

The Transformation Bulletin

A round up of how **community mental health services** are transforming across **Frimley**

Issue #3, June 2023

Top stories

Health App pilot launched to allow easy access to mental health support at home

Five mental health services in Berkshire are taking part in a pilot designed to help professionals recommend approved, evidence-based health apps to the population.

In Partnership with the Organisation for the Review of Care and Health Apps (ORCHA), our mental health professionals have created a library of approved health apps. These have been thoroughly assessed for safety and effectiveness before being added to our Berkshire Healthcare App Library.

The ORCHA review process involves seven steps and only apps that meet stringent requirements can be recommended.

[Read the full article](#)



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Spotlight on Personality Difficulties

New services to better serve people with Personality Disorders



Around 1 in 20 people in the UK has a personality disorder*. They can be hard to define and diagnose, so they often go unrecognised for a long time.

As part of the Community Mental Health Transformation our teams have been developing services to help professionals and patients understand, treat and live well with Personality Difficulties and Disorders. Read more about what's on offer in Frimley.

Psychologically Informed Consultation & Training (PICT)

PICT is a team of Psychologists, Psychotherapists and Lived Experience Practitioners. Rather than working directly with service users, the PICT team's focus is spreading knowledge and skills widely with individuals and teams so people in primary care, social care and the third sector can feel more confident and equipped to work with people with personality difficulties.

Training

PICT offer Training to staff across Frimley covering topics including:

- Working with people who self-harm
- Understanding attachment and developing the therapeutic relationship
- Managing difficult conversations for administrators
- Building relationships with patients with personality disorder

For a full catalogue of courses and available sessions in North Frimley, please email PICT@berkshire.nhs.uk Or if you are in South Frimley, [complete this form](#) to request training.

Consultation

PICT also offer remote consultation sessions both group sessions and 1-1. During the sessions the PICT team member can provide specific advice and support on managing and understanding the needs of a person with personality disorder which can be applied to support more people in your community.

Drop in Consultation Clinics

In North Frimley, drop-in consultation sessions are available every Monday, Tuesday, Thursday and Friday between 1-2pm. Email PICT@berkshire.nhs.uk to book your slot or [drop in using this link](#).

In South Frimley drop in sessions are Tuesdays between 2-3pm and Thursdays between 12-1pm. Contact pict.admin@sabp.nhs.uk for more information.

Spotlight on Personality Difficulties

Service User Networks (SUN)

SUN is an easy to access community-based service for adults experiencing difficulties with complex emotions often associated with personality disorder.

Attending a SUN peer support group helps people to get the support they need and gives them the opportunity to share their experience to help others.

Each group follows the same format:

- **Check In** - People can talk about how they are feeling and what they would like to get out of the group.
- **Support Forum** - A discussion about topics or themes raised at the Check In so people can share experiences and provide one another with advice.

More information about the Service User Networks can be found on our websites. [North Frimley SUN](#) and [South Frimley SUN](#).

To enquire about the SUN groups available in your area, please contact
North Frimley - SUNTeam@berkshire.nhs.uk
South Frimley - sun.admin@sabp.nhs.uk



Managing Emotions Programme (MEP)

The Managing Emotions Programme offers easy access to psycho-educational courses, designed to equip people with a range of tools and skills to enable them to manage their emotions more effectively.

Courses are coproduced and cofacilitated by mental health professionals and people with lived experience. They are currently delivered online in groups of around 8-12 service users.

There are three courses available for people with complex emotional issues and one for parents and carers. The courses explore topics such as:

- The function of emotions
- Coping skills to reduce intensity of emotions
- Emotional regulation
- Communicating our emotions
- Mindfulness and other emotion regulation skills

If you'd like to find out more or make a referral, email the contacts below.

North Frimley

ManagingEmotionsProgramme@berkshire.nhs.uk

South Frimley

managingemotions@sabp.nhs.uk

Interview

60 seconds with

Hannah Curtis, Lived Experience Practitioner, Catalyst for SABP

Lived Experience Practitioners are a key part of the Community Mental Health Transformation, get to know more about the person behind the role in this 60 second read.

What do you enjoy most about your job?

The best thing about this role is the opportunity to turn something that has been so difficult and negative into a positive, providing hope to our clients that healing is possible. This new role brings a sense of meaning and purpose to my life that has really helped me continue to progress in my own mental health journey and I hope to be able to use this drive to help others the way that people have helped me.

What challenges do you face in your role?

As a new role, hurdles are only a natural part of the learning process and require regular reflection. For example, trying to not input our own biases about services/ support we may not have found helpful or had a negative experience with. Furthermore, making intentional bonds with our clients that have professional distance with a beginning and an end and not crossing boundaries into becoming friends even after longer term contact. Lastly, the biggest challenge is making sure we keep on track in our own recovery journey. There is so much excitement and determination that comes with this new position, but we need to make sure we are also prioritising ourselves and preventing burn out.

What's been your most rewarding moment so far?

My most rewarding moment so far was receiving an appreciation token award from my MHICS team. Although a normal part of their weekly face to face meeting, it was a significant moment in my position so far and was really validating that I am on the right track and a valued member of the team even when facing a new (and slightly intimidating!) environment.



“There’s a level of empathy that lived experience provides that can be valuable to clients who may feel stuck and in their recovery”

How does your experience help you in your role?

To me, lived experience is such a great tool to help me support other clients in their own recovery journey. In my personal history, I have always found myself gravitating towards clinicians that seem to be able to truly understand my circumstances. There’s a level of empathy that lived experience provides that can be valuable to clients who may feel stuck and in their recovery. The goal is always to use this empathy to build a bond and connection which allows us to walk alongside a client as they navigate their own mental health journey so it doesn’t feel so lonely and hopeless.

The Lived Experience Practitioners are part of the partnership between SABP and Surrey Heartlands, Catalyst, Andover MIND, Mary Francis Trust and Richmond Fellowship.

Things to note...



One Team project moves forward

The next phase of our Transformation work focuses on The 'One Team' vision. This will bring Mental Health services to work more closely together, across local communities, clarify the offer and eliminate any unwarranted variation. The objective is to provide consistency and equity of service provision no matter where you reside in our patch.

Earlier in the year colleagues from across SABP services met together with GP colleagues from across Frimley South to look back at the progress of the Community Mental Health Transformation so far. They also looked ahead to the next steps of the transformation including plans to move implementing the "One Team" approach across our PCN areas. "It was great to have the opportunity to meet face to face, with plans to widen these discussions moving forward to key partners across our voluntary sector and talking therapy services." says Michael Scammell, Transformation Manager, SABP.

Frimley North working as part of BHFT have coproduced the project vision, created workstreams and continue to refine the new model focusing on defining the service offer for Berkshire's mental health and improving the flow of patients both in and out of services.

Service User Network (SUN) launch new face to face group

The Service User Network is a peer support group which is aimed at helping people with personality disorders better managed the difficulties associated with their disorder. A new face to face group launched at Farnborough Library on 14th April 23. The group will run every Friday 11am until 1.30pm.

If you think someone you are working with would benefit, they can [find out more and self-refer from the website.](#)

Alternatively, they can call 01372 216700 or email sun.admin@sabp.nhs.uk, so we can support them to complete the referral.

If you want to know more about SUN, the team run a virtual event every month to provide information, answer questions and share experiences of SUN members. If you'd like to attend one of these events please email sun.admin@sabp.nhs.uk to book in.

The Community Mental Health Transformation Programme is provided in partnership between