

Personality Disorder Managed Clinical Network

Leeds Personality Disorder Managed Clinical Network

Introduction

The Leeds Personality Disorder Managed Clinical Network is a city wide service. We are called a Network because we are made of up of different organisations working together from health and the third sector. We are also multi-disciplinary. This means our staff come from a range of different professional backgrounds including nursing, occupational therapy, psychotherapy, psychology and housing and community support. The service aims to work effectively with people who present with personality disorder and who may have complex needs and significant risk issues that impact on their day to day lives. It provides a range of different services to meet the needs of people at the varying stages of their recovery pathway. This booklet describes the interventions offered to assist staff and service users who are interested in accessing the service.

Network Care Co-ordination

Referral by a professional is required.

Care coordination comprises individual clinical case management for up to 100 weeks. It aims to develop collaborative relationships with service users under the framework of CPA care coordination as a means of identifying and meeting mental health and social care needs. Clinical network care coordination involves supporting service users to engage in a range of psycho-social interventions and activities aimed at developing self-management skills, improving quality of life and social integration. A care co-ordinator from the team will look to develop and maintain a therapeutic relationship as a primary treatment goal and to support effective risk management and care planning. Care coordination can also include input from occupational therapy, psychology, psychotherapy and accommodation support staff within the team. In addition the therapeutic groups described in this booklet can be accessed by service users in care coordination.

Assessment for care coordination is offered to service users currently being supported by Leeds NHS Services or by professionals from the third sector and criminal justice settings.

The criteria for assessment includes:

- **A diagnosis of personality disorder or identified personality difficulties in relation to the experience of unstable and intense emotions that the service user finds difficult to manage**
- **Multiple complex needs**
- **Significant risk of self-harm or neglect**
- **Limited response to previous treatment**
- **Difficulty in maintaining effective contact with services**
- **Significant contact with range of services, including emergency / acute services**
- **Limited social networks**
- **Other clinical network treatment interventions not considered suitable, for example available group work programmes.**

Assessment is conducted over a six week period in which the service aims to understand current difficulties through an initial formulation that provides clear recommendations for intervention.

Network care coordination can be provided if;

- **The service user develops an understanding of what working with the Clinical Network will involve**
- **Some capacity is demonstrated to tolerate thinking about their thoughts, feelings and behaviour**
- **Care coordination by the clinical network is considered necessary to meet the treatment needs and that the current care package will not meet these treatment needs even with support from other Clinical Network interventions**
- **A minimum of two assessment sessions are attended**
- **Consent is given to transfer of care coordination being facilitated.**

Network Care Coordination - Young Adults

Referral by CAMHS Transitions Team only.

The Network has an agreement with the local Child and Adolescent Mental Health Services (CAMHS) Transitions Team in Leeds to identify young people who may have emerging personality disorder and who may benefit from a brief period of Network care coordination as they transition to adult services. An agreement is in place to allow for the transfer of care for these young people where they have given their informed consent and after a brief period of joint assessment with the Transitions Team worker. Young adults referred from the Transitions Team will be offered a one year period of care coordination. This can include input from occupational therapy, psychology therapies and accommodation support staff within the team, as well as the therapeutic groups described in this booklet.

Advice and support

For any referral queries, informal advice and support in relation to working with an individual with personality disorder please contact the team via the office phone number outlined and ask to speak to the duty worker or a member of the management team. On request a representative of the service will endeavour to attend professional meetings for complex cases to provide further support and advice.

Group work programme

Referrals to our group work programmes can be direct from service users themselves or by a professional.

The service offers two group work programmes; Journey, an occupational therapy programme and Dialectical Behavioural Therapy (DBT) informed skills training. The groups aim to assist people with personality disorder to manage their distress and relationships more effectively and to generally help improve their quality of life.

The different approaches reflect the varying consequences of the experience of personality disorder, and are designed to assist people at the different stages of the recovery pathway.

Journey

Journey is a 16 week programme, which meets on Tuesdays from 10.30 – 2.30 pm in the first eight weeks, and then once a month in the second eight weeks. Group members also have eight individual sessions over the course of the programme. The group consists of 10 group members, three staff members and a service user consultant.

The aim of Journey is to provide group members with the skills and knowledge to actively engage in creating an individual balance of activity, which promotes health and wellbeing. It works with people on the understanding that what people do in their daily lives has a direct impact upon their health and how they feel about themselves.

Journey works with group members using a variety of creative approaches to think about what they do, why they do it, and how that 'doing' influences their lives. The programme assists group members to develop and implement individual action plans. The plans focus on enhancing what group members currently do, or on introducing new activity to improve ability to manage distress more effectively and promote quality of life.

Dialectical Behavioural Therapy (DBT) Skills Group Training

This provision is delivered city-wide in partnership with the Leeds Care Group and Community Mental Health Teams.

The DBT skills groups aims to help people who frequently use self-harm or life threatening behaviours to manage distress. The group focusses on reducing the harm people may cause themselves by helping them learn and expand their use of alternative skills to manage their emotions.

The skills are taught over three modules, each comprising of nine weekly sessions.

These are:

- **Interpersonal effectiveness skills**
- **Emotion regulation skills**
- **Distress tolerance skills.**

A fourth skill set – mindfulness – is taught across all three modules identified above.

The group welcomes men and women to attend once a week for the nine weeks of each module. There is then usually a short break before the next module starts. Service users may sometimes be asked to attend an individual review during this break.

The offer of skills training is for approximately 14 months so that each module is completed twice to maximise effectiveness.

Each session is two and a half hours long with a break in the middle and there are approximately 10 people in a group.

Referral process

Referral for any of the above interventions can be made by completing a referral form and returning to the referrals manager at the address below

Personality Disorder Managed Clinical Network

Unit 24, The Sugar Refinery

Sugar Mill Business Park

Oakhurst Avenue

Beeston, LEEDS LS11 7DF

T: 0113 8557950

E: pdreferrals.lypft@nhs.net

The Clinical Network is unable to help those service users who are:

- **Aged 17 or under**
- **Have a diagnosis of moderate or profound learning disability**
- **Have a psychotic illness or problems as a result of brain injury**
- **Have alcohol, substance use or an eating disorder as the main presenting problem.**

Service User Involvement

The Clinical Network employs a service user involvement worker to facilitate and support the involvement of service users in activities that help shape service provision. These include an involvement group, 'Validate' newsletter and service evaluation work. A service user consultant is also involved in the delivery of clinical work in Journey.

Service User Involvement Group (SUIG)

We are all ex-service users from the Network who at one point have done some work with them. We meet every two weeks to discuss things that we as ex-service users would like to see change for the future of the network.

For further information contact our Service User Involvement Worker Sabine Dufeutrelle on:

Mobile: 07760173473

Email: sabine.dufeutrelle@nhs.net or sabined@touchstonesupport.org.uk.

If you would like more information about the group then feel free to contact me and I will happy to meet up in town for a coffee and a chat.

Training provision in personality disorder

The Clinical Network additionally supports delivery of the personality disorder Knowledge & Understanding Framework (KUF) training in the Leeds area. This is a national programme designed to provide staff with awareness level training regarding personality disorder.

What is the Knowledge and Understanding Framework?

The Knowledge and Understanding Framework (KUF) is a workforce development programme commissioned by the Department of Health and Ministry of Justice. Its intention is to improve the skills and attitudes of the workforce, relevant to working with personality disorder, in the health service, the criminal justice system, social services and the third sector. The Clinical Network provides the awareness level component of this training programme.

What is the awareness training?

The awareness level programme is the foundation element of the KUF and provides students with the underpinning knowledge and understanding required to work more effectively with service users with a diagnosis of personality disorder. The awareness level framework is made up of six online modules accessible through a virtual learning environment and three days of facilitated learning provided by a member of the Clinical Network team and a KUF trained expert by experience.

To find out more go to www.personalitydisorderkuf.org.uk or contact our KUF training email address, outlined below.

What is the cost of the training?

The training is provided by the Clinical Network to develop awareness regarding personality disorder across the locality. The three day course is therefore free to attend. The training is available to any staff member with an interest in developing their understanding of working with service users with a diagnosis of personality disorder.

How do I book onto a cohort or get further information?

If you would like information regarding booking onto the awareness training programme or to enquire about available training dates.

Please email: kuftraining.lypft@nhs.net

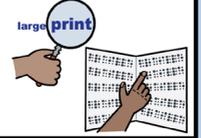
Working in Partnership

The Clinical Network is a multi-agency service whose partners are:

- Touchstone
- Community Links
- Leeds Survivor Led Crisis Service
- PDi – Institute of Mental Health
- University of Nottingham
- Emergence

The partnership means that service users benefit from the expertise and diversity that all organisations bring.

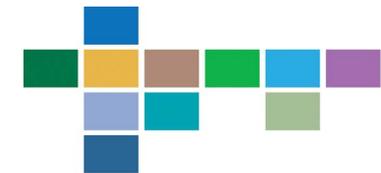
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Our Partners



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CHANGING ATTITUDES BUILDING LIVES



