

Bromley MBT Assessment and Treatment Team (Oxleas NHS Foundation Trust)

Catchment area: Borough of Bromley

Project contact details:

contact name:	Jane Harris	Tel:	01689892300
address:	Carlton Parade 1-6 Carlton Parade Orpington Kent BR60JB		
website:	No. website. Email: Jane.Harris@oxleas.nhs.uk		

Project opening times: n/a

Accessibility:

Physically accessible? Yes
Language interpreter available? No
BSL interpreter available? No

What does the project offer?

A three day a week treatment programme.

The Service is a three day a week treatment programme combining Group therapy, Art Therapy and Individual Therapy. All therapeutic elements embrace a Mentalisation model. It is a tertiary service receiving referrals from Secondary care services i.e. specialist mental health services such as CMHTs, psychiatrists, outpatients department. Assessment and Consultation services are also provided to the three Bromley CMHTs

What kind of support or involvement activity is offered?

Weekly :

- One MBT (mentalisation based therapy) Group
- One individual MBT (mentalisation based therapy) session
- One Art Therapy Group

Service users are also initially offered a pre-treatment Foundation Group

Crisis Support , medication review and Care Coordination remains with referring CMHT

Who does the organisation aim to provide a service for?

People who use specialist mental health services known as ‘secondary care’ (e.g. Community mental health Teams, seeing a psychiatrist, using a day centre etc) with a diagnosis of BPD

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

Who can access?	Who's excluded?
Clients using secondary care services e.g. Community Mental Health Teams, outpatient services, any specialist mental health service. Within the borough of Bromley	

Are there any barriers to new people joining?

The MBT (mentalisation based therapy) service is a small pilot project only able to work with a maximum of 8 service users at any one time

How can people access it?

A referral is needed from the service user's current Care Coordinator

How does the process start?

Pre-arranged assessment meeting

Are there any conditions to joining?

The treatment programme requires a commitment of 12-18 months

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

Yes – via arrangement with current care coordinator

What makes it different from mainstream mental health services?

It offers an intensive, tailored programme not available within the CMHTs

What do people who use the service like about it?

We are just assessing our first group of service users so have no feedback yet

Who runs the organisation/project?

Oxleas NHS foundation trust

Any plans for future development?

Yes –the pilot is being thoroughly evaluated in order to justify expansion

Service User and Carer Involvement

Service User Involvement

This aspect of the service needs developing once it moves beyond the Pilot stage

Carer Involvement

We invite carers to come along to meet with the team if agreed by service User