UPDATE - Rivers Centre referral guidelines

The Rivers Centre has made some changes to its referral guidelines, and these have just been corrected on RefHelp.

* Patients wishing to access services at the Rivers Centre must be referred by a clinician. The Rivers Centre no longer accepts self-referrals.
* **Referrals accepted by Rivers Centre:** adults >18 with PTSD (re-experiencing, hypervigilance, avoidance) after single event trauma
* **Referrals to be directed to sector Mental Health Team:** adults >18 with complex PTSD (difficulties with affect regulation, interpersonal relationships, sense of self, in addition to PTSD symptoms) after sustained and repeated trauma.

The Rivers Centre will organise an initial assessment with patients who are referred and meet referral criteria. At this initial assessment, the patient will have the opportunity to speak one-to-one about their trauma, how it is affecting them in their life, and a management plan will be collaboratively developed. If appropriate, the patient will access the Lightbulb Group, which is a 5 week long PTSD psychoeducation group treatment programme run at the Rivers Centre. The Rivers Centre is currently unable to offer individual treatment. If individual treatment is required, patients will be referred onto their local Mental Health Team for assessment and consideration for treatment.

The Rivers Centre is trialling a newly developed group treatment programme for Complex PTSD, but patients are recruited into this from the sector Mental Health Team waiting lists. Therefore, referrals for patients presenting with Complex PTSD should be directed to sector Mental Health Teams.

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