

# Spectrum Treatment Groups Steps

What are the steps in being referred for Spectrum Group treatment?

**Step 1:** Discuss your interest in Spectrum Treatment with your case manager, therapist or doctor from your Area Mental Health Service. If agreed they can make a referral to Spectrum for you. Once your referral has been received, one of our staff will discuss things with the person who has made the referral and arrange to meet you. We will be happy to answer further questions and talk more in detail about Spectrum treatments when we get to meet you. We call this the “clarification”

**Step 2:** If you want to go beyond the clarification process you will be required to attend a number of one to one sessions with a Spectrum clinician for a full need assessment. We also discuss issues in more depth with your AMHS case manager, doctor or therapist and with your permission other people who are significant to you such as family members and your GP. It is important we get a full picture of your needs including the difficulties you experience, what kind of treatments you've had in the past, and some of expectations you have about attending Spectrum Treatment. This step can take a number of weeks. We call this the “general assessment”

**Step 3:** If, after this interview everyone agrees you meet Spectrum's criteria for treatment and may benefit from our involvement with you, we will offer you a course of treatment with us. This may last from a few weeks to quite a number of months. We will appoint a Spectrum therapist or care coordinator to meet with you regularly over the whole period of your time with us. These meetings will help you make sense of things and get the best out of the treatment groups. As mentioned above your Spectrum therapist or care coordinator will keep close contact with your 'support people'.

**Step 4 (optional):** Spectrum needs to evaluate and research our treatment programs. To help us improve our services. We will ask you if you'd be willing participate in these activities. If so we'll get you to complete some paper and pencil questionnaires which will be repeated at various stages throughout your treatment and at the end .

**Please note:** All clients referred to Spectrum must have a contact clinician (e.g., case manager, therapist etc.) from a public Area Mental Health Service, who is actively involved in your treatment.