

**Information for Service Users**

**Who is Journey For?**

Journey may be able to help if you:

* have a main diagnosis of borderline personality disorder or have problems consistent with this diagnosis

*and your daily activities*

* are focussed on ‘managing’ difficult thoughts and feelings about yourself and others
* feel like they are focused on ‘survival’ and ‘getting through the day’
* feel unbalanced – you feel you are doing too much or too little
* negatively impact upon your relationships

The group is open to men and women. Up to eleven group members attend, with four staff members.

**What is the Journey Programme?**

Journey is a group work programme for people with personality disorder.

Journey is based on the understanding that what we do in our daily life has a direct impact upon our health, relationships and quality of life.

Journey works towards helping service users to engage in activity which supports them to better manage distressing thoughts and feelings, and improve their overall quality of life.

**Phase Two:**

You will have four 1:1 sessions with staff to carry out your Occupational Action Plan.

The group meets twice during this period.

**Phase One:**

Each session follows the same format and explores a different theme.

Some of the themes covered during these sessions include:

* Purpose of group work
* Time use
* Function of what you ‘do’
* Meaning of health and wellbeing

**Occupational Action Plan:**

At the end of phase one you will design an ‘Occupational Action Plan’ with support from staff.

**How long does Journey last?**

Journey is 12 weeks long and consists of two phases:

**Phase 1:** 7 weekly group sessions which run from 10:30am-2:30pm (including having lunch together).

**Phase 2:** 3x 1:1 sessions and 1 group session.

**Is any other support offered?**

You will receive a weekly support phone call from a staff member during phase one to reflect on the weekly sessions and your experience of participating in the programme.

If you have any questions, would like any further information, or need help filling in the referral form, please contact one of the Journey team on 0113 855 7950

**How do I get onto the Journey Programme?**

You can self-refer to Journey. Alternatively, referrals can be made by someone who supports you.

All referrals must be made using a service referral form (available online at [www.leedsandyorkpft.nhs.uk](http://www.leedsandyorkpft.nhs.uk) or by contacting our office on 0113 855 7950).

**Other information**

* To get the most out of the Journey Programme, you need to able to work alongside other people in a group.
* Your referral should be made when you are not in crisis.
* Referrals are not accepted where your main issue is unmanaged substance use, an eating disorder, psychosis, a moderate/significant learning disability, Autistic Spectrum Disorder, other personality disorders or you have ongoing problems with physical violence or aggression to others.
* Journey is held at St Mary’s House, LS7 3JX.

**Once I have been referred, what happens next?**

Your referral will be discussed in a weekly referrals meeting; we may contact you or your referrer to gather further information before making a decision.

Once a decision has been made we will write to whoever we received the referral form from, giving the outcome and reasons for our decision.

If your referral is accepted, you will receive an acknowledgement letter giving a time frame for your initial assessment.