



Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

Ein cyf/Our ref: CEO.1491.0718

Eich cyf/Your ref:

Gofynnwch am/Please ask for:

Rhif Ffôn /Telephone:

Ffacs/Facsimile:

Dyddiad/Date: 11 September 2018

Swyddfeydd Corfforaethol, Adeilad Ystwyth  
Hafan Derwen, Parc Dewi Sant, Heol Ffynnon Job  
Caerfyrddin, Sir Gaerfyrddin, SA31 3BB

Corporate Offices, Ystwyth Building  
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David J Rowlands AC/AM  
Cadeirydd/ Chair  
National Assembly for Wales  
Petitions Committee

Mail to – [SeneddPetitions@assembly.wales](mailto:SeneddPetitions@assembly.wales)

Dear David,

**Re: Petition P-05-812: We call for the Welsh Government to encourage trusts to implement the NICE guidelines for Borderline Personality Disorder or justify why they do not do so.**

Thank you for your letter of 30 July 2018 in relation to Petition P-05-812, please find below a summary of the services provided within Hywel Dda University Health Board for people of all ages who may meet the criteria for a diagnosis of Borderline Personality Disorder.

In relation to the questions posed in your correspondence, I would like to confirm that Hywel Dda University Health Board provides specialist personality disorder services for people of all ages, where clinically indicated, who experience Borderline Personality Disorder (BPD). This is in line with NICE Clinical Guidance No 78, recognising that this is a specialist area of service provision and clients who have a diagnosis of Borderline Personality Disorder have usually experienced a range of adverse life events and require comprehensive interventions based on individual need.

The Integrated Psychological Therapies Service (IPTs) has a remit to work across the three counties of Hywel Dda University Health Board. The service consists of a team of experienced and qualified Mental Health Practitioners from a range of multi-disciplinary backgrounds. The service also works collaboratively with other providers of psychological interventions such as

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Cadeirydd / Chair  
**Mrs Bernardine Rees OBE**

Prif Weithredwr/Chief Executive  
**Mr Steve Moore**

Bwrdd Iechyd Prifysgol Hywel Dda yw enw gweithredol Bwrdd Iechyd Lleol Prifysgol Hywel Dda  
Hywel Dda University Health Board is the operational name of Hywel Dda University Local Health Board

Mae Bwrdd Iechyd Prifysgol Hywel Dda yn amgylchedd di-fwg Hywel Dda University Health Board operates a smoke free environment

Personality Disorder Consultation Service (PDCS), Eating Disorder Service, Perinatal Service, Psychology and Local Primary Mental Health Support Services (LPMHSS).

The evidence based therapeutic interventions provided for adults who are assessed and deemed as requiring psychological interventions for Borderline Personality Disorder, for which the evidence based intervention is Dialectical Behaviour Therapy (DBT), are provided by the Integrated Psychological Therapies Service (IPTS). Services are provided across the three counties, coordinated from a single point of contact in Carmarthen. The Dialectical Behaviour Therapy Team consists of a number of highly trained and experienced clinicians and we currently have 15 trained DBT Practitioners to deliver Dialectical Behaviour Therapy all of which have completed the British Isle Training. Two members of staff are trained in Dialectical Behaviour Therapy to Post Grad Certificate level, one of which is the Clinical Lead across the Three Counties. We also have 3 unqualified members of staff who are trained by British Isles Dialectical Behaviour Therapy to provide additional support on both an individual and group basis. We have recently also received confirmation of additional Welsh Government funding. Given our experience of the high levels of trauma experienced by most clients diagnosed with Borderline Personality Disorder, supported by emerging national evidence from the UK and EU Trauma Society, we have two members of staff currently who are also trained in a specific protocol which address Prolonged Exposure to Traumatic events for clients with a diagnosis of Borderline Personality Disorder, who are familiar with and have engaged in Dialectical Behaviour Therapy. Our aim is to train more Dialectical Behaviour Therapy clinicians in this evidence based approach at the first available opportunity and prevent these clients having to wait for a specific intervention to address their trauma.

In addition to the above therapies, we are also in a position to offer both 1:1 and group Schema Therapy, another evidence based treatment for Borderline Personality Disorder. This service is offered by two Schema Therapists trained to advanced level with 2 other therapists trained across the Health Board.

The Personality Disorder Consultation Service (PDCS) has a remit to work across the three counties of Hywel Dda University Health Board, providing consultation to and liaison with all primary and secondary care services. The Personality Disorder Consultation Service consists of a core team of experienced Psychotherapists from multi-disciplinary backgrounds whose qualifications are accredited by various professional bodies. The Personality Disorder Consultation Service is hosted within the Integrated Psychological

Therapies Service and works closely with other providers of psychological interventions, the Forensic Mental Health Team as well as local teams, planning and delivering care. As defined in the Mental Health (Wales) Measure 2010, staff from the Personality Disorder Consultation Service will work with provider agencies identified in a patient's Care and Treatment Plan (CTP) as well as with patients who remain under primary care management. The Personality Disorder Consultation Service provides high quality psychological consultation and assessments.

Consultation will include expert advice regarding people with personality disorders. Assessments will focus on formulation, use of appropriate psychometrics, consultation with significant others where appropriate, and treatment recommendations which may include out of area placement recommendations should these be indicated. Staff from the Personality Disorder Consultation Service are also core members of the Directorate's Complex Case Panel Forums, which are convened monthly to address urgent and complex presentations, across the services. Specialist input to the University Health Board (UHB) strategy will be provided including advice for future psychologically informed developments aimed at personality disorders within the University Health Board service structure such as training initiatives and staff developments.

A recent innovation within Hywel Dda University Health Board has been the development of a Bespoke Repatriation pilot in collaboration with third sector Colleagues and the Local Authority in Carmarthen. This pilot has been specifically developed to provide psychological and social support to enable young female clients currently placed in out of area residential services to receive services closer to home and avoid having to be located away from their support networks and locally community. The project will look at supporting those females to obtain their own housing tenancy, provide 1:1 support staff for up to 30 hours per week to re-engage back into their home environments and to support them with day to day living skills, occupational therapy and also to access appropriate psychological interventions swiftly as outlined above and crisis management involving all relevant facets of mental health services. This is a whole service approach and one which has not been attempted previously. The project is being evaluated and supported by our Clinical Psychology Service to ensure that all outcomes are being recorded and the best service is being delivered to a client group who have been regarded as challenging in the past.

In addition, further collaborative working is being seen with our Clinical Psychology Service and the Wales Probation Service on a UK wide research project. The two services work collaboratively to deliver Mentalisation-based

Therapy as part of a Mentalisation-based Therapy and Antisocial Personality Disorder (MBT-ASPD) pilot project and forms part of the wider Wales Offender Personality Disorder Pathway (Wales OPDP). This pathway represents the implementation in Wales of the Offender Personality Disorder Strategy. The target group for the Wales OPDP is male and female offenders who are subject to statutory supervision or imprisonment who present a high likelihood of violent or sexual re-offending and a high or very high risk of harm to others, who are likely to have a severe personality disorder (PD), and for whom there is a clinically justifiable link between Personality Disorder and risk.

The high level outcomes for the Wales OPDP are:

- A reduction in repeat serious sexual and/or violent offending (men)
- Improve psychological health, wellbeing, pro-social behaviour and relational outcomes
- Improve the competence, confidence and attitudes of staff working with complex offenders who are likely to have Personality Disorder

In keeping with the strategy underpinning the wider pathway, the MBT-ASPD Pilot Project will be jointly delivered by the National Probation Service (NPS) and a partner Health Service Provider. The Wales MBT-ASPD Pilot Project is one of 11 MBT ASPD Services developed nationally as an integrated part of the Offender Personality Disorder Pathways Strategy for England and Wales. The co-ordination across pilot sites of the MBT ASPD services will be led by the Tavistock and Portman NHS Foundation Trust (TPFT). Initial training and on-going supervision for treatment providers will be provided by the Anna Freud Centre (AFC).

Borderline Personality Disorder often presents as a co-morbid condition with depression, anxiety, eating disorders, post-traumatic stress disorder, alcohol and drug misuse, and bipolar disorder (the symptoms of which are often confused with borderline personality disorder). Within the Integrated Psychological Therapies Service we recognised that Dialectical Behaviour Therapy may not suit all of our clients and, in line with the Matrics Cymru, we strive to offer an alternative evidence based intervention based on what is agreed with the individual. We have a range of psychological therapies including Cognitive Behaviour Therapy (CBT), Systemic Psychotherapy, Psychodynamic Psychotherapy, Cognitive Analytical Therapy and a Specialist Eating Disorder Service who provide evidence based interventions in line with NICE Clinical Guidance No 69.

People with Borderline Personality Disorder have sometimes been excluded from any health or social care services because of their diagnosis. This may be because staff lack the confidence and skills to work with this group of people however within Hywel Dda University Health Board, we are proud to say we have a psychologically developed workforce and a significant number of referrals are received for Dialectical Behaviour Therapy.

In line with a key priority from the Nice Guideline for Borderline Personality Disorders which states "Community Mental Health Services (community mental health teams, related community-based services, and tier 2/3 services in child and adolescent mental health services – CAMHS) should be responsible for the routine assessment, treatment and management of people with borderline personality disorder", we have been up-skilling our primary and community teams in addressing emotional dysregulation, a key element of Borderline Personality Disorder, and ensuring the referral pathways for assessment and interventions are clear. In addition, Dialectical Behaviour Therapy (DBT) services are also provided for young people within our Specialist Child and Adolescent Mental Health Service (S-CAMHS), as recommended within the Nice Clinical Guidance. We have 6 specially trained staff, all of which have completed the British Isle DBT Training and who deliver individual and group Dialectical Behaviour Therapy for young adolescents who display emotionally dysregulated behaviours. Borderline Personality Disorder is not formally diagnosed before the age of 18 but the features of the disorder can be identified earlier. Its course is variable and, although many people recover over time, some people may continue to experience social and interpersonal difficulties.

I hope this reassures you that Hywel Dda University Health Board provides robust psychological and therapeutic services for all clients who may present with a diagnosis of Borderline Personality Disorder in line with Nice Guidelines.

Yours sincerely



JOE TEAPE  
DEPUTY CHIEF EXECUTIVE



**Steve Moore**  
**Chief Executive**

