

Welcome to the United Communities virtual meeting

Please ensure that you have your microphone
turned **OFF** (muted).

Throughout this meeting we will be using the chat
and hand raising functions for comments and
questions (this will be explained).

Please familiarise yourself with the meeting
guidelines which were in your pre meeting pack

Thank you



Welcome - Steve Manley, Engagement Manager

Today's agenda

- Personality Disorder Pathway update
Colette Lane
- MHICs - Mental Health Integrated Community Service
Simona Chereji
- Wellbeing Centre launch update
Suzanne Jenkins



Personality Disorder Pathway update focussing on the Tiered Pathway

Colette Lane

Project Manager for the PD Pathway

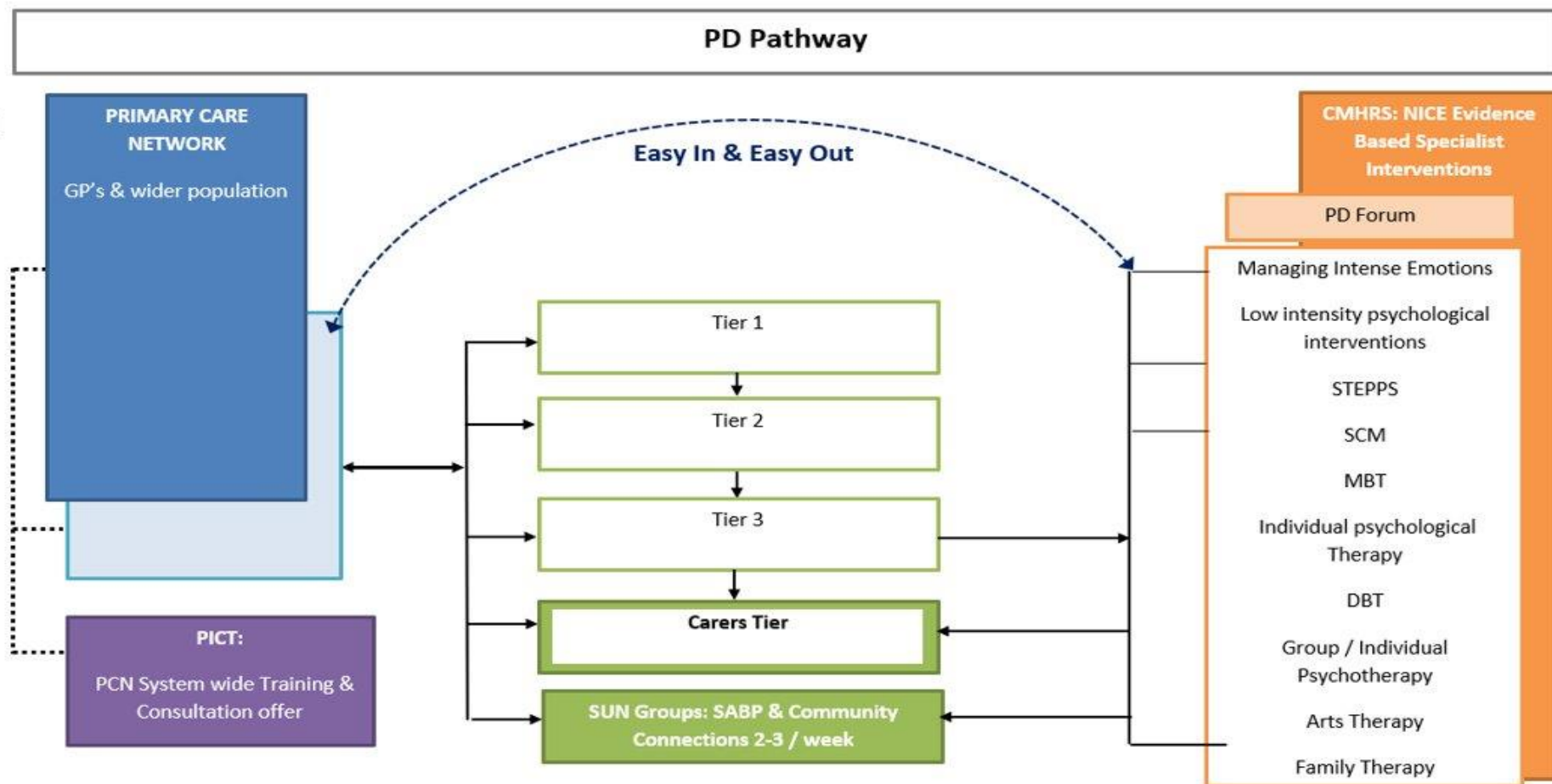
Personality Disorder Pathway offer

There will be 3 pathways for people with emotional management difficulties/personality disorders or traits.

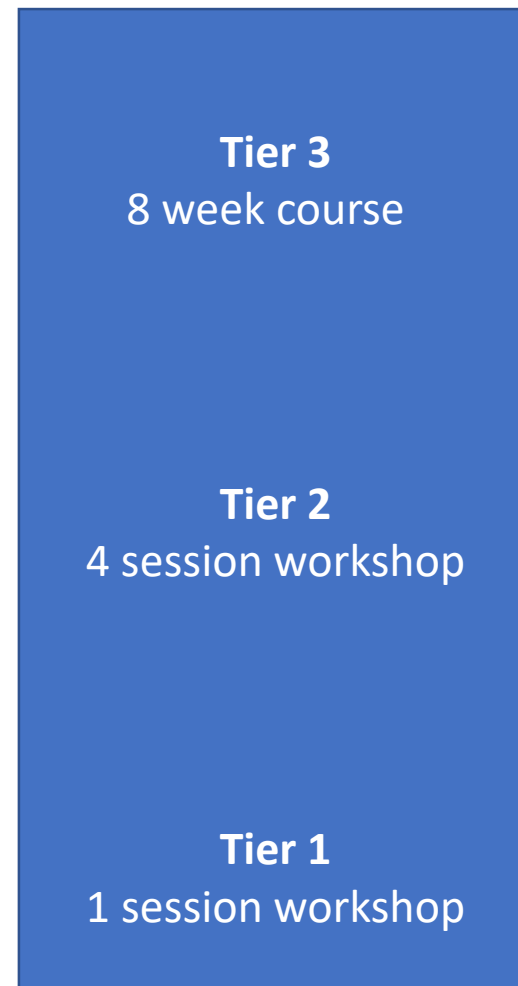
This will consist of three new community components:

- Psychologically Informed Consultation & Training (PICT)
- Service User Networks (SUN)
- Managing Emotions Pathway: Tiers 1,2 & 3 + Carers specific

Where does the Tiered Pathway fit?



The Managing Emotions Pathway



Courses – remote on MS Teams

Pathway	Tier 1	Tier 2	Tier 3
	weekly	monthly	monthly
	1 session of 2.5 hours	4 sessions of 2 hours each	8 sessions of 2 hours each
	max 7 people	max 7 people	max 7 people
Pathway for carers	Tier Carers		
	every 3 months		
	3 sessions of 2.5 hours each		
	max 7 people		

What will the Managing Emotions Pathway provide?

- To help group members begin to understand their emotions and learn some skills to help when they feel distressed.
- It is designed around a model of care that is safe, effective and evidence-based whilst also compassionate and addressing the whole person.
- The courses are particularly suited to people who have emotional regulation difficulties which may be part of a diagnosis of any EUPD or of difficulties often associated with EUPD traits; they do **not** have to agree with their diagnosis or have a diagnosis.

Who developed the Tiered Pathway?

- This tiered pathway approach has been developed with people who use services, carers and clinicians.
- The focus is on recovery and empowering people to live meaningful lives with or without on-going symptoms of their condition. We aim to:
 - Create and sustain a culture of hopefulness that is focused on the pursuit of personal goals and ambitions;
 - Support people to take responsibility and maintain a sense of control over their own lives and healthcare needs;
 - Increase opportunities for people with emotional management difficulties to access support at an earlier stage.

Who will deliver the Tiered Pathway?

- Staff delivering the Tiered Pathway are a mixture of professionals and people with lived experience of having or caring for somebody with mental issues.
- All courses are co-developed and co-delivered by a professional and a person with lived experience (a Recovery Coach).
- The tiers will be named: -
 - Tier 1 – Understanding Emotions – An Introduction
 - Tier 2 – Learning strategies to manage emotions
 - Tier 3 – Developing skills to manage and regulate emotions
 - Tier Carers – Supporting someone with emotional difficulties

Carers – self referral or referral through MHICS

- A three session workshop for carers to help them understand the difficulties someone with emotional intensity experiences. They will also learn the skills and strategies their loved one is being taught.
- This support group will also suggest strategies to help carers cope and manage their own wellbeing. We understand that carers play an integral role in preventing people with emotional difficulties from entering secondary care services, sometimes at financial and emotional cost to carers.
- The Carers workshop has been co-developed and co-delivered by carers and people with lived experience.
- **This support group is suitable for anyone that is taking care of someone with emotional intensity difficulties and finding it hard to manage. Carers can self-refer to this workshop**

















Trial for Tier 1

- Tier 1 trialled with 3 sessions during September. People were referred from both GPimhs and MHICs teams.
 - 3rd Sept 7 places booked, 1 person attended
 - 10th Sept 7 places booked, 4 people attended
 - 17th Sept 7 places booked, 3 people attended

R-outcome measure

Emotional Confidence

How do you feel about caring for your emotions?

	Strongly agree	Agree	Neutral	Disagree
I know enough about my emotions				
I can look after my emotions				
I can get the right help if I need it				
I am involved in decisions about me				

The outcome measure gets sent as a link before and after the session.

A challenge is getting attendees to complete the outcome measure.

7 out of 8 group members completed the outcome measures before the courses and 5 out of 8 completed afterwards.

Outcomes

- Tier 1 was trialled on 3rd Sept, 10th Sept and 17th Sept with clients referred from both GPimhs and MHICs teams. Admin processes were also reviewed. Delivery was through Microsoft Teams and outcomes through R-Outcomes.
- 8 referrals from MHICs were enrolled onto the workshops, 5 attended.
- R-outcomes showed an increase in the scores for questions around understanding emotions (“I know enough about my emotions” and “I can look after my emotions” but showed a decrease for questions about “I can get the right help if I need it” and “I am involved in decisions about me”
- Positive verbal feedback about the workshop was given from 2 attendees to their MHICs worker.

Response ID	Response
9	I know what my emotions are but struggle to find the cause or what makes me feel. I can pull myself out of certain situations 50% of the time the other 50% its anyones guess what happens. I get committed easily when I start something I will make sure to see it off so now that I have started helping myself I would like to think I won't stop until its over. I am in control in what I do with my life not anybody else.
13	The facilitators were excellent !! It was reassuring to hear that other people are experiencing similar issues - you are not alone. Thank you for allowing me to attend.
17	I realise I'm not alone and can focus little bit more regarding controlling them with certain boundaries and try encourage myself to take it step by step and its giving me some reassurance of certain difficulties i acknowledged in the meeting.
19	I really enjoyed taking part in this course today. I learnt alot and above all else I now feel that I am not alone and there are other poeple like me which makes me feel much more confident. Your course leaders are so inspiring and I now feel that I can pursue my career goals despite my emotional disability. Thank you for including me on this course, I would be happy to participate in any future courses. All the best x
20	Actually quite helpful - I wasn't keen after seeing the title, as it sounds a bit basic but really glad I attended. x and x were great, and actually Teams may help those people like myself who are anxious. Not going to a strange place might help, so even after COVID, maybe an online option between 4 physical in person courses might work!



Questions

Andover Mind – Wellbeing Centre



Please enquire
about registering
for these events.
Booking is also
required for all
groups due to
COVID-19
regulations.

Andover Mind Well-being Centre
The Clockhouse
1 Clockhouse Road
Farnborough
Hants
GU14 7QY

www.andovermind.org.uk
T: 01252 317481
e: well-beinghartandrushmoor@andovermind.org.uk

**The Well-being Centre
Opening Times**
Monday – Thursday 9.30 – 16.30
Friday 9.30 – 16.00
Saturday – 10.00 – 12.00
Sunday – CLOSED

Well-Being Centre Hart & Rushmoor

Oct 05th to Dec 11th

Mission Statement

Andover Mind is a local charity for people who experience, or are affected by, mental health distress. We provide a range of services designed to enable people to achieve their individual potential and to participate in society

Find us on Facebook:

facebook.com/andovermind
or on twitter.com/AndoverMind



Andover Mind is a registered charity - No. 1039094

	Farnborough	12.30pm – 1pm	Aldershot community venues	EVENING
MONDAY	Well-being group 2pm – 3.30pm A chance to learn some basic coping skills and speak to others who are sharing a similar experience.	Closed		
TUESDAY	Meditation 2pm – 2.30pm A guided meditation for 30 minutes of relaxation.	Closed	Coffee Morning 10 – 11am At Vero Waffle and Gelato café in the town centre. A social meet up for those who need a chat and some advice (venue may change so please check before attending). Peer support 1:1 sessions 11am - 2.30pm Practical and emotional support with someone who has shared similar experiences	
WEDNESDAY	Recovery support group (split group) 12pm – 1.30pm and 1pm to 1.45pm Alternative venue for the Fleet Hub during COVID (usually Fleet Civic Centre) Art and Craft 1.15 – 2.45pm (small charge of £1.50p per session) A small and friendly group where you can create something unique and personal to take away with you.	Closed	Peer support 1:1 sessions 9.30am - 10.30am Practical and emotional support with someone who has shared similar experiences Wellness in Aldershot in 10.30am – 11.30am Chats and practical support with all things physical and mental health related	
THURSDAY	Tai Chi 3.45pm to 4.30pm 45 minutes of focused movement for relaxation	Closed		Carers Support Group 6pm - 8pm Farnborough Well-being Centre (First Thurs of each month from November)
FRIDAY	Well-being group 10am – 11.30am A chance to learn some basic coping skills and chat to others who are sharing a similar experience.	Closed	Coffee Morning 9.30am – 10.30am At Vero Waffle and Gelato café in the town centre. A social meet up for those who need a chat and some advice	
SATURDAY	Well-being at the weekend 10am-12pm *starts 07 th Nov* Social drop in – 1 st Sat of the month Activities for the remaining weeks tbc – please call for details			

All groups are a maximum of five people per session during the week and four per session on Saturday due to COVID-19 regulations.

Booking is required please and drop ins cannot be accepted.

Maximum effort will be made to ensure that we allocate spaces fairly, including spacing attendance every fortnight and introducing waiting lists.

Thank you for your understanding.