

Newham Personality Disorder Service

Referral Guidance and Criteria

REFERRAL GUIDANCE

The Newham Personality Disorder Service offers Mentalisation Based Therapy (MBT) to adults who have Emotionally Unstable Personality Disorder (EUPD) and are in need of an intensive intervention (twice weekly therapy for 18-months).

We would advise that referrals are made using the Newham Personality Disorder Service referral form. We ask for comprehensive information (including presenting problems, current and past risk, personal history, therapy goals etc) so that the service can make a decision about whether an assessment will be offered. Once received, the referral is screened in order to determine whether an assessment in the Personality Disorder Service is indicated. Only referrals that look likely to meet the criteria for the service will be assessed. Referrals that do not contain sufficient information are at risk of being declined. Referrals that do not clearly indicate why an assessment in the service is warranted are also likely to be declined.

Referrals should be emailed to **Elft.newhampdreferrals@nhs.net**. We request that referrals are not sent to individual staff email addresses as they risk being missed or not logged.

Referrals must be discussed with patients (using the Newham Personality Disorder Service MBT leaflet) so that they are aware of the significant commitments of treatment (attendance twice a week for 18-months, mandatory group therapy) and can make an informed decision about a referral to the service. We are always happy to offer consultation to professionals about the potential suitability of a patient prior to a referral being made (this is preferable and advisable).

REFERRAL CRITERIA

Inclusion Criteria

- Patients with a diagnosis of Emotionally Unstable Personality Disorder of a degree of severity, complexity and chronicity indicating the need for a specialist and intensive treatment programme:
 - Patients who present a current high risk to themselves or others through their suicide attempts, recurrent self-harm, high level of impulsivity or who have significant vulnerability due to abuse from others.
- AND
- Patients with a background of pervasive and persistent interpersonal relationship difficulties which manifest themselves in their personal lives and in failed attempts to engage with services.
- People who are residents in Newham
- People who are able to commit to twice weekly attendance for 18-months (including weekly group therapy)
- Patients aged 18 or over (exceptions might be made for younger patients on a case by case basis)

Exclusion Criteria

- Patients with a diagnosis of pure Antisocial Personality Disorder whose current levels of risk to others make it unsafe for them to be treated in a non- forensic setting.
- Patients with a diagnosis of Schizotypal Personality Disorder.
- Patients primarily suffering from a severe mental illness such as psychosis who are too clinically unstable to engage in intensive psychotherapeutic work in a meaningful way.
- Patients with a primary diagnosis of substance misuse that are too unstable for the patient to engage in the psychotherapeutic work in a meaningful way.
- Patients whose poor physical health makes it impossible to attend regular appointments.
- Patients whose cognitive impairments make the process of learning too demanding.
- Patients who have not consented to the referral