



Sussex Partnership
NHS Foundation Trust

East Sussex Personality Disorder Care Pathway

► For Professionals

East Sussex Personality Disorder Care Pathway

Tier 0

GP, Family & Friends, Self-help, Apps (Staying Alive), Work/ Occupational Health, Private Therapy, Helpline (Samaritans), AA & NA, Church/ Community Centres/ Chaplains, A&E.

Tier 1

Health in Mind (CBT, STEPPS pre diagnosis), Third Sector (Southdown)

Tier 2

Community : ATS
Acute: Acute Care (72 hour admission), Sanctuary Safe Pathway, CRHT

Tier 3

Thinking Well
SEDCAS

Tier 4

Regional and very intensive services



Tier 0

Self & Community Support - Emotional Intensity pre-diagnosis

Many people who struggle with emotional intensity but do not have a diagnosis of personality disorder have a wide range of skills and abilities. But the highs and lows of an emotionally intense experience can mean that at times they are not able to use these skills well enough to look after themselves.

It is helpful to remember that it is common for people in this group, to have difficulties across a range of different areas of their lives and that it is possible for them to access help without ever needing a diagnosis.

It is really useful for them to be seeking help in a range of different places, where they can meet other people, remind themselves of things that they can do well and learn about boundaries and safety in relationships, in ordinary ways. Many people in the community experience life events that disrupt their ability to manage their emotional state for extended periods. Consider the following for self-help and community support to enable people to get through turbulent times without pathologising their experience.

Recovery College

- **SERVICES:** educational courses about mental health and recovery which are designed to increase knowledge and skills and promote self-management
- **LOCATION (s):** Hastings, Bexhill, Battle, Rye, Newhaven, Lewes, Uckfield, Eastbourne, Hailsham & Seaford.
- **REFERRAL:** self refer by obtaining a form by email at Sussex.recoverycollege@nhs.net or phone 0300 303 8086
- **ELIGIBILITY:** people with severe mental health challenges, their relatives/carers and the staff of the Sussex Recovery College partner organisations.
- **OPENING TIMES:** Various according to course- see website for details

www.sussexrecoverycollege.org.uk

STAR-East Sussex drug and alcohol recovery service

- **SERVICES:** supports individuals with substance misuse
- **LOCATION (s):** Hastings, Eastbourne,
- **REFERRAL:** self-refer by phone: 0300 3038 160, or just turn up
- **ELIGIBILITY:** anyone age 18+
- **OPENING TIMES:** Various- see website (under 'Contact us')

www.changegrowlive.org/content/east-sussex-drug-and-alcohol-recovery-service-star

i-Rock

- **SERVICES:** support around wellbeing, education, employment, housing and mental health.
- **LOCATION (s):** Hastings
- **REFERRAL:** self-refer- just turn up or book appointment online
- **ELIGIBILITY:** people age 16 up to 25 years old in Hastings
- **OPENING TIMES:** Monday, Wednesday and Friday 10am to 6pm
- **ADDRESS:** Rock House, 49-51 Cambridge Road, Hastings, TN34 1DT

www.sussexpartnership.nhs.uk/irock

East Sussex Recovery Alliance (ESRA)

- **SERVICES:** support individuals and families that are in recovery from alcohol and substance abuse
- **LOCATION (s):** Eastbourne & Hastings
- **REFERRAL:** No referral- just turn up
- **ELIGIBILITY:** N/A
- **OPENING TIMES:** Monday- Friday, various times- see website for details

Phone: **01424 435318** Email: info@esrauk.org
www.esrauk.co.uk

East Sussex Community Network Peer Support Service

Drawing on personal experiences of mental health challenges, Peer Support Specialists offer support to get well, stay well and prevent crisis. The Peer Support Service is provided at the East Sussex Community Network's seven Wellbeing Centres or in the local community.

Phone: **01323 405 334**

Email: **PeerServiceESussex@southdown.org**

www.southdown.org

Other useful websites

www.citizensadvice.org.uk/

oneyoueastsussex.org.uk/

**www.eastsussex.gov.uk/socialcare/healthadvice/
mental-health/directory/help/**

Carers

It is also helpful to think about those supporting, caring for and living with people with emotional intensity. Some people who are considered for a diagnosis have stable and supportive families and peers around them. Many do not and in any event, sometimes the rollercoaster of emotional intensity, can bring its own strains and stresses for those around. Even if carers look well and appear confident, do offer the following, as sometimes carers are appearing strong for the person they care for, and sometimes they haven't even stopped to consider themselves:

Carer's Assessments:

Adult social care will offer a carer's assessment Tel- 0345 60 80 191, 8am to 8pm 7 days a week including bank holidays, or apply online: <https://www.eastsussex.gov.uk/socialcare/getting-help-from-us/contact-adult-social-care>

Care for the Carers

Offer the following services for Carers:

- Emotional and practical support for carers including providing care in the home to enable carers to take a break.
- Carers' emergency services, offering help in a crisis.
- Outreach work in GP surgeries, hospital wards and schools to reach carers who haven't come forward for support.
- Information and advice on issues such as benefits, grants and other help available.
- Giving carers a voice so that they are listened to by local decision makers.
- Helping carers to share experiences through group support and social activities.
- Access to education, training and employment.
- Supporting young carers through preventative, whole family work and clubs, activities and mentoring in schools.

Address: 8 St. Leonards Road, Highlight House, Eastbourne, East Sussex, BN21 3UH

Phone: **01323 738390**

www.cftc.org.uk

www.carers.org/partner/care-carers-east-sussex

www.crossroadscare-esbh.org.uk

Tier 1

Primary care

Before diagnosis, and whilst problems are at a level where a weekly appointment can help to stabilise someone, it is worth considering primary care services.

Many people with emotional intensity want to talk about what is happening to them and want to find healthier and safer ways to manage. They also often want to understand how to relate to others in ways that don't end up in conflict.

Wellbeing Centres (Southdown)

- **SERVICES:** signposting, 1:1 sessions, employment support, housing support (Homeworks), debt advice, groups, courses, peer mentoring, and training for peer specialists.
- **LOCATION (s):** Hastings, Eastbourne, Bexhill, Uckfield, Lewes, Newhaven, and Hailsham (Crowborough Outreach Service)
- **REFERRAL:** self-refer by email at ESCN@southdown.org or phone 01323 405 334.
- **ELIGIBILITY:** anyone age 16+, living in East Sussex who is experiencing issues affecting their mental health and wellbeing.
- **OPENING TIMES:** Various- see website for details

www.southdown.org/mental-health-recovery/wellbeing-centres-east-sussex-community-network

Health in Mind

Health in Mind have experienced practitioners who offer a range of interventions aimed at enabling people to manage their emotional intensity. They are also really well placed to decide if someone needs more intensive work or Tier 2 services.

- **SERVICES:**
 - Telephone support and guided self-help
 - Short wellbeing courses
 - Cognitive Behavioural Therapy (CBT)
 - Eye movement desensitisation and reprocessing (EMDR)
 - Positive wellbeing course
 - Inter-personal therapy (IPT)
 - Mindfulness
 - Low self-esteem workshop
 - Consultations
 - Early Intervention STEPPS courses –specifically aimed at people with emotional intensity pre –diagnosis of EUPD.
 - Anger management courses
- **LOCATION (s):** Hastings, Bexhill, Newhaven, Lewes, Crowborough, Uckfield, Eastbourne, Hailsham & Seaford
- **REFERRAL:** Self refer via website
- **ELIGIBILITY:** adults over 18 and living in East Sussex who are experiencing emotional or psychological difficulties such as stress, anxiety, and depression.
- **OPENING TIMES:** Monday- Friday 9am- 5pm

Phone: **0300 00 30 130**

www.healthinmind.org.uk/

Tier 2

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Secondary Community Care:
the point of diagnosis

Assessment & Treatment service (ATS)

If you think that the person would benefit from an in-depth assessment and perhaps a formal diagnosis then refer to ATS. Remember least intrusive intervention first - have you already tried the above options?

- **SERVICES:** Triage, full assessment and formulation, recovery orientated care plan and risk assessment, signposting, medication review (although medication can be of limited benefit with this client group unless there is a recognised additional mental health problem), access to a Lead Practitioner, safeguarding, vocational support, Occupational Therapy, and a range of psychological therapies including:
 - **STEPPS**-Systems Training for Emotional Predictability and Problem Solving
 - **CAT** - Cognitive Analytical Therapy
 - **EMDR** - Eye Movement Desensitisation and Reprocessing
 - **CBT** - Cognitive Behavioural Therapy
 - **IPT** - Interpersonal Therapy
 - **STAIRWAYS** - Advanced group programme for people who have completed STEPPSOther group therapies including Recovery groups in some areas
- **LOCATION (s):** Battle, Bexhill, Crowborough, Eastbourne, Hailsham, Hastings, Newhaven, Uckfield
- **REFERRAL:** GP, LP, Health in Mind, CRHT, In patient services
- **ELIGIBILITY:** Anyone is eligible if it is deemed that these services would be appropriate & secondary mental health care support and treatment is required.
- **OPENING TIMES:** 9-5pm Monday - Friday excluding Bank holidays

If the person has a chronic, unstable and severe mental illness then they will remain in this team, whilst they are offered a range of interventions from psychiatrists, community psychiatric nurses, psychological therapists, occupational therapists, support workers, graduate mental health workers.

These will all be time-limited, recovery orientated interventions with regular reviews and a focus on enabling that person to make positive choices and learn from those choices, to find an independent way forward. We know how hard it can be to receive a diagnosis of severe mental illness and we have seen in the past that forming an intense relationship with one person can become another hurdle for people to face, when that person moves on in their role. We are mindful of attachment and ending from the start and endeavour to build an attachment with the team and with a number of practitioners in that team, to facilitate learning about how to seek help and how to trust that progress can be made, whilst encouraging steps towards self-learning from the start.

The ATS is also the place where more specialist services can be accessed. In a very small number of cases, there is a need for Crisis care and our CRHT and urgent care teams are also the place where assessments are made for

inpatient treatment.

Whilst your patients are with us in the ATS, we really want to keep connected to you and the way that you know them. We will invite you to annual reviews and want to know if you feel there is a significant change (in whichever direction).

Safe Pathway

Being registered on the safe pathway allows for planned 3 day admissions to the Sanctuary, as a way of avoiding acute crises and unplanned inpatient admissions. This would be part of the care plan which is agreed between the service user and Lead Practitioner. Paperwork for this is available in the ATS.

Target

- **SERVICES:** Small group service and recovery groups, Surviving to thriving 6 weeks course 1 x week particularly focussed on the challenges faced by people with Emotional Intensity.
- **LOCATION (s):** Hastings
- **REFERRAL:** Via ATS & Lead Practitioners
- **ELIGIBILITY:** this service is for individuals whose LP

Tier 2

Secondary Acute Care

Crisis resolution and home treatment team (CRHT)

- **SERVICES:** supports individuals in their own home during crisis
- **LOCATION (s):** Individuals Home/ preferred location
- **REFERRAL:** GP, or any other mental health professional
- **ELIGIBILITY:** Anyone over the age of 18 experiencing mental health crisis who would otherwise require an admission to hospital
- **OPENING TIMES:** 24/7

This is a short term intervention, average time 2 weeks and maximum of 6 weeks.

CRHT will make contact within 4 hours and plan to see the person within 24 hours.

The person will be seen daily for the first three days if deemed clinically appropriate to monitor and assess risk, after three days a review will occur and a decision will be made as to how care will them proceed and level of input required by CRHT. Once the person no longer requires CRHT they will be discharged to the most appropriate service to meet their needs.

Urgent Care Lounge

The Urgent care lounge is to support patients as an alternative to attending an Emergency department.

- **SERVICES:** To provide an environment that supports individuals as an alternative to presenting in the Emergency Department where there is no medical emergency.
- To provide a safe environment for individuals whose risk requires urgent mental health specialist intervention.
- **LOCATION (s):** Eastbourne (DoP), Hastings (Woodlands)

- **REFERRAL:** SECAMB, Sussex Mental Healthline, 111, Police/Street Triage, CRHT, MH Liaison, Beachy Head Chaplaincy, Third Sector Organisations & Care-planned self-referrals
- **ELIGIBILITY:** Anyone over the age of 18 who requires an urgent assessment of their mental health needs.
- **OPENING TIMES:** Currently 24/7 most days (EASTBOURNE) 9-9 (HASTINGS)

The Sanctuary

- **SERVICES:** Planned 3 day admission to help manage the onset of a crisis for service-users on the safe pathway, plus out of hours telephone support for service-users who have used the service.
- **LOCATION (s):** Hastings
- **REFERRAL:** CRHT
- **ELIGIBILITY:** Service Users who have completed the Safe Pathway
- **OPENING TIMES:** 24/7

Phone: **01424 204050**

Staying Well

- **SERVICES:** 1:1 support and some peer support available, aims to help people manage their difficulties and avoid reaching crisis point. Telephone support available around practical issues, not wellbeing issues.
- **LOCATION (s):** Hastings
- **REFERRAL:** by professionals using the referral form available on the website or by calling the number below after 4 p.m or by self-referral.
- **ELIGIBILITY:** Service-users over 18 year old pre-crisis
- **OPENING TIMES:** 7 nights a week from 6 – 10.30pm Mon- Fri and 4-10.30 p.m. Sat/Sun.

Phone: **07384 460994**

Address: **Hastings and St. Leonards Well Being Centre in Stockleigh Road in Hastings**

www.southdown.org/mental-health-recovery/staying-well-space-east-sussex-community-network

Inpatient stay

- **SERVICES:** Brief focussed admissions, usually 72 hours in emergency situations and 3-7 days in planned situations
- **LOCATION (s):** Eastbourne (DoP), Hastings (Woodlands and St Raphael)
- **REFERRAL:** relatives, patient, GP, ATS, other NHS, public) but CRHT/ MHLS are gatekeeper
- **ELIGIBILITY:** Anyone in crisis/ acutely unwell who cannot maintain their safety at home.
- **OPENING TIMES:** 24/7

Independent Mental Health Advocate (IMHA) - Pohwer

If your patient sectioned under the Mental Health Act or subject to a Guardianship or a Community Treatment Order, they may wish to access an IMHA.

- **SERVICES:** helps individuals understand their situation. IMHA can provide them with options to access relevant support
- **REFERRAL:** Self refer via form on website
- **ELIGIBILITY:** Sectioned under the Mental Health Act or

subject to a Guardianship or a Community Treatment
Order

www.pohwer.net/east-sussex



Tier 3

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This level is accessed through the ATS when the person is struggling with a level of complexity that can't be managed by one team alone. We really need you to keep in the loop with us while this is going on as you also know about their physical health needs and may have access to history about them and their family that, with their consent, can help everyone achieve a positive outcome. Again we'd really like you to stay in touch and welcome hearing from you.

Thinking Well

- **SERVICES:** community, creative and clinical group sessions to help individuals self-manage their condition and avoid crisis.
- **LOCATION (s):** Eastbourne, Hastings, Lewes
- **REFERRAL:** ATS only by email and they must remain open to ATS with a Lead Practitioner
- **ELIGIBILITY:** people (aged 18+) with a diagnosis of Personality Disorder living in East Sussex
- **OPENING TIMES:** Lewes: Monday 9:30-4:30 and Thursday 1-6, Hastings: Tuesday 9:30-4:30 & Friday 1-6, Eastbourne: Thursday 9:30-4:30 & Wednesday 1-6. Rotating Saturdays.

Phone: **01323 405 334**

SEDCAS

SERVICES: Offer specialist input to service-users with severe and complex eating disorder, offering assessment, some psychological therapies, group work and support for LP.

LOCATION (s): Trust wide, in/ out-of-area NHS ED inpatient units

REFERRAL: ATS, CRHT and Inpatient Wards. They must remain under ATS with a LP.

ELIGIBILITY: Severe, health-threatening Anorexia, BMI below 15 and /or fast weight loss, physical abnormalities

OPENING TIMES: 9:00-17:00, ED Units are 24h, 7 days a week (admissions wards)

www.livewellsouthwest.co.uk/project/severe-eating-disorder-consultation-assessment-service-sedcas/

Other

Psychological therapy outside the NHS- We would always recommend looking for a qualified and registered practitioner and someone who is experienced in working in this area. It is also good to advise people who ask, that more than one therapy at a time is not recommended. Good communication between external providers and NHS care team is recommended to improve the quality of care. The person has every right to make their own choices and there are many good therapists out there, communication is key and it's good to be open about all treatments that received.

www.cbregisteruk.com/Default.aspx

www.bacp.co.uk

www.bps.org.uk/public/find-psychologist

www.doctify.co.uk

www.psychotherapy.org.uk/

Child & Adolescent Mental Health Services (CAMHS)

If you have a patient who has been using the services of CAMHS and is nearing their 18th birthday, it is important to be discussing their current situation and whether they need to be re-assessed under the Adult Mental Health Services 6 months prior to their 18th birthday.



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