

Bexley Psychotherapy Service

Catchment area: Bexley Borough

Project contact details:

contact name:	Philip Schulte	Tel:	0208 301 9428
	Ruthie Smith		0208 301 9428
address:	Bexley Psychotherapy Service Bexleyheath Centre 4 Emerton Close Kent DA6 8DX		
website:	None		

Project opening times: 9am - 5pm

Accessibility:

Physically accessible? Yes
Language interpreter available? In principle – not clear how this would work in practice
BSL interpreter available? See above

What does the project offer?

Variety of group and individual psychotherapies of greater or lesser intensities. Mentalisation based treatment protocols are being developed

What kind of support or involvement activity is offered?

Psychological treatment as above

Who does the organisation aim to provide a service for?

People on the Personality Disorder spectrum

Who can and who can't access it i.e. inclusion/exclusion criteria ?

Who can access?	Who's excluded?
Working age population	Primary substance abuse

Are there any barriers to new people joining?

Waiting list of about a year

How can people access it?

Referral from secondary care mental health teams

How does the process start?

Referral

Are there any conditions to joining?

Treatment process and ground rules discussed in assessment process

Are there any opportunities for service users to have an informal chat/meeting with someone before joining?

No

What makes it different from mainstream mental health services?

Staff have specific skills in psychological interventions for this client group

What do people who use the service like about it?

They are given time, understanding and respect

What could I expect if I came along?

Initial exploratory interview, discussion of treatment alternatives and rationale for these. A skilled therapist response

Who runs the organisation/project?

NHS

Any plans for future development?

Developing Metalisation program

Service User and Carer Involvement

Service User Involvement

How are service users involved in the project?

- Collaboration in devising aftercare arrangements including a steering group in conjunction with Mind and our service to develop aftercare arrangements.
- Local development of self help support group for aftercare.

Carer Involvement

- None.