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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

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Elch cyf/Your ref:
Eln cyf/Our ref: LR-ce-09-7058
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Len Richards

4th September 2018

Mr David J Rowlands AM
Chair
Petitions Committee
National Assembly for Wales
Cardiff Bay
Cardiff
CF99 1NA

Dear Mr Rowlands

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

I write in response to your two specific questions regarding Borderline Personality Disorder services within Cardiff and Vale University Health Board.

1. Details of the services currently provided to people with Borderline Personality Disorder in your area.

The Mental Health Clinical Board within Cardiff and Vale UHB provide a dedicated Personality Disorder Service (name Cynnwys which in Welsh is the name for Inclusion). It is a local multi-disciplinary specialist personality disorder service set up at the end of 2011. The name Cynnwys is in recognition of the fact that individuals with this diagnosis often require support from more than one team or agency.

It is a specialist tertiary service which is based on a hub and spoke model. The hub is the specialist staff in the Cynnwys Service and the spokes are the existing secondary care services in Adult Mental Health Services across Cardiff and the Vale region. This ensures that the main provision of care for people diagnosed with borderline personality disorder is primarily delivered within secondary mental health services, augmented by the specialist provision of the personality disorder service.

The Cynnwys Service aims to provide a more intensive and specialised service to individuals with a diagnosis of personality disorder, or suspected personality disorder, who present with a high risk of suicide and or repeated and risky self-harm, and who have demonstrated high levels of need through lengthy and/or

multiple admissions, challenging or therapy interfering behaviours over a protracted period, and where secondary mental health services have exhausted local provision.

2. Whether specialist services are available in line with NICE guidelines

The service has been designed around NICE guidelines for good practice and after a period of consultation and formulation of the client's difficulties the Cynnwys service can offer a range of specialist interventions based on the needs and priorities of the client. These include:

- **Structured clinical management:** goal focused longer term support for clients unready to manage formal therapy
- **Ymlaen Day Therapeutic Community** – a full day group programme run by service users themselves alongside the support of Cynnwys clinicians. This group is aimed at clients with mixed feelings about change or those who have struggled with traditional therapeutic approaches. Clients can be referred to Ymlaen directly from secondary mental health services.
- **Dialectical Behavioural Therapy (DBT)** – an intensive programme of individual and group work prioritising the client's motivation to reduce self-destructive behaviour. This programme is designed for clients who demonstrate severe and pervasive difficulties in controlling responses to emotions
- **Radical Openness** – an intensive programme of individual and group work for clients with rigid over control of responses to emotions
- **Cognitive Analytic Therapy** – individual therapy designed to help clients with entrenched behavioural and relational difficulties to recognise patterns of unhelpful behaviours and to replace this with more adaptive and flexible ways of responding.

All therapies are delivered by appropriately trained staff, are long term and intensive and provide structured care in accordance with NICE guidelines, including provision for supervision. All Cynnwys staff aim to build a trusting relationship with service users with a diagnosis of personality disorder, exploring treatment options in an atmosphere of hope, working in an engaging and non-judgemental manner, with the aim of being consistent and reliable. Staff aim to develop client's autonomy and promote choice by ensuring that they remain actively involved in finding solutions to their problems and to consider the consequences of the choices that they make.

There are no specific local services for BPD within Child and Adolescent Mental Health Services (CAMHS) at the moment, but it is important to note that BPD is generally an adult diagnosis as it implies an ensuing personality trait which may not be the case in adolescents who are still developing their sense of self. The term 'emotional disorders not otherwise specified' is generally used, as BPD is a lifelong diagnosis and may not be appropriate to use in under 18s. There is an investigation into the possibility of developing DBT skills-based groups which does not provide full treatment but would be of benefit for patients with emotional dysregulation. However, the adult service has recently put in a bid to the Welsh Government Fund 2018-20 with the aim

of meeting the NICE Guidelines regarding supporting the transition of young people with emerging personality disorder from CAMHS to Adult Mental Health Services.

At the present time, the period before, during, and after a young person with emerging personality disorder moves from their care being provided by CAMHS to adult mental health services is not well co-ordinated. As such, there is scope for developing local protocols to improve the way that this important transition is planned and carried out.

I trust that this information is sufficient to answer the committee's enquiry, but if you require any additional information, please do not hesitate to contact Ian Wile, our Director of Operations for Mental Health.

Yours sincerely



Len Richards
Chief Executive

