

Where can I get further information?

Your named Recovery Co-ordinator will be able to give you further information about the difficulties you might be experiencing and the available treatment. We've also put together a list of useful websites where you can find more information. You will also find useful information about our services and issues related to mental health and wellbeing on our website.

Royal College of Psychiatrists - Problems and Disorders Index.

www.rcpsych.ac.uk/healthadvice/problemsdisorders.aspx

A helpful and easy-to-use information website with evidence-based information about various mental health difficulties and treatments. It includes information for people using mental health services as well as their carers and families.

Emergence - www.emergenceplus.org.uk/resources.html

Emergence is a service user-led organisation supporting all people affected by Personality Disorder, including service users, carers, family, friends and professionals. Included in the resources are short films and useful reading lists.

National Institute for Health and Care Excellence www.nice.org.uk/guidance/cg78

National Clinical Guidelines for the recognition and management of personality disorder.

Rethink - www.rethink.org t: 0300 500 0927

Rethink provide expert, accredited advice and information to everyone affected by mental health problems. It offers information on treatment and care, to benefits and employment rights.

Mind - www.mind.org.uk t: 0300 123 3393

The Mind website provides mental health information, certified as trustworthy and reliable by the Information Standard.

Useful contacts

The Samaritans t: 0854 790 90 90

Confidential, non-judgemental emotional support, 24 hours a day

NHS 111

111 is the NHS non-emergency number, available 24 hours a day, 365 days a year.

Police 101

101 is the police non-emergency number. You should use this number to report concerns that do not require an emergency response. Calls cost 15p per call.

Mindline South Devon and Torbay

t: 0300 330 5464

An out of hours helpline in South Devon and Torbay, open 8-11pm Tuesdays, Wednesday, Fridays, Saturdays and Sundays.

Citizens Advice Bureau - www.cabdevon.org.uk

t: 03444 111 444

Free, independent advice on a range of subjects including employment, housing, money and welfare benefits.

Devon Advocacy Consortium t: 0300 343 5707

An independent, professional advocacy service for people over the age of 16 in Devon.

Email: dac@seap.org.uk

Your feedback

If you would like to know more about us, need information in a different language or format or have a concern, compliment or complaint, then please contact our PALS Team:

PALS Team
Devon Partnership NHS Trust
Wonford House, Dryden Road
Exeter EX2 5AF

Freephone: 0800 0730741

Email: dpn-tr.pals@nhs.net

www.dpt.nhs.uk

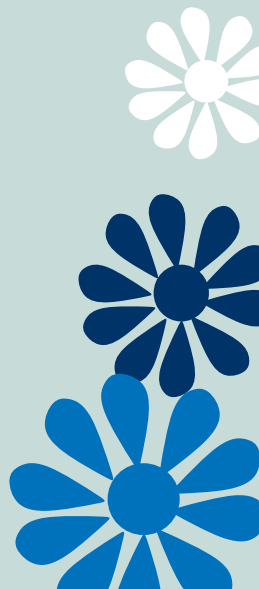


Devon Partnership
NHS Trust

The CHANGE Programme – What does it mean for me?

*Information for
people using our
services*

www.dpt.nhs.uk



In your recent assessment, you described your current difficulties. It seems that these could best be understood in terms of a diagnosis of personality disorder or emotional instability. Therefore, you have been referred to your local Community Mental Health Team, or CMHT, to take part in the CHANGE Programme.

We've put together some information about the CHANGE Programme which we hope you'll find useful during your time with our service. Although this leaflet is written for people using mental health services, we hope the information will also be useful for relatives and carers. If you're unsure about anything in this leaflet, please ask a member of staff.

What happens next?

One of our Recovery Co-ordinators will arrange to meet with you, and together you will complete the CHANGE Programme over eight sessions. These sessions will usually be at the same time, day and place each week.

What is the CHANGE Programme?

The CHANGE Programme is taken from a structured clinical approach that has proved effective in reducing difficulties for people with Borderline Personality Disorder (BPD). The National Institute for Health and Clinical Excellence noted that it has "led to improved outcomes for people with BPD".

CHANGE is designed to help you make sense of and understand your difficulties, how they developed, what keeps them going, and what might be needed to help you overcome them.

From this, you and your Recovery Co-ordinator will decide on the best way of addressing these difficulties and whether you feel ready to begin making any changes.

What will I have to do?

Over the eight one-to-one sessions with your Recovery Co-ordinator, you will be asked to undertake a series of tasks. These tasks will include opportunities to talk in more detail about your specific difficulties. Your Recovery Co-ordinator will be interested to hear about the times when you felt you've been in crisis, so that you can both understand the triggers that are involved, what helps and doesn't help at these times, and what support you need when this happens. These tasks will also help to clarify any queries you may have about your diagnosis.

Throughout this work, there will be tasks for you to work on at home. Your Recovery Co-ordinator will also consult with a member of the Psychology and Psychological Therapies team to support the development of your treatment plan.

You will have the opportunity to meet a Consultant Psychiatrist or a Nurse Prescriber to talk about any medication issues if relevant to you. Unlike other mental health difficulties, Personality Disorder itself cannot be treated with medication, although some medications can help with some of the symptoms.

What happens at the end of the programme?

When you have completed the CHANGE Programme, you will have a clearer understanding of your difficulties and what you need to help you in your recovery. There will also be discussions about whether or not you are ready to start making any changes. You and your Recovery Co-ordinator will decide together what the next steps will be for you. This could be something that we offer, or it could be something provided by other organisations. For some people, they will be at a point of recovery where they do not need, or want, further input at this time.

Attending your sessions

The CHANGE Programme is very structured, and as part of this we have a clear policy about attendance. If you miss two of the eight sessions, we have to assume that you are not yet ready or able to commit to this work. In this case you would usually be discharged from our service. If you think that you are unable to prioritise this work at the moment, please let us know so that we can offer your appointments to someone else. When you do feel ready, you can ask your GP to refer you back to us.