

# Themed Event: Personality, Emergency Mental Health Care and Complex Needs

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## Personality Emergency Mental Health Care and Complex Needs: Our Vision

The Personality, Emergency Mental Health Care and Complex Needs theme has as its vision to develop programs of research that enhance the quality of life of individuals with life long psychological struggles, individuals in crisis and individuals with needs that are complex (either due to issues of comorbidity, because of the context in which they occur, or because at present psychological treatment outcomes are poor such as those with anorexia nervosa).

## Theoretical and methodological foundations

- Our research draws upon theoretical and methodological perspectives across medical sociology and the medical humanities, as well as psychiatry and psychology.
- Research is interdisciplinary, involving multi-agency collaboration and values based practice.
- At the core of our research is the focus on 'lived experience', hence PPI and involvement with LEAF are fundamental to our approach

## Theme: Priorities

- Enhancing and evaluating interventions for those with life long struggles in forming relationships and managing intense emotions
- Suicide prevention and alternatives to s136 detention
- Involvement of services / other agencies in providing emergency care
- Enhancing our knowledge of the needs of individuals with anorexia nervosa and improving psychological interventions
- Highlighting the needs of parents in the context of parental mental illness and devising adequate support packages.

## Theme Principles:

- **P**atience
- **E**mpathy
- **M**aking it **H**appen
- **C**ompassion
- **A**cceptance
- **N**eeds Based approach