



Nottinghamshire Personality Disorder & Development Network

Service Leaflet

What is the PD Network?

The Nottinghamshire Personality Disorder and Development Network (NPDDN) is a therapy service for individuals with Personality difficulties/disorders. The Network provides a variety of therapy groups in the following areas:

- Nottingham (Mandala Centre – Main base)
- Newark
- Mansfield
- Worksop

The individuals who use/access services at the Personality Disorder and Development Network (NPDDN) most often present with 'lifelong emotional difficulties' which get in the way of them living fulfilled lives. These difficulties usually concern problems with relationships and self-image and are sometimes diagnosed as Personality Disorders by mental health professionals.

The Network consists of a number of elements; Advice and Information, Individual assessment, Foundation Pathway, Pre-engagement, Step-Through, Mentalization Based Treatment (MBT) introduction (MBTi), MBT Therapy, Wellcome Group (for young adults) alongside consultations with wider mental health services and specialist training in working with individuals with personality disorder (in particular offering a yearlong training and supervision course in working with individuals with Borderline Personality Disorder).

Who is the service for?

The criteria for referral to the network includes: Evidence that an individual's difficulties with relationships and emotions are **Persistent**, **Pervasive** and **Problematic** (known as the 3 P's); The individual is motivated towards making some changes and feels able to tolerate and make use of **group** therapy; Aged over 18 and living within the boundaries covered by Nottinghamshire Healthcare NHS Trust.

Referral/Assessment Process

All referrals are discussed in the referrals meeting (RAMM) on a weekly basis. Each referral is considered with regards to the above criteria (thinking about the **3 P's**, the criteria for Cluster 8, as well as exploring whether another service may be more suited to support the individual's needs (i.e. primary care/IAPT, secondary care nurse led clinics, counselling services etc.) rather than accessing specialist personality disorder services. If this is the case we would liaise with the referrer sign posting to appropriate services and write to the individual. Prior to offering treatment, an assessment by a mental health practitioner is undertaken. This is an opportunity for the individual to discuss why they have been referred, the difficulties they experience and their sense of this, the treatment pathways available and to complete an initial assessment of needs. Group work is explicitly discussed in this process. Assessments are discussed within the wider team in supervision and consideration is given to the individuals needs and which groups within NPDDN (or services outside in addition to/instead of NPDDN) may best meet their needs. Patients are often offered a follow-up assessment to provide this feedback and formulate a therapy plan.

Why Group work?

We are aware that group work can be quite daunting for some people. Here at the Network this is something that we acknowledge and can think about with people during their assessment. Group work has found to be the most effective (and evidenced based) method of therapy with our client group. Currently one of our main group therapy pathways (Mentalization based treatment) is recommended by the National Institute of Care and Excellence (NICE) guidelines as a form of treatment for people with Borderline Personality Disorder (BPD).

The groups we offer at NPDDN

There are 4 different groups that we offer at the Network, these include:

Foundation Group; Wellcome Group; Horizons Group (Psycho-education & support); Mentalization Based Group (MBTi/MBT)

During the assessment stage, it may be that '**Pre-engagement work**' is considered for an individual. This involves some preparatory 1:1, short term sessions to engage a person through to a therapy group (this is for individuals who are clear that they want to access group therapy but are experiencing some difficulties in engaging e.g. due to anxiety).

Below is a brief overview of each group. For more information please see the specific leaflets for the different group programmes.

Foundation group (Nottingham): The foundation group is a weekly group for men with anti-social personality difficulties lasting approx. 18 months. Individuals in the group will typically have a number of convictions for interpersonally violent offences, and will likely have spent some time in prison, but be actively seeking help to reduce their impulsivity and difficulty in managing emotions

Wellcome group (Nottingham): For young adults aged between 18 - 21. This a 6 month group focussing on psycho-educational sessions/activities with a reflective mentalizing space.

Horizons Group (Nottingham, Mansfield & Newark): This is a 12 weeks psycho-educational group exploring areas such as: personality disorder; emotions; relationships; mindfulness etc. with a reflective space built in.

Mentalization Based Therapy (Nottingham, Mansfield & Bassetlaw): A 12 week psycho-educational group (Mentalization based therapy – introduction, MBTi) which can be followed by the MBT therapy group (12 months) if this approach is suitable for the particular individual. The MBT therapy includes monthly individual sessions with an identified individual therapist.

NPDDN also works within the principle of supporting individuals to begin to think about '**Moving On**' from the Network and accessing services outside of therapy, thus building their contact with other services/support i.e. accessing the Recovery College, supportive employment etc.

Contact details

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Useful information

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/personality-disorders/#.VmKPYoTPyRs>

www.emergenceplus.org.uk

www.rethink.org/diagnosis-treatment/conditions/borderline-personality-disorder/treatments

<http://www.nhs.uk/conditions/borderline-personality-disorder/Pages/Introduction.aspx>

<http://www.harmless.org.uk/contact>

Samaritans: Phone 08457 90 90 90 anytime

NCHA SMaRT Mental Health Helpline: 0800 561 0072. 5pm – 9pm

