

Oscar Hill Service

Catchment area: Camden and Islington

Project Contact details:

contact name:	Claudia Calander Or Dr. Winifred Bolton	tel:	0207 530 6801
address:	Oscar Hill Service, Hunter Street Health Centre 8 Hunter Street London WC1N 1BN		
website:			

Project Opening times: 9a.m. - 5.30p.m. (+phone coaching)

Accessibility:

Physically accessible? Yes
Language interpreter available? Yes, translation service available
BSL interpreter available? Yes

What does the project offer?

Dialectical Behaviour Therapy (average time 3 years). One weekly session of individual therapy, one weekly skills training group and out of hours telephone coaching.

Can also provide shorter term therapy e.g. **cognitive analytic therapy**

Who does the organisation aim to provide a service for?

People who meet the criteria for a diagnosis of Borderline Personality Disorder who live in Camden and Islington

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

Who can access?	Who's excluded?
Residents of Camden and Islington	Anyone with substance dependence (if you use substances you will be

	assessed as to whether or not dependent)
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Are there any barriers to new people joining?

Waiting time of approx. 6 -9 months.
People must be referred by a Community Mental Health Team or Psychiatrist from an inpatient setting (where service users do not have psychiatrist, the service might be able to help negotiate the referral pathway).

How can people access it?

Referral from psychiatrist or Community Mental Health Team.
Plus discussion of whether this type of therapy likely to be useful - what has/hasn't helped in the past.

How does the process start?

First need to be referred then offered an assessment appointment where both staff and service user talk through whether this is the most appropriate type of therapy. If offered a place, service users may join introductory group whilst on waiting list.

Are there any conditions to joining?

First 6 sessions are a 'try out' to see if this is what is wanted and that the individual can work with therapist. After that, we ask service users to sign a 12 month agreement to attend sessions.

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

For information, in the first instance contact Claudia Calander (Administrator) or Dr. Winifred Bolton (Head of Service) on 0207 530 6801

What makes it different from mainstream mental health services?

It is Personality Disorder specific and follows the recommendations of the Government Report: 'Personality Disorder – No longer a Diagnosis of Exclusion'.

What do people who use the service like about it?

It offers a high level of support and helps people to build a life worth living. The service works with people in a non judgemental and hopeful

way. It demonstrates that people can recover and learn ways to deal with emotions.

Who runs the organisation/project?

Camden and Islington NHS Foundation Trust

Any plans for future development?

Developing networking, improving accessibility and marketing of the service. Ongoing involvement with the Camden and Islington Developing Personality Disorder Network.

Service User and Carer Involvement

Service User Involvement

- Service users give talks in the Orientation Group.
- Service users sit on interview panels for new members of staff.
- They are frequently asked their views via questionnaires and a feedback box.
- The service employs a Service User Consultant to work with the team.
- Individuals are encouraged to be involved in their own support and recovery planning.

Carer Involvement

- The service is not formally linked to carers but work with them on an individual basis depending on the service user's needs.