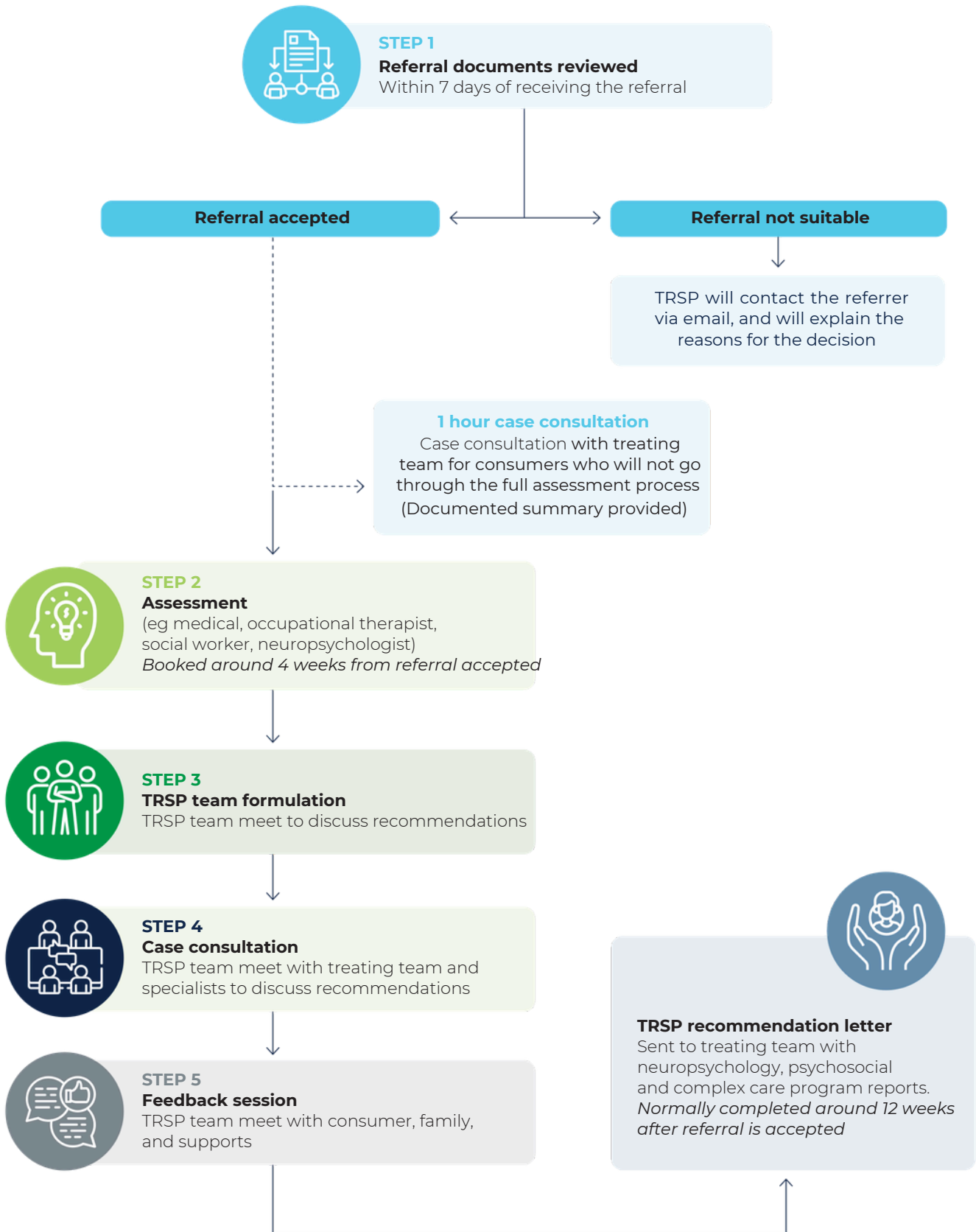
The following diagram illustrates the referral process after the client has been referred to one of the three streams listed below.

Stream 1 is a comprehensive assessment that involves consumer +/- carer assessments, multidisciplinary team case conference, a feedback session to consumer +/- carers and a full report. These options are most appropriate when the consumer has a significantly complex presentation, and/or requires medical and allied health input. For these assessments, the consumer must provide consent to all components of the process.

Stream 2 - case consultation (1 hour), is recommended for consumers who may be hard to engage in treatment/assessment and/or an opinion is sought without the consumer needing to be assessed. You will be asked to upload all available notes from previous treatment providers. The timeframe for completing this consultation will depend on how promptly TRSP receives these documents. It is expected that the referring team will ensure medical, as well as many other allied health disciplines, are represented at the case consultation. Similarly, the referring team will present a clinical update, formulation and questions for the TRSP team.

Stream 3 - neuropsychology assessment only. This option is intended exclusively for rural and remote referrals where a neuropsychologist is not available. After completing a neuropsychology assessment (tailored to the consumer's specific needs), a comprehensive report is provided to the referrer.

The referral process



Our commitment



Consumer-centred care guided by consumers' strengths, needs and preferences.



Collaboration with consumers, their family members and carers (if they wish), and treating teams.



Confidentiality and respect at all times.

You can contact us if you have any questions or concerns about the referral to TRSP.

Contact us

The Euroa Centre
Prince of Wales Hospital
Avoca Street
Randwick, NSW 2031 SESLHD-POW-
TRSP@health.nsw.gov.au
(02) 9382 3198

Learn more

Scan the QR code to find out more about the Tertiary Referral Service for Psychosis, delivered by Mindgardens Neuroscience Network for NSW Health.

<https://www.mindgardens.org.au/what-we-do/psychosis/the-nsw-tertiary-referral-ser vice-for-psychosis/>

