

Developing services for personality disorder

Strategy 2015 – 2020

Summary document

Aims

This document aims to provide a brief overview of the Strategy to improve personality disorder services from November 2015.

Background and context

We provide a range of mental health services across Lambeth, Lewisham, Southwark and Croydon. For several years we have been talking to people about how services for personality disorders can be improved.

Work on the strategy is led by the management team for the Mood, Anxiety and Personality Clinical Academic Group. At the beginning of 2014 we ran a programme of involvement to help us develop a strategy to improve services. These discussions highlighted the need to:

- Improve care for people who have frequent crises needing hospital admissions
- Offer ongoing or longer term support for people who need it
- Improve community services
- Ensure people have access to similar services regardless of the borough they live in
- Offer the right treatment and support early on for young people and parents
- Improve links with GPs
- Improve information and support for family members, friends and carers

In developing the strategy we worked with national guidance such as:

- NHS Five year Forward View (2014)
- 'Recognising Complexity: Commissioning guidance for personality disorder services' Department of Health 2009

Involving people in developing the strategy

People were involved in the strategy development in the following ways:

- An 'advisory group' of staff and some service user consultants informed the development of strategy through regular meetings
- A series of workshops in 2014/2015 focussed on specific services
- A group of service user and carer consultants supported the work, participating in meetings & workshops & sharing ideas and views in discussion with clinicians
- Staff from day treatment services asked their current service users about what was important to consider in the developing strategy
- A public meeting was held in May 2014, and further discussions were held at Hear Us in Croydon in September 2014

The Strategy

- 1. Increase alternatives to hospital admission and reduce length of stay by** improving all Community and A&E Mental Health Teams' ability to work alongside people with personality disorders in making meaningful crisis plans. This will be supported by training in both Structured Clinical Management and Coping Process Theory and Dialectical Behaviour Therapy (DBT).
- 2. Improve availability of long term care and crisis management and nurture roles which use peoples' lived experience to enhance recovery by** providing open access/ open ended community groups for people with personality disorder (SUN Projects) across all four London boroughs that SLaM serves.
- 3. Improve equity and choice of evidence based treatments for a range of personality disorders,** by scoping what is currently available within the Integrated Psychological Therapies Teams (IPTTs) and the Day Treatment Services.
- 4. Improve the outlook for people in the future by prioritising young people and parents by** developing Family Connections (a 12 week course that meets weekly to provide education, skills, training and support for people who are in a relationship with someone who has borderline personality disorder).
- 5. Help primary care to support people with personality disorder by continuing to** improve the Engagement Assessment & Stabilisation Pathway in our Assessment & Liaison teams and offering training, in addition to consultation and advice, to our GPs.
- 6. Improve information and support for family by developing and widely sharing** a range of accessible information outlining the all the types of treatment & support that can help.
- 7. Beyond 2015:** We will evaluate the Improving Access to Psychological Therapies (IAPT) work with people with severe mental illness by the end of the year and work with people who have lived experience of personality disorder to develop outcome measures. We will also develop a system for monitoring the effectiveness all of these developments and consider developing, in partnership with other providers, a Tier 4 service.

For more information on how people have been involved, contact:

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