



Borderline Personality Disorder Pathway Newsletter

December 2024

Number 5

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Award winning "Borderline and Beyond" leaflet



The **BPD Dialogues** group produced a patient leaflet which has been available to use in NHS GG&C since Feb 2023. Members of the group took a poster presentation about the leaflet to the national Personality Disorder conference (BIGSPD) in Belfast in June 2023.

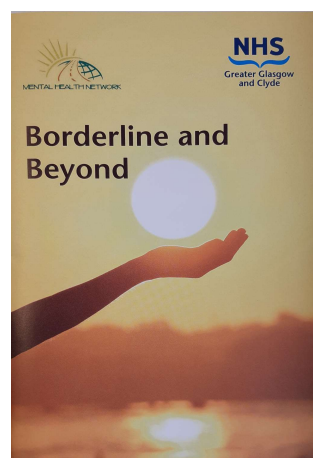
The poster won the prize for "Capacity to Inform and Engage"

The poster reported on results of a **Patient and Family Survey**

- 90% found the leaflet helpful or very helpful
- 100% replied that it was important/ very important it was written from a lived experience perspective
- 93% would definitely recommend this leaflet to a friend

The poster also reported on a **Staff Survey** about the leaflet

- 47% of respondents were AWARE of the Borderline and Beyond leaflet
- 25% thought the leaflet was VISIBLE/ AVAILABLE in their ward/ CMHT



Fiona and Alison representing the **BPD Dialogues** Group in Belfast, receiving the poster prize from the co-presidents of BIGSPD

Adult Mental Health Strategy

BPD IMPLEMENTATION STEERING GROUP

Colin McCormack
CHAIR

Head of Adult Services
NW Glasgow

Vince McGarry

MH Strategy
Programme Manager

Andy Williams

Clinical Lead
Personality Disorder

Michele Veldman

Clinical Lead DBT

Kate Sloan

Clinical Lead
Psychotherapy and
MBT Lead

Patricia Cawthorne

Professional Nurse
Lead

Allison Blacket

Psychology
Professional Lead S
Glasgow and E Ren

Niamh Rice

Clinical Lead,
Psychological
Therapies Team

Michael Keyes

In-Patient Service
Manager NW

Michelle McGeever

Service Manager MH
and Recovery E Ren

How do I find the "Borderline and Beyond" Leaflet?

The leaflet is available on the **MyApp: My Mental Health App** and **website** using the QR code:



You can find a **black and white copy to print out** here: **Borderline and Beyond Printable Copy**

Printed Colour copies can be ordered from: catherine.harris@nhs.scot

Call out for new members!

BPD Dialogues is a group of people who have a diagnosis of **Borderline Personality Disorder**, and lived experience of using services in NHS GG&C. The group was formed in February 2020, and its purpose is to contribute to planning and delivering better services for people with a BPD diagnosis across NHS GG&C. The group is hosted by the **Mental Health Network**.

The name of the group, **BPD Dialogues**, was chosen by its members to represent the fact that there are different views about diagnosis. This group aims to respect and represent all views



We are looking for people with a diagnosis of BPD (EUPD) who have experience of using any mental health services in NHS GG&C

- **CMHT or in-patient care**
- **ECS**
- **STEPPS**
- **DBT**
- **MBT**

Click [here](#) for the Information Sheet for new recruits

Click [here](#) for Staff guidance on who to invite to join

Adult Mental Health Strategy

Dorothy Rae

Mental Health Advisor
& Care Group Lead
Occupational Therapist

Wai Imrie

Consultant GA
Psychiatrist S

Carol Donoghue

Inpatient Operational
Nurse Manager S

Sarah Cooper

Consultant Clinical
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David McCarthy

Consultant GA
Psychiatrist NW

James McDonald

Consultant Psychiatrist
CAMHS

Lorna Judge

Consultant Clinical
Psychologist E Dun

Sharon Green

Operations Manager
OPMH and Rehab

Susan Hood

Senior Adult
Psychotherapist
Dykebar

David Grinter

Consultant Clinical
Psychologist, E Dun

David Harley

Planning and
Performance Manager

CCC Training Update:

The one day BPD training, introducing **Co-ordinated Clinical Care (CCC)**, has been relaunched this month after a lengthy pause due to staff changes. Our BPD trainers are Susan Lyon and Lorna Mitchell. The initial 3 sessions are full and we have a waiting list for places. A full programme of training sessions will be available from November. The most recent evaluation of the impact of training indicated improvement in all key target areas – Understanding; Skills; Empathy; Beliefs; Confidence to treat.

Further training materials are being co-produced with the **BPD Dialogues** group to strengthen the lived experience input to the training model.



If you are interested in a place on the training, please seek approval from your line manager and email Madge.Edelsten@nhs.scot to enquire about booking a place.

The BPD trainers have recruited local BPD Link workers to support teams post training. Please contact the trainers if you are interested in more information – ggc.cccadmin@nhs.scot

BPD Guidance Documents for Staff

The BPD Steering group has produced a set of **BPD CLINICAL GUIDANCE DOCUMENTS** for use by mental health staff in all settings.

These guidance documents have been developed by multidisciplinary working groups. **They are designed to provide detailed and practical clinical guidance**, based on the principles outlined in the CCC (Co-ordinated Clinical Care) training.

The first 4 Guidance Documents are now available to download and use, here:

- **BPD Pathway and Stepped Matched Care**
- **Assessment, Diagnosis and Formulation**
- **Managing Crisis**
- **In-Patient Care**

Adult Mental Health Strategy

Trina Ritchie

Lead Clinician - GCC
ADRS

Beth McHugh

Consultant GA
Psychiatrist NW

Claire Letham

Cognitive Behavioural
Therapist,
Psychological therapies
groups service



The next 3 Guidance Documents currently in development are:

- **Prescribing in BPD**
- **Assessment of Capacity and use of MH Legislation in BPD**
- **Complex/ Extended In-Patient Admissions**

Look out for Newsletter 6 for further updates