

ANXIETY DISORDERS CLINIC

Assessment Referral and Registration



crufad.org



crufad.admin@svha.org.au



02 8382 1401



02 8382 1400

PATIENT REFERRAL FORM – to be completed by GP

Today's Date

Patient Name

Referred to Dr. Michael Millard, Anxiety Disorders Clinic – St. Vincent's Hospital Sydney

Referring doctor details

Name

Provider Number

Contact Phone Number

Email

Practice Address

Suburb

Postcode

State

Signature

Referral Type

Assessment only

Assessment + Treatment (where indicated)

Clinician-to-clinician consultation

Medication review

Reason for Referral

Please attach relevant paperwork as necessary (e.g. discharge summary) and return this completed form to:



crufad.admin@svha.org.au (attn. Anxiety Disorders Clinic) | 02 8382 1401 | Level 4, The O'Brien Centre, 394-404 Victoria St Darlinghurst NSW 2010

Treatment History

Current Medications

Medical History

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PATIENT REGISTRATION AND CONSENT – *to be completed by patient*

Name			
Date of Birth		Country of Birth	
Medicare Number		Expiry	
	Position		
Gender	<input type="checkbox"/> Male	<input type="checkbox"/> Female	<input type="checkbox"/> Non-binary
	<input type="checkbox"/> Prefer not to say		
Other Names			
Preferred Language		Do you require an Interpreter?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Phone Number		Mobile Number	
Email			
Address			
Suburb		Postcode	
	State		
Emergency Contact			
Relationship		Phone Number	

Patient Consent

I understand assessment appointments with the Anxiety Disorders Clinic may be bulk-billed through Medicare if the assessing clinician is a registered Consultant Psychiatrist. In this event, I assign my rights to Medicare benefits to the Anxiety Disorders Clinic Consultant Psychiatrist who rendered the service. Yes

To ensure continuity of care, I give my permission for confidential exchange of relevant personal health information between the Anxiety Disorders Clinic and my other care providers as nominated (e.g. GP, Psychologist, Case Manager). Yes

Clinical records held by the Anxiety Disorders Clinic at St. Vincent's Hospital Sydney may be used for quality assurance and research purposes. To ensure privacy, all data is de-identified for these purposes. Please let us know if you do not want your de-identified clinical records used in these ways. You may review our privacy policy here: svhs.org.au/privacy-policy Yes

I agree to the use of my de-identified clinical records for quality assurance and research purposes.

Signature		Date of Signature	
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Demographic Information

Indigenous Status Aboriginal Torres Strait Islander Aboriginal and Torres Strait Islander Neither

Highest Educational Qualification Secondary School Qualification Trade Certificate or Apprenticeship
 Tech or Advanced Certificate Other Certificate Associate Diploma
 Undergraduate Diploma Bachelor's Degree Master's or Doctoral Degree

Employment Status Full-time paid work Part-time paid work Full-time student
 Part-time student At home parent Unemployed
 Registered sick/disabled Retired

Marital Status Married De facto Unemployed
 Divorced Widowed Never Married

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ABOUT THE ANXIETY DISORDERS CLINIC – to be read and acknowledged by patient

The Anxiety Disorders Clinic (ADC) is a treatment and research unit specialising in the assessment, treatment and management of adults with anxiety disorders. Our treatments involve Cognitive Behaviour Therapy (CBT). We DO NOT prescribe medications.

The ADC is part of the Clinical Research Unit for Anxiety and Depression (CRUFAD), a joint initiative between St. Vincent's Hospital Sydney and the University of New South Wales.

Please note, the ADC does NOT provide a crisis service. If you require urgent assistance and you cannot wait for us to return your contact, contact one of the following services:

Mental Health Line

1800 011 511

Lifeline Australia

13 11 14

lifeline.org.au

Suicide Call Back Service

1300 659 467

suicidecallbackservice.org.au

Emergency Services

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triplezero.gov.au

Referral Criteria

The Anxiety Disorders Clinic provides an assessment service under the following criteria. Please select all which apply to you:

I live in New South Wales (NSW) I am aged 18+ I have a current Medicare card

I am seeking a brief, skills-based treatment which teaches me how to manage my own difficulties

(If applicable) I am able to regularly attend a treatment program over the next 3-6 months

Consider if: I have enough time, I do not have planned travel for extended periods, I am able to access the clinic either in-person at St. Vincent's Hospital Darlinghurst, by videoconference or telephone

I may have a diagnosis of:

Social phobia

Panic disorder

Agoraphobia

Generalised Anxiety Disorder

Obsessive Compulsive Disorder

Specific phobia

Illness Anxiety Disorder

Body Dysmorphic Disorder

I am not sure

Exclusion Criteria

At your assessment, the clinician will determine if one of our treatment programs is likely to be suitable to you or if a different treatment may be more appropriate.

There are many causes and factors that contribute to mood and anxiety symptoms. Please be aware that the ADC's treatment programs are not suitable for all people with these symptoms.

Consumers presenting with the following problems/conditions may not be appropriate for the types of services available through the ADC and may need to be referred to other services. Please select all which apply to you:

I need immediate help for safety (e.g. difficulties with self-harm or suicide)

I am currently in a hospital/residential facility

I have a history of/current psychotic disorder (e.g. schizophrenia, schizoaffective disorder, other psychotic disorder)

I have a history of/current bipolar illness

I have a history of/current post-traumatic stress disorder (PTSD), Complex PTSD, or other trauma related difficulties

I am currently using illicit drugs (e.g. methamphetamine, cocaine, heroin)

I am currently using above recommended levels of alcohol (>2 standard drinks per day)

I am currently using sedative medications (e.g. Valium, Xanax)

I am currently using atypical anti-psychotic medications (e.g. Abilify, Zyprexa, Seroquel)

I require long-term therapy and support

I have problems controlling anger/aggression or have a history of violent behaviour

I have significant brain impairment (e.g. dementia or brain injury)

I have an autism spectrum disorder

I have attention deficit hyper-activity disorder (ADHD)

I am experiencing bereavement or complex grieving

I have previously found Cognitive Behaviour Therapy (CBT) unhelpful

Drug and Alcohol Use

Consumers who are referred to the service who are substance abusing/or dependent will be referred to drug and alcohol services. Consumers with a history of substance abuse and/or dependence will only be offered treatment with the ADC following at least three (3) months abstinence.

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Referral Process

1. When you contact the ADC you may get the option to leave a telephone message or send an email. A staff member will aim to contact you within five (5) business days. If you have not already done so you will be asked to complete this referral and registration form in full with the assistance of your General Practitioner (GP).
2. Referrals are reviewed at weekly ADC clinical meetings. If you fulfil the referral criteria and the team believe you may benefit from an assessment and possible treatment, you will be contacted to arrange an appointment time. As part of the assessment process you will be asked to complete some online questionnaires prior to your appointment.
3. If you do not meet the referral criteria (e.g. some exclusion criteria are relevant to you) you may not be offered an assessment. Alternative options may be suggested when possible and appropriate.
4. Initial assessment sessions are roughly fifty (50) minutes in duration.
5. Initial assessment sessions are directed interviews, they aim to understand your main difficulties and determine if you may benefit from the treatment programs provided. Assessments are not comprehensive or therapeutic.
6. The assessing doctor will recommend treatment options and send your GP a written report, generally within 2 to 4 weeks following assessment.
7. Treatments at the ADC are not suitable for all people, alternative treatment options may be discussed where possible and appropriate.

Clinic Information

Please read the following information and confirm your acknowledgement by ticking each box:

- There is a waiting list for assessments, typically 4-8 weeks. Wait times vary depending on demand for services.
- There is an additional waiting list for treatment programs, typically 2-6 weeks. Wait times vary depending on demand for services.
- All appointments are provided during business hours (Monday-Friday, 9:00am to 5:00pm).
- All treatment programs are structured and brief (typically 3-4 months, maximum 6 months).
- St. Vincent's Hospital is a teaching hospital, there may be student clinicians at your consultation/s.
- Treatment at the ADC occurs in a 'stepped' fashion, often starting with a trial of an online course from This Way Up and progressing to in-person/telehealth therapy as needed.
- Involvement in a treatment program requires regular review including completing health questionnaires.
- The ADC does not provide a crisis service.
- The ADC does not provide reports or letter of any kind (except to the referring GP, and never in medico-legal contexts).
- The ADC clinicians may confidentially discuss your treatment with other relevant hospital clinicians to support patient care (explicit written consent is required from the patient for sharing of their information with external clinicians).
- All services are funded through the NSW public health system or are bulk-billed through Medicare where applicable (with the exception of course access fees for some online programs).
- Further information can be found at crufad.org

I have read and understood the above information

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