

Dartmouth Park Unit

Catchment area: Camden and Islington

Project contact details:

contact name:	Service Manager: Judith Roberts	tel:	02075614105
address:	Highgate Mental Health centre, Dartmouth Park Hill London N19 5JG		
website:			

Project opening times: 9am -4.30pm, Monday - Friday

Accessibility:

Physically accessible? Yes
Language interpreter available? None - service users must speak English (it is not appropriate for translators to be part of group therapy).
BSL interpreter available? No

What does the project offer?

[Mentalisation based therapy](#), a combination of individual and group therapy

What kind of support or involvement activity is offered?

The service offers three different support packages:

- 1) Intensive Outpatients service: two psychotherapy groups and one individual therapy session a week.
- 2) Intensive psychotherapy day service: a combination of groups and individual therapy 5 days a week-
- 3) People who have completed 2 have the potential to go on to phase two – two one hour groups per week.

Who does the organisation aim to provide a service for?

Primarily people who have a diagnosis of Borderline Personality Disorder, although people may well have other personality disorders as well.

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

Who can access?	Who's excluded?
Adults, Residents of Camden and Islington	People who have a primary diagnosis of psychotic illness

Are there any barriers to new people joining?

Waiting time of some months.

How can people access it?

Need to be referred by a mental health professional.

How does the process start?

Anyone interested should first speak to their consultant/Care co-ordinator. After receiving a referral, staff decide whether to invite to an assessment process which is 2-4 sessions and service users would be asked to fill in a questionnaire.

Are there any conditions to joining?

Unit rules - such as no violence to service users or staff, no drugs and alcohol etc. Willingness to commit to 18month treatment programme for intensive phase of service

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

No, initial discussions about the service should be between service user and the professional putting in the referral. Written information is available from the centre.

What makes it different from mainstream mental health services?

Use of the [mentalisation](#) model, which focuses on the types of problems that people with Borderline Personality Disorder often face and helps to change them. It is structured around managing emotional upheavals & thinking errors that people often experience

What do people who use the service like about it?

Intensity of the support. The structure it gives to their day. A combination of being able to talk about difficulties in a non-judgemental environment and benefiting from social contact.

What could I expect if I came along?

First 6 weeks is an extended assessment or 'taster' where service users can decide whether it is the right place for them.

Who runs the organisation/project?

Camden and Islington NHS Foundation Trust

Any plans for future development?

No information given

Service User and Carer Involvement

Service User Involvement

- Regular community meetings are held where service users and staff discuss the running of the service, although service users have no direct control over the programme.
- Initially they focus on encouraging people to attend the unit but if people are interested they are encouraged to get involved on an individual and national level.
- Visits from national organisations such as Borderline UK are arranged to encourage people to get involved in local or national groups.

Carer Involvement

- Individual discussions can take place between carers, service users and staff if necessary but they do not do any specific work with carers.