

# East Sussex Personality Disorder Care Pathway

A decorative graphic in the bottom left corner consisting of several overlapping, semi-transparent teal arrows pointing upwards and to the right, creating a sense of movement and progress.

► For Service Users

# East Sussex Personality Disorder Care Pathway

## Tier 0

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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

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

## Tier 2

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

## Tier 3

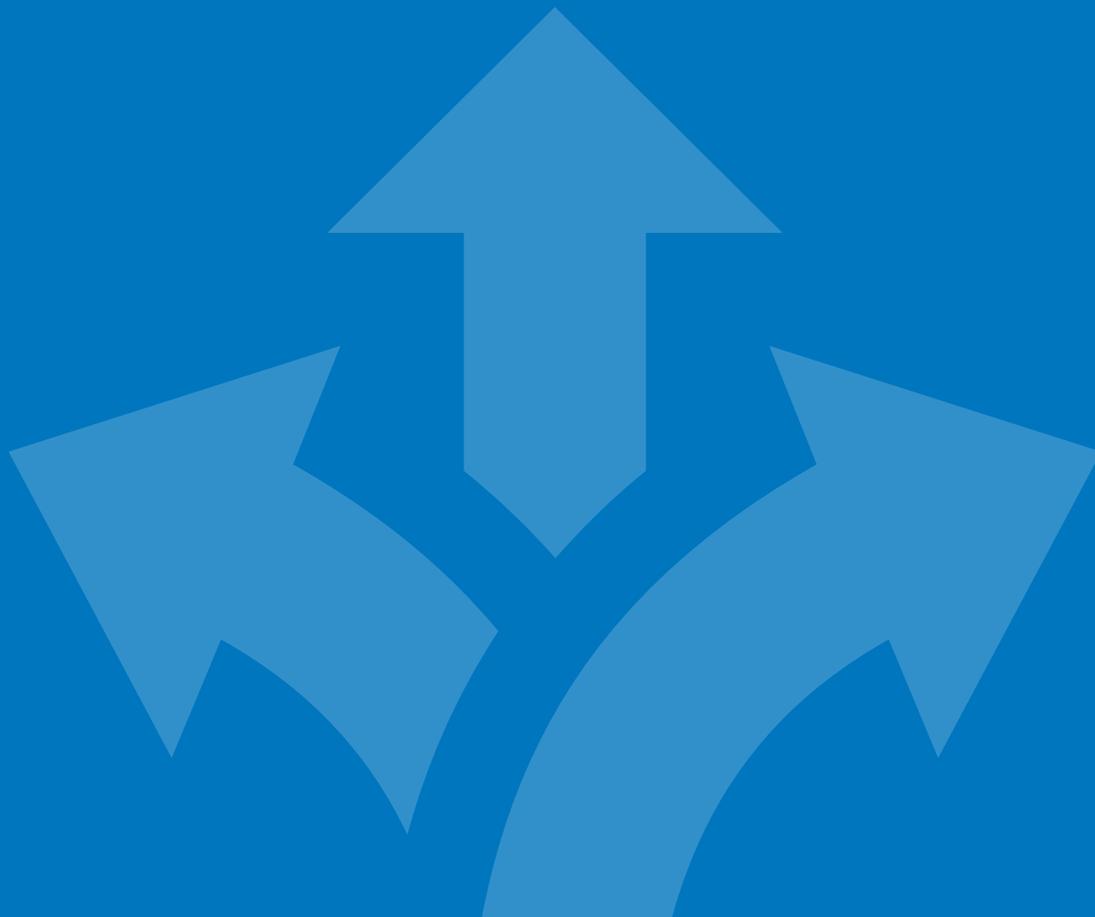
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Thinking Well  
SEDCAS

## Tier 4

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Regional and very intensive services



# Tier 0

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## Self & Community Support

As with our physical health, we can experience periods of mental ill health. It is important that we look after ourselves and can embrace fulfilled lives. Maybe your mental health has taken a dip and you're searching for ways to make yourself feel better. Across Sussex, books, websites and Community groups there are a huge variety of tools to help you cope. Below is a list of links that can offer support for areas such as emotional support, financial advice, Housing support, employment support.

These links can be very useful if you've not tried them out before, if you have however explored these links, you may wish to make an appointment with your GP to consider what other options may be available.

### Wellbeing Centres

There are 7 wellbeing centres across East Sussex (Hastings, Eastbourne, Bexhill, Uckfield, Lewes, Newhaven, and Hailsham) run by Southdowns, which offer signposting, employment support, housing support (Homeworks), debt advice, groups, courses, peer mentoring, and training for peer specialists. This open to anyone age 16+ and you can self-refer by contacting them by email at **ESCN@southdown.org** or phone **01323 405 334**.  
**www.southdown.org/mental-health-recovery/wellbeing-centres-east-sussex-community-network**

### Recovery college

**www.sussexrecoverycollege.org.uk**  
Offer educational courses about mental health and recovery which are designed to increase your knowledge and skills and promote self-management. You can self refer by obtaining a form by email at **Sussex.recoverycollege@nhs.net** or phone **0300 303 8086** or attend an open day.

### STAR

Offers support for substance misuse for people aged 18+, and have 2 main hubs in Eastbourne and Hastings. You can self refer by phone **0300 3038 160**.  
**www.changegrowlive.org/content/east-sussex-drug-and-alcohol-recovery-service-star**

### i-Rock

Support for young people age 16 up to 25 years old in Hastings. They offer support around wellbeing, education, employment, housing and mental health. No referral or appointments is necessary. You can just turn up. Check out their Facebook page too.  
**www.sussexpartnership.nhs.uk/irock**

### East Sussex Recovery Alliance (ESRA)

ESRA support individuals and families that are in recovery from alcohol and substance abuse. This service is based in Eastbourne & Hastings. No referral or appointments is necessary. You can just turn up.  
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, our Peer Support Specialists will work with you to support you to get well, stay well and prevent crisis. The Peer Support Service is provided at the East Sussex Community Network's seven Wellbeing Centres. You can also request to meet a Peer Support Specialist in your local community.

Phone: **01323 405 334**  
Email: **PeerServiceESussex@southdown.org**  
**www.southdown.org**

### Other useful websites

**www.citizensadvice.org.uk/**  
**https://oneyoueastsussex.org.uk/**  
**www.eastsussex.gov.uk/socialcare/healthadvice/mental-health/directory/help/**

# Tier 1

## ..... Primary care

If you've been to your GP and despite accessing self-help and community support, you continue to struggle with your mental health your GP may suggest accessing the following:

### Health in Mind

Health in Mind is a free NHS service for adults over 18 and living in East Sussex who are experiencing emotional or psychological difficulties such as stress, anxiety, and depression.

#### They provide:

- Telephone support and guided self-help
- Short wellbeing courses
- Cognitive Behavioural Therapy (CBT)
- Eye movement desensitisation and reprocessing (EMDR)
- STEPPS EI- Early intervention for people with emotional intensity
- Positive wellbeing course
- Inter-personal therapy (IPT)
- Mindfulness
- Low self-esteem workshop
- Consultations
- Anger management courses

You can self-refer through their website, and may be offered an appointment with one of their practitioners to talk about your current needs to decide which intervention will be the best way forward. Please note you cannot access these services if you are already engaged in Tier 2 Services or already have a diagnosis of Personality Disorder.

**[www.healthinmind.org.uk/](http://www.healthinmind.org.uk/)**

# Tier 2

## Community Care

### Assessment & Treatment Service (ATS)

Your GP may refer you to the ATS. You will meet with a member of the team initially to assess your current difficulties. You may see a Consultant Psychiatrist, who may give a formal diagnosis of Personality Disorder. You could see a Clinical Psychologist for a formulation that helps the Psychologist and you to make sense of your personal difficulties in the context of your relationships, social circumstances, and life events. These types of assessments will help inform what care is best for you. This may be a specific therapy or a more recovery orientated approach where a 'lead practitioner' will support you to build and develop strengths and resources to help you through your recovery journey. At the ATS they offer triage, signposting, medication review, access to a Lead Practitioner, safeguarding, vocational support, Occupational Therapy, and psychological therapies including:

- **STEPPS GROUP** - 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 STEPPS
- Other group therapies including Recovery groups in some areas

### Target

A small group service and recovery group in Hastings only. Surviving to thriving - 6 weeks course 1 x week. Referral is via the Assessment & Treatment Services

The practitioners who will support you and the types of interventions offered will be based on your individual need. Types of practitioners include:

- Psychiatrists Community
- Psychiatric Nurses
- Psychological Therapists
- Occupational Therapists
- Support Workers
- Graduate Mental Health Workers

### Psychological therapy outside the NHS

You may wish to seek private therapy. If this is an option for you, it is recommended that you seek a qualified and registered practitioner and someone who is experienced in working with Personality Disorders. Below is a list of sites which you can find a private therapist to work with. Engaging with two therapies at the same time is not recommended.

[www.cbregisteruk.com/Default.aspx](http://www.cbregisteruk.com/Default.aspx)  
[www.bacp.co.uk](http://www.bacp.co.uk)  
[www.bps.org.uk/public/find-psychologist](http://www.bps.org.uk/public/find-psychologist)  
[www.doctify.co.uk](http://www.doctify.co.uk)  
[www.psychotherapy.org.uk/](http://www.psychotherapy.org.uk/)

## Safe Pathway and planned Sanctuary care

Being registered on the safe pathway can give you planned 3 day admissions to the Sanctuary (supported respite care), as a way of avoiding unplanned acute crises and in-patient admissions. This would be part of your care plan which is agreed between yourself and your Lead Practitioner. This must be completed in advance in order for you to access The Sanctuary services.

## Staying Well

Staying Well is an out of hours mental health support service run by Southdown for people living in East Sussex. It operates in Hastings 7 nights a week from 6 – 10.30pm Mon- Fri and 4-10.30 p.m. Sat/Sun.

Staying Well offers a safe, friendly and relaxed space where people struggling with their emotional well being can come and seek 1:1 and peer support to help them manage their difficulties and seeks to help people avoid reaching crisis point and needing to attend A & E.

Referrals can be made by professionals using the referral form available on the website or by calling the number below after 4 p.m. Self-referrals can be accepted in some circumstances. Telephone support can be offered in some circumstances. Please call the number below for more information.

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](http://www.southdown.org/mental-health-recovery/staying-well-space-east-sussex-community-network)**

## Tier 2

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## Acute Care

### Crisis resolution and home treatment team (CRHT)

CRHT operates to provide safe and effective care in your own home if you experience a mental health crisis and would be an alternative to a hospital admission. CRHT may see you in your own home or preferred location. You may be referred to this service via your GP or any other mental health professional involved in your care.

The length of time that you receive support from CRHT would be decided on an individual basis. CRHT will make contact on the day of your referral and make a plan with you to see you within 24 hours. This service gives you access to 24 hour support from urgent care by phone. Once you are no longer in need of this service, you will be returned to the support of your Lead Practitioner, GP or service that is felt best placed to meet your needs.

## The Sanctuary

The Sanctuary is run by Turning Point who offer a 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. Access to this service is through your Lead Practitioner, referral is via CRHT.

Address: 36 Ashburnham Road, Hastings, East Sussex, TN35 5JL

**[www.turning-point.co.uk](http://www.turning-point.co.uk)** - Hastings Sanctuary Service  
Phone: **01424 204050**

## Inpatient stay

You may have an inpatient stay if your mental health deteriorates and it becomes unsafe to manage in the community. Inpatient stays can be under informal admission or under a Section 2/ 3 of the Mental Health Act. Admissions for patients with personality disorder are usually up to 72hrs due to the limited therapeutic value that longer stays provide. Anyone can start the process (relatives, patient, GP, ATS, other NHS professionals, or the public) but the Crisis Resolution Home Treatment team and Mental Health Liaison Service are the people who can make this decision with you (they are known as the gatekeepers to accessing inpatient treatment and try to find the least intrusive way to support you to stay safe).

The aim of your stay is to support you through the crisis period when the risks are such that they cannot be managed in the community. There will be clear goals about the purpose of your admission in helping you manage the crisis and return to the community after a short, focused therapeutic stay. This may involve a mixture of 1;1 work and group interventions.

Once you are no longer in need of this service, you will return to the support of your Lead Practitioner with a care plan.

## Independent Mental Health Advocate (IMHA) - Pohwer

If you have been sectioned under the Mental Health Act or subject to a Guardianship or a Community Treatment Order, you may wish to access an IMHA. You can access an IMHA by completing a referral form on the POhWER website. The service can help you to understand your situation. They can provide you with options to access relevant support and understand the choices you have. An IMHA can support you to have your voice heard.

**[www.pohwer.net/east-sussex](http://www.pohwer.net/east-sussex)**

## Urgent Care Lounge

The Urgent care lounge is to support you 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)

# Tier 3

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## Thinking Well

Thinking Well is a designated service for people with a diagnosis of Personality Disorder who have been unable to move their lives forward with the help of the Tier 1 and Tier 2 services. Thinking Well operates in partnership between Sussex Partnership Foundation Trust and Southdown, offering group therapies and a community programme in well-being centres in Lewes, Eastbourne and St Leonards.

Referral is only from the ATS and you must remain open to the services of the ATS and have a Lead Practitioner.

## Severe Eating Disorder Consultation & Assessment Service (SEDCAS)

This is a Trust wide service working alongside the ATS to support people recovering from eating disorders. Referral is via your ATS

**[www.livewellsouthwest.co.uk/project/severe-eating-disorder-consultation-assessment-service-sedcas/](http://www.livewellsouthwest.co.uk/project/severe-eating-disorder-consultation-assessment-service-sedcas/)**

## Child & Adolescent Mental Health Services (CAMHS)

If you have been receiving support from CAMHS and are requiring continued support into Adult Mental Health Services, you will be referred to the ATS 6 months before your 18th birthday. You may be re-assessed and either offered services mentioned in this leaflet previously, or you may be discharged to your GP or Health in Mind.



**Sussex Partnership**  
NHS Foundation Trust

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