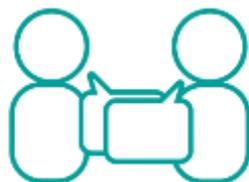
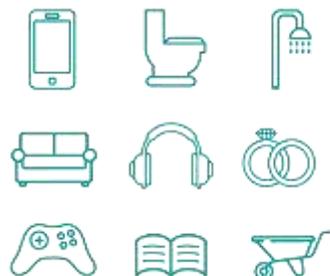




Menu of Care and Interventions for Complex Emotional Difficulties (Personality Disorders)

Complex Emotional Difficulties Clinical Academic Group (cedCAG)



Complex Emotional Difficulties (Personality Disorder) Clinical Academic Group

Menu of care and interventions

This menu of care is offered on the understanding that:

- This diagnostic category is applied to individuals with a very wide range of presentations, combinations of difficulties and levels of intensity of the challenges they may face.
- There are a number of interventions that have similar levels of effectiveness. These lead to a set of principles that need to guide the overall approach.
- The menu presented here is the ideal. Any intervention available locally will be offered on the basis of meeting individual needs, respecting choice and working with Service Users to the best of our ability within the context of these best principles of care.

The guiding principles:

- Working with personality difficulties is a collaborative effort. All clinical teams and individuals, supportive organisations such as MIND, housing organisations, etc., as well as the Service User, Family and Carers, all need to work together.
- Working with complex emotional difficulties takes time. The most effective interventions combine longer term engagement in activities and supportive social connections together with briefer intensive bouts of therapeutic intervention where needed.
- The evidence base shows that medication is not the central element of treatment. Hospitalisation is also now widely thought to be unhelpful for personality difficulties and even potentially damaging, although you may still need admission for other reasons. Your team will work with you to avoid these approaches and to ensure that any medication is carefully used within the context of the wider package of care.
- Early intervention and prevention are best, including help and support before the point of crisis

Services in Sussex:

Area	Primary Care	ATS	Dedicated PD Service / team
Brighton	Wellbeing: STEPPS EI	ATS team and Group Treatment Service	Lighthouse : 6 days per week
East Sussex	IAPT: STEPPS EI	ATS	Thinking Well : 1 ½ day p.w. each in Lewes, Eastbourne and Hastings Southdown provision 6 days p.w. Clinical input 1 day in each area. Safe space, , 2 beds at The Sanctuary, Hastings for pre-crisis interventions, following a stay under this pathway there is access to telephone support out of hours and drop in by arrangement.
North W S		ATS	Bluebell House : 3 days per week
Coastal WS		ATS and Group Treatment Service (Worthing)	In development.

At Primary Care Level:

- Support and advice
- STEPPS EI (for undiagnosed EUPD)

At Assessment and Treatment Level:

- Assessment and Formulation
- Crisis and Recovery Planning
- Emotion Management Skills packages, including
 - STEPPS
 - STAIRWAYS
 - Other skills development where available including approaches informed by CBT or DBT
- Motivational Work
- Improving understanding of mental health conditions and self-management tools (e.g. sleep hygiene)
- Medication management
- Improving work life and quality of life
- Individual therapies, as available, including: MBT, IPT, CAT, Art Therapy, SFCT, CBT, and therapies for PTSD.
- Family and Carer support.

Intensive PD therapy teams: Lighthouse, Bluebell House, Thinking Well, Coastal West Sussex

- All of the above therapies are offered in a context of a dedicated team
- Specialist assessment and clinical liaison across teams
- Occupation focussed interventions, including self-care, routine, roles and leisure skills with support for you in accessing them
- Groups promoting social connection with peers
 - Clinician supported peer groups dealing with crisis and developing skills
 - Peer-led groups (Derived from SUN model).
- Family and Carer support.

Non SPT partner organisations

- Advice and support
- Access to further psychoeducation and training courses
- Peer support training
- Support in involvement of people with Lived Experience in all aspects of service delivery and in training.
- Activity groups
- Peer-led groups in collaboration with both ATS and PD therapy services.
- Crisis/Safe pathway: drop-in or beds



Direct and integrated working relationship

More information about the Psychological Therapies:

STEPPS:	20-week Skills Development for Borderline Personality Disorder (BPD)
STEPPS EI:	13 week version of STEPPS for people with features, but not diagnosed with BPD
STAIRWAYS:	1 year-long follow up skills course to STEPPS
CBT:	Cognitive Behaviour Therapy. Various formats of this may be available.
DBT:	Dialectical Behaviour Therapy: team-based emotion regulation package for BPD, provided through a mix of individual and group work.
MBT:	Mentalization Based Therapy: intensive group-based therapy used as following a skills development approach.
IPT:	Interpersonal Therapy: usually provided individually
CAT:	Cognitive Analytic Therapy: usually provided individually
SFCT:	Schema Focussed Cognitive Therapy: Group or individual focus
Art Therapy:	May be group or individual.

STEPPS and STAIRWAYS and various CBT approaches are generally available across the Trust. Other therapies depend on specific skills and interest of local therapists. DBT, MBT and other named therapies here are complementary to the wide development of STEPPS in SPFT.

Elements of the pathway, such as crisis drop in and beds, are only available in some parts of the Trust.