

The Cawley Centre

Catchment area: National

Project contact details:

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website:			

Project opening times: 9am - 5 pm, Monday to Friday

Accessibility:

Physically accessible? Yes

Language interpreter available? No, not regularly. We will use one if necessary

BSL interpreter available? As above

What does the project offer?

There is a core programme that all are expected to participate in, by attending the unit a minimum of 3 days a week and attending a community meeting on those days. They will see an individual therapist once a week and attend a small group twice a week.

We have additional therapy which most people take part in to a considerable extent. There are two psychodrama groups per week (with different memberships), an anxiety management group, and two future prospect groups per week. Family therapy is additional and individually tailored.

What kind of support or involvement activity is offered?

The programme is based on therapeutic community principles.

Who does the organisation aim to provide a service for?

People with personality disorders, male and females, 18+

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

Who can access?	Who's excluded?
	Current psychosis Heavy dependency on drug and alcohol Personality Disorder that is a consequence of childhood developmental disorder (ie, Asperger's etc)

Are there any barriers to new people joining?

No barriers.

How can people access it?

Referral by GP or consultant psychiatrist.

How does the process start?

This can vary quite considerably. We will take referrals from any mental health professional. How that is processed depends on the circumstances. We do try to be as flexible as possible. We offer people an appointment to come and see us or we can go to them in the community or on the ward, wherever we need to be.

Are there any conditions to joining?

We have a pre-treatment programme where people meet a therapist for a number of occasions prior to joining fully. People have to co-operate in talking about what the programme will involve. People will have to be aware of what the programme entails.

The programme runs for a maximum of two years. It depends on individuals as to how long they stay. The majority of people stay for 2 years.

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

Yes, if that is what they want. Could be with either a professional or a service user.

What makes it different from mainstream mental health services?

We have very high levels of interaction with patients. We are also actively involved in trying to promote psychological functioning on every level. We encourage empowerment and independence. We offer treatment rather than management.

What do people who use the service like about it?

We have constant feedback from people who use the service. They like that the service is long-term, that we are reluctant to discharge people, and the fact that we are quite tolerant of pretty difficult behaviour. They like the amount of attention they get.

What could I expect if I came along?

People would expect to be listened to. People would be welcomed.

Who runs the organisation/project?

South London and Maudsley NHS Trust

Any plans for future development?

There are always vague plans for more involvement with PD but they never seem to materialise. There have been various attempts to have more integrated services across the Trust for PD.

Service User and Carer Involvement

Service User Involvement

There is a liaison meeting once a week in which business is discussed. It is chaired by one of the users and another user takes minutes. People are free to take up any issues. We have votes in a liaison meeting about issues that arise.

We encourage people to get involved nationally and locally to some extent. We are involved in the Community of Communities. Users have been to meetings and given presentations. They have also given presentations within the local mental health Trust.

We provide support but not training.

Carer Involvement

No information given