



# Thinking Well Prospectus Summer 2021

# Contents

Who are we? .....	2
How COVID-19 has changed our service .....	3
Our Philosophy .....	3
Online Resources .....	4
How and when to refer .....	5
How we can support community teams.....	5
Thinking Well Timeline.....	6
Engagement Policy .....	7
Phone Support .....	8
The Welcome Process.....	9
Community Groups.....	10
Psychoeducation Groups .....	12
Recovery Support Group.....	13
Specialist Groups .....	14
Therapy Groups .....	15
Senior Member Role .....	16
Moving on Group.....	17
Carers Group .....	18

# Who are we?

Thinking Well offers dedicated social, educational and clinical sessions across three areas in East Sussex for people with a diagnosis of Personality Disorder. The Service operates one day per week in each Wellbeing Centre; these are located in Lewes, Eastbourne and Bexhill. Members of the Thinking Well Service can also access a wide range of other groups and activities on other days of the week online.

The Thinking Well Service is part of the Personality Disorder Pathway in East Sussex, which includes care coordination provided by the ATS's and telephone, respite and crisis support provided via the Sanctuary.

The Thinking Well Service has been co-produced with service-users and aims to keep this co-production ethos at the heart of service going forward. The service aims to work together with service-users to build relationships and develop skills to make different life choices.



# What do we offer?

- Dedicated community support delivered by a team of recovery workers and peer workers.
- Clinical in-reach provided by Sussex Partnership Foundation Trust. This is a specialist team including psychologists, a psychotherapist, occupational therapist and senior nurse.
- Joint working between the two teams to provide a holistic Service to members

The Thinking Well service is group based, offering pre-trauma stabilisation work and therapy. Group sessions will include social, creative, therapeutic and psychoeducational groups as well as community activities. The service offers a range of evidence-based interventions in a group format.

Activities and therapeutic interventions are designed to support members to better understand and self-manage their condition and develop their own personal recovery and wellbeing plans.

# Our Philosophy

**We aim to work collaboratively to build healthy relationships, develop coping skills and make new life choices.**

**We are compassionate about what people have been through and how they came to be where they are.**

**We are optimistic about people's capacity to change, build their strengths and develop their identity.**

# How COVID-19 has changed our service

To best protect our members' and staff safety, we have changed the way we provide support in order to adhere to the Government's advice on social distancing and infection control.

During the pandemic, we have been running a virtual groups timetable that replicates a similar group structure to the one previously offered onsite. Phone support also remains available as a form of additional support, on each member's locality day and Fridays.

With restrictions easing, we are now running a hybrid service; offering groups both in-person and virtually, as detailed later on in the prospectus.

# Online Resources

## The Box

The Box is a useful resource for the Thinking Well community. The Box can be opened any time from computers or phones to access a range of Thinking Well materials.

The materials can help members to practice the skills they learn with Thinking Well. The Box can be accessed via the link below:

<https://southdown.app.box.com/v/tw-dresources>



## Professionals Booklet

We devised a work booklet for professionals to support working with clients with a diagnosis of personality disorder.

The booklet contains a range of skills that can be used to support our members. A copy of this can be downloaded via the following link:

<https://southdown.box.com/s/3ovi svlthcfsykjfpsl3376uk8vcodm7>

## Padlet website

Over the Pandemic, we sent weekly newsletters with member contributions to help keep the community connected during remote work. We have now transitioned to using Padlet, an interactive website. There is a private part of the website for members to post themselves and a site that is open to all, where we plan on posting service updates:

<https://padlet.com/thinkingwell/3mbwihj0tgwhkfs0>

# How and when to refer

Referrals open for a limited period of time roughly every 3-4 months ahead of each Welcome Process. Referrals are open from the 1<sup>st</sup> of June until to the end of July 2021. To refer, complete our referral form (this can be downloaded via the following link: <https://southdown.box.com/v/twreferralform>) and email it to [EastSussex.PersonalityDisorder@sussexpartnership.nhs.uk](mailto:EastSussex.PersonalityDisorder@sussexpartnership.nhs.uk)

## Referral criteria:

- A diagnosis of Personality Disorder
- Must be open to the ATS and have a lead practitioner
- May have tried STEPPS and other support in secondary care but are thought to need a higher level of support in the community

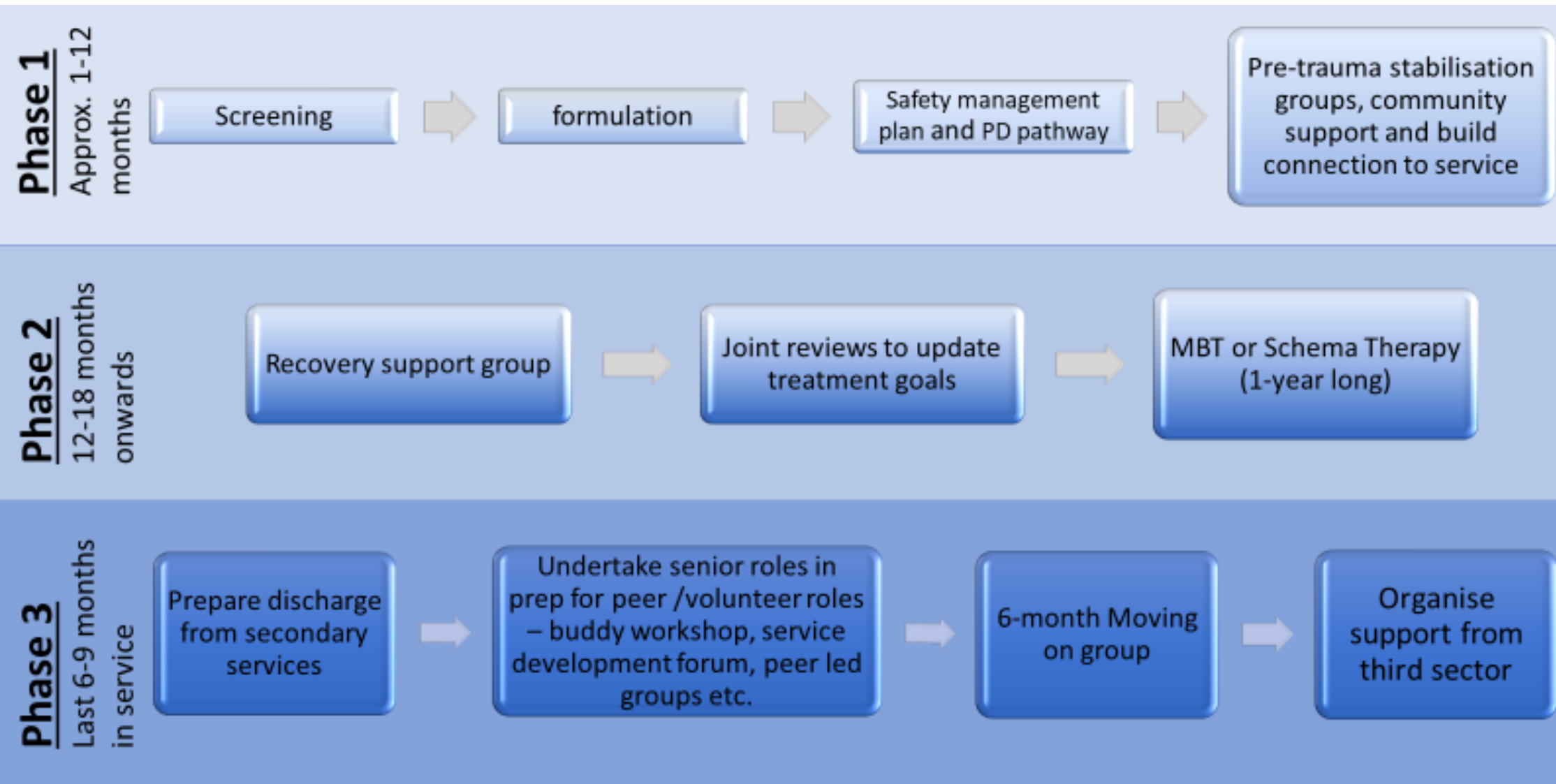
Please note that we will undertake a screening of the referred individual to assess their suitability for Thinking Well before offering an assessment. Therefore, we advise that individuals are not told about the referrals until we have offered an assessment.

# How we can support community teams

- Attend Ward reviews
- Share formulations to help you understand your member and reinforce treatment goals
- Attend risk panels
- Update care plans collaboratively
- Support and arrange professionals' meetings
- Offer consultation
- Joint reviews

# Thinking Well Timeline

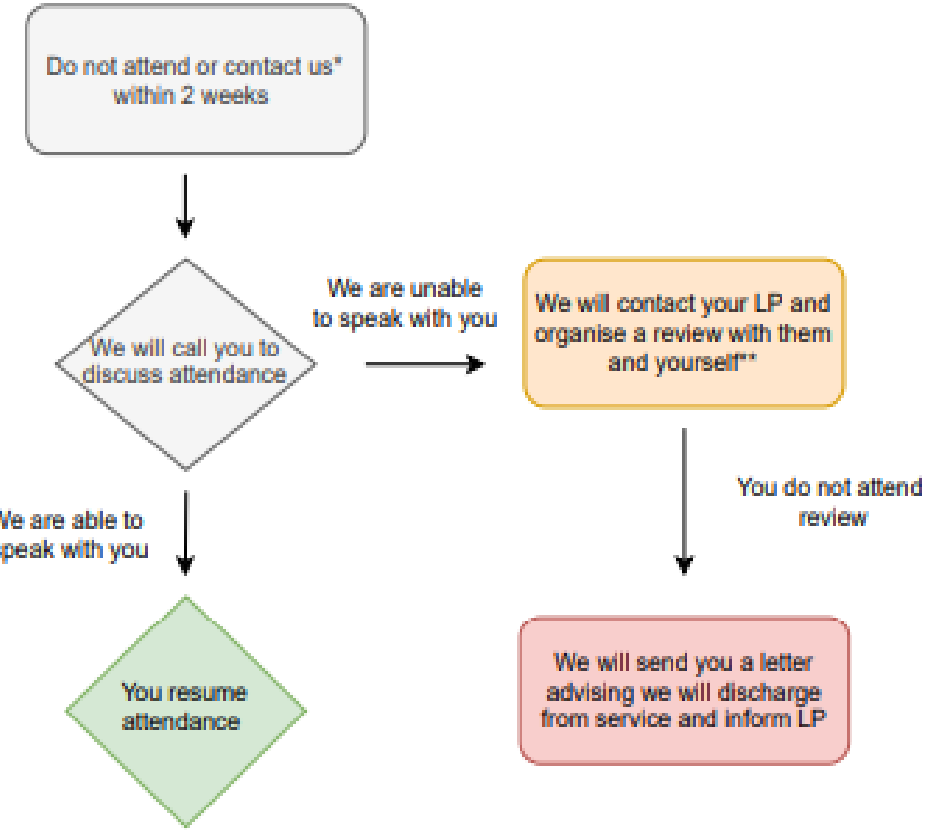
Members are usually with the service for up to three years; which typically includes three phases:



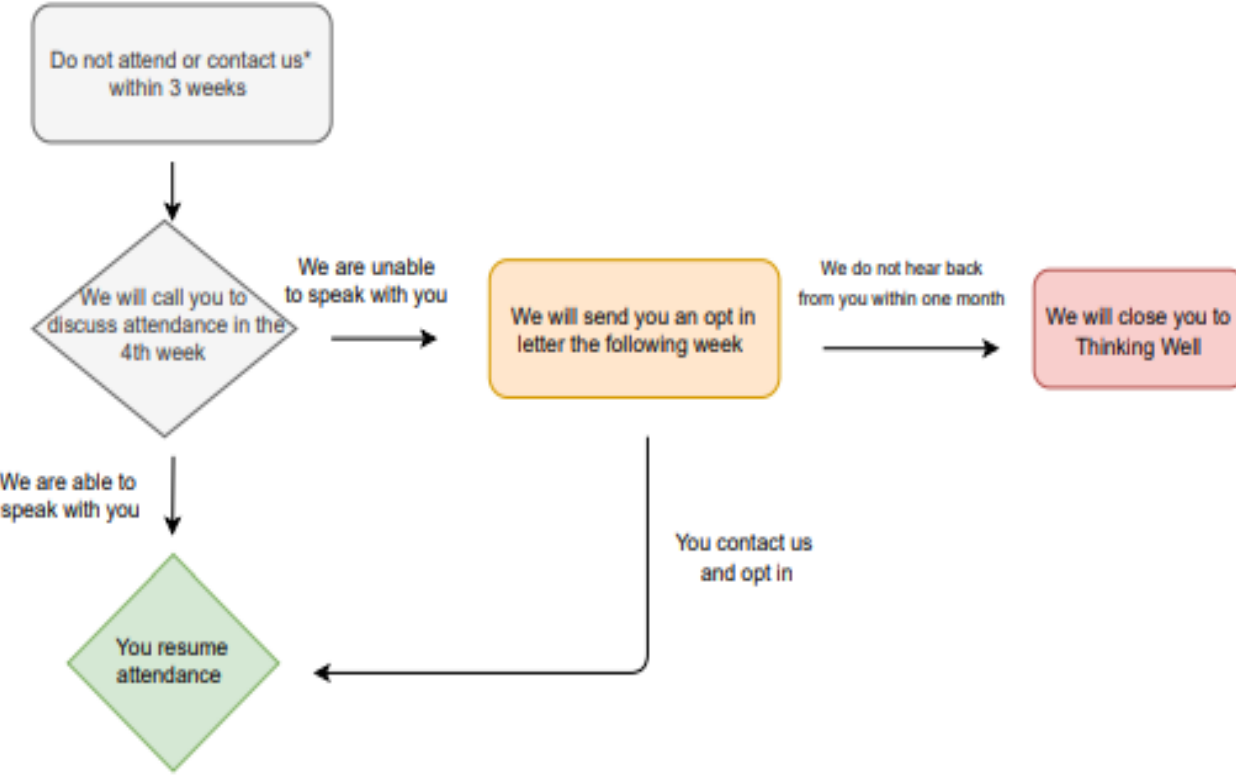
# Engagement Policy

Thinking Well operates an engagement policy for our members. It is important that members regularly attend the service in order to get the most out of the services' resources as part of their recovery journey. Thinking Well has a limited number of spaces and it is therefore important that each individual is making the most out of their membership. Below are flow-charts illustrating our engagement policy:

### First 6 months of attending Thinking Well



### After 6 months of attending Thinking Well



\*We expect you to contact us if there is a reason you will not be attending e.g. hospital stay or holiday



# Phone Support

During COVID we have extended our use of the phone to adapt to the unusual circumstances. We offer a half hour slot each day where members can ring in and leave us a message if they would like a supportive phone call to address a personal or thinking well related issue they are struggling with.

We allocate the phone calls in our midday team handover and aim to call everyone back in the afternoon as far as possible. We are continually revising what we can offer and responding to the needs of members raised in our monthly committee meetings.

## Phone-line boundaries:

- ✓ Members should leave a voice mail with details of what they want support with.
- X Members should not request specific members of staff.
- X Members should not ring in crisis. In this case, they should ring their local ATS in the first instance.
- X Members should not ring this line in an emergency.
- X Members should not expect voicemails to be immediately responded to.



### Supportive call phone line times:

- Lewes: Monday 12-12:30pm
- Bexhill: Tuesday 12-12:30pm
- Eastbourne Thursday 12-12:30pm
- All areas: Friday 10-11am

# WELCOME

## The Welcome Process

### Welcome Group

Following assessment, we invite new members to attend our Welcome Group, running once a week for 6-weeks with a cohort of new members. The group offers an opportunity for new members to meet staff members, learn about the service and become used to group-work before accessing the full range of groups on offer to the entire community.

The group provides a brief overview of the service including behaviour and engagement policies, an introduction to EUPD presented by our peer workers, an overview of our groups and therapies and support with writing safety management plans. Senior members are present for some groups, to share their experiences of the service with new members. Throughout the 6-weeks we make weekly check-in calls to the new members to answer any questions or concerns they may have. After the group, members can then access the rest of the service.

### Safety Management Plan and Formulation

Following the welcome group, we will meet with individuals to complete the safety management plan and formulation.

A formulation is a joint effort between the member and our service to summarise members difficulties, to explain why they may be happening and to make sense of them. It may include past difficulties and experiences if these are relevant to the present and acknowledges members strengths and resources.

Formulations can inform us as to how to best support members within our service and can be useful to other professionals involved in their care too. Both the safety management plan and formulation can be shared with other professionals involved in the member's care to ensure that members are receiving consistent care across services, informed by what is most helpful to the individual.

# Community Groups



There are many community groups on offer at Thinking Well. These are psycho-social and creative in nature, and may include groups such as Art & Craft, Self-Care, Life Skills, Physical Activities, Cookery, and trips out to the local area.

The community programme at Thinking Well is important to help clients build on identity, connect to each other and the service, and to allow play. They allow members to:

- Interest share and find things they enjoy, which can contribute to sense of fulfilment and achievement.
- Take steps towards accessing well-being centres, voluntary work, education and employment.
- Build trusting, stable and boundaries relationships with each other.
- Experience and learn to value “play” which may have been absent or not allowed in their childhood.
- Laugh through playing games together or messy play during art/cooking.

# Community Groups



## Community Group

**Group length:** Rolling group  
**Time:** 13:30pm – 15:00pm  
**Wednesdays:** Zoom

Currently, our community group is running online and is open to all localities. As mentioned on the previous page these groups are psycho-social and creative in nature. Previous groups have included Macramé classes, cooking classes, interest sharing and light-hearted activities such as Pictionary or articulate.

As detailed later on in the prospectus, Senior members can design and lead these groups, helping them in developing confidence and skills in peer work.

## Outdoor Group

**Group length:** Rolling group  
**Time:** 13:30pm – 15:00pm  
**Fridays:** varied locations

Every Friday the group will meet in one locality and undertake outdoor activities, such as walking in a park, along the sea front or games of mini-golf. These groups enable members to reconnect with their peers face to face in a light-hearted manner.

The group rotates across the localities and so each locality will have an outdoor group once every 3-weeks.

Prior to the pandemic restrictions, these groups took part on Saturdays and included a wider range of activities, such as bowling and visits to museums and galleries.

## Committee Meeting

**Group length:** Rolling group  
**Time:** 11:00am – 12:00pm  
**Friday (monthly):** Zoom

Once a month we hold a committee meeting online which is open to all members.

During these meetings we announce service updates and answer questions that members may have around any service changes.

We also welcome members to contribute any ideas they may have for the service to these meetings.



In-person

We run psychoeducational “locality” groups on each area’s allocated day (Lewes: Mondays, Bexhill: Tuesdays and Eastbourne: Thursdays). Past groups have included an identity workshop, self-care workshop, graded exposure and behavioural activation. The current and upcoming groups are below:

## Connections Group

**Group length:** Six sessions

**Time:** 10:30am – 12:00pm

**Locality day:** May-June

We are returning to in-person locality groups from the 7<sup>th</sup> of June. To help members with this transition we are running the connections group.

The group aims to foster connection within our community. The group will consist of light-hearted connection building activities and reflective space. The reflective spaces aim to help members discuss their feelings about returning to in-person groups, recognise how difficult this past year has been and how well the community has done to get through it together. The final weeks of this group will give members leaving an opportunity to explore this with their locality, reminisce and say goodbye.

## Relationships and boundaries

**Group length:** Six sessions

**Time:** 10:30am – 12:00pm

**Locality day:** July

A person with a diagnosis of personality disorder may have patterns of unhealthy or difficult relationships both with themselves and others.

The aim of this workshop is to aid in the understanding of the relationships we have, the responsibility we hold as part of them and why healthy boundaries are important.

The workshop will allow space for members to practise holding a healthy boundary with live examples and will also encourage them to discuss and explore the difficulties they may be experiencing in their varying relationships.



**Group length:** Rolling group

**Time:** 13:30pm – 15:00pm

**Mondays:** Across localities, Zoom

One of the main groups at Thinking Well is the Recovery Support Group. Based on the Service User Network (SUN) model, this group is a community-based support group which aims to help people better manage the difficulties associated with having a personality disorder. The effectiveness of the Recovery Support Groups depends upon the engagement of members in creating; running and delivering it. Members are expected to be supportive of the groups, their fellow members and the facilitators. Unsupportive members may be asked to take time out from attending the groups to reflect on their unsupportive behaviour.

Every Recovery Support Group runs for 1¾ hours and is divided into three parts: check-in, main part, and check-out, each separated by short breaks. The check-in is highly structured, the task of the group being to ensure that every person in attendance has a chance to voice their current state of mind and wellbeing. This then sets the agenda for that day. The middle part of the group then attends to the issues that have been raised in check-in. The check-out, therefore checks the states of mind of the group members at the end of the group, makes plans for the safe return to the next group.

# Specialist Groups

Virtual

We run specialist groups open to all areas online on Thursday afternoons. Past groups have included an occupational therapy recovery through activity group, a mindfulness for EUPD course and a disordered eating group. The current and upcoming groups are below:

## Pain management workshop

**Group length:** Six sessions

**Time:** 13:30pm – 15:00pm

**Thursdays:** 29<sup>th</sup> April – 10<sup>th</sup> June

A high number of our members live with persistent pain conditions. This group covers psychological techniques for managing the wider impacts of living with persistent pain, based on Acceptance and Commitment Therapy (ACT).

This group aims to supplement any prior pain management work members have done and is not a replacement for a full multidisciplinary pain management programme.

## Trauma stabilisation

**Group length:** Four-Six sessions

**Time:** 13:30pm – 15:00pm

**Thursdays:** 17<sup>th</sup> June -TBA

This group aims to help attendees understand what PTSD is, what the symptoms are and why they occur and support each other through discussing the consequences of trauma. Members will learn skills that help them to feel safer more confident in managing PTSD symptoms.

We will **not** be asking participants to talk about past traumas. The group will be a combination of group discussion, information giving, and practising skills.

## Trauma-informed yoga

**Group length:** Eight sessions

**Time and starting date TBA** (due to follow trauma stabilisation)

This group will be run in partnership with The Lighthouse PD service. It aims to teach members how trauma affects the body & nervous system, to inhabit their bodies and develop a sense of safety, to befriend their bodies & develop compassion for themselves and skills that help soothe their nervous systems, build strength and resilience.

The groups will involve breathing practices, physical movement / postures, meditation and relaxation. There will be time at the end of the group to discuss attendees experience of the practices.

Virtual &  
In-person

We hope that once members have engaged in pre-trauma stabilisation work with us for a year that they may want to think about therapy. Thinking Well offers a range of evidence-based group-based therapies, the two main ones being MBT and schema therapy. Members can often sign up for a 6-week introductory module and then sign up for the full year long programme if they feel the programme is something they'd like to commit to.

## Mentalisation-Based Therapy (MBT)

Mentalizing is a capacity we develop in healthy and secure attachments when younger, to make sense of what is going on in our mind and the minds of others, particularly in close relationships. People with EUPD can struggle with mentalizing, particularly when interactions with significant others trigger intense feelings, which may lead them to make negative assumptions about the intentions of others. Often people will feel overwhelmed and distressed by feelings. Other people will disconnect or dissociate.

MBT focuses on helping people to re-gain their mentalising i.e. to manage and understand what they are feeling and to think about the minds of others in a more balanced way. Group members can bring events to the group, which involves trying to make sense of their own and other people's reactions, and developing their ability to look at their interactions with others from different perspectives.

We combine psychodrama with MBT, which enhances mentalising skills by enabling group members to re-enact difficult encounters with others and to look at these from the outside.

## Schema Therapy

Schema therapy is a form of Cognitive Behaviour Therapy (CBT) developed for people with more complex and ongoing emotional and relational problems. It seeks to identify what is known as 'schemas'.

Schemas are self-defeating, themes or patterns that we keep repeating throughout our lives. Schemas develop through our childhood experiences. When our basic needs are not met this can lead to unhelpful schemas, which influence how we see ourselves, how we interpret events that happen to us and how we feel about the future. When maladaptive schemas are activated, intense states occur, described in schema therapy as 'modes'. A mode is defined as the current emotional, cognitive, behavioural state that a person is in.

Group Schema Therapy utilises interpersonal, cognitive and behavioural techniques, as well as powerful experiential techniques (such as imagery rescripting, chair-work, and roleplay) designed to provide corrective emotional experiences with the primary goal of helping individuals to get their needs met in healthier ways.



When members have been with service for at least one year and are either in therapy or have completed therapy with us they can opt-in to becoming “senior members.” Some of the activities that senior members can take on are detailed below:

## Service Development Forum

The service development forum runs once a month on Fridays. Staff and senior members work collaboratively on new service developments and co-design aspects of the service.

The service development forum is central to the service running whilst also giving senior members the opportunity to develop skills that may be useful should they wish to undertake peer work in future.

## Peer-led Groups

Senior members can design and facilitate community groups. Past peer-led groups have involved games such as articulate and interest sharing.

Senior members have also co-facilitated and consulted in the development of our specialist groups.

## Buddy Workshop

Buddy workshops provide training to senior members to take on buddy roles. ‘Buddies’ will support with the welcome process and with new members settling in and finding their feet.

This provides the opportunity for senior members to build confidence in using and practicing skills learnt at Thinking Well, grow in self-esteem and purpose and build skills to look at peer and volunteering work in future.

## Presentations, Training and Interviews

Senior members have presented about their lived experience during our annual stakeholders’ open day as well as during the personality disorder training run across Sussex Partnership NHS Trust.

Senior members will also be involved in the interview process when recruiting new staff to the service.

# Moving on Group



The moving on group takes place regularly over the final 6-months of members' time in Thinking Well. The group aims to help members to leave the service and transition into third sector care and into their own lives. We hope to support our members to continue to build up their lives, relationships and occupation over their final 6 months.

The group provides a space to grieve the loss of Thinking Well, express feelings of anger, frustration or sadness about what might not have been achieved or at the loss of the service. The group aims to validate and acknowledge all feelings, and enable members to feel proud and grateful for what they have had and able to say goodbye in as healthy way as possible. Finally, there will be a graduation day, providing an opportunity for family, friends and professionals to recognise members' achievements within the service and to wish them well on their journey.

Topics covered in sessions include:

- Feelings about leaving/endings
- Taking stock of progress
- What still needs to change
- Building a memory box
- Key speakers from Recovery College, Southdown and People Participation to share how to access peer support and volunteer work
- Thinking about building a life outside of the service



Once a month we run a group for carers. This group is for all carers of Thinking Well members who have agreed for their carers to attend. Members need to pass on the details for the carers who wish to join to Thinking Well staff in order to be contacted.

The group aims:

- To provide some information about Thinking Well to carers of Thinking Well members
- To provide some psychoeducation relevant to the EUPD diagnosis to carers of Thinking Well members
- To provide a safe, confidential, reflective space for carers of Thinking Well members to discuss their experiences and receive peer support around these

Each month we focus on a topic that is relevant to the carers of our Thinking Well members. We have been asking carers which topics they would find most helpful. So far have held groups on an introduction to Thinking Well and an introduction to EUPD. Each week is split into a presentation based on some psycho-education and learning from a PD service and a reflective space where carers can talk about their experiences of caring for their loved one in a confidential space.