

Outpatient Forensic Psychological Therapies Service

Catchment area: Lewisham, Southwark, Bexley, Bromley, Greenwich

Project Contact details:

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website:			

Project Opening times: Monday to Friday 9a.m. – 5p.m.

Accessibility:

Physically accessible? Yes

Language interpreter available? Yes, with planning

BSL interpreter available? Yes, with planning

Where does the project/ organisation meet?

There are three clinics:

- York Clinic, Guys Hospital, London
- Stepping Stones, Farnborough
- Bracton Centre, Kent

What does the project offer?

The opportunity for a therapeutic intervention on an outpatient basis. There are options to join a group, a day centre or a one day workshop, as well as individual work.

Who does the organisation aim to provide a service for?

Male and female clients aged 18+ with

- Long-standing emotional difficulties or high levels of personal distress
- Problems in managing relationships with other people
- A tendency to act in an anti-social manner – often aggressively – which results in problems for the client or those around him/her

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

Who can access?	Who's excluded?
As above, residing within the catchment area	

Are there any barriers to new people joining?

If people meet the above clinical criteria and reside within the catchment area, there is access to the service. There is no waiting list, but there might be a delay of a few weeks prior to an appointment being sent, depending on the circumstances.

How can people access it?

Written referral from any agency, and re-referrals can also be instigated by the client him/herself.

How does the process start?

The client is written to with information and a choice of clinics, and can then opt in to the service. The person is then allocated to an individual practitioner and an appointment sent out.

Are there any conditions to joining?

We tend to offer between one and six sessions in the first instance, for a period of extended assessment, before a decision is reached about any longer term provision of therapeutic work. We cannot provide ongoing appointments to clients who repeatedly do not turn up to sessions, but we do encourage clients to re-refer themselves when they feel able to commit to the sessions at some future date.

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

We will always accept a telephone call from service users and try to answer questions.

What makes it different from mainstream mental health services?

We offer a service to people with psychological difficulties and who may have a diagnosis of personality disorder. If engaged in treatment, there are opportunities to access other forms of therapy (perhaps a group) and to engage in a structured work project which is run in partnership with First Step Trust.

What do people who use the service like about it?

Access to professionals who are responsive and concerned, and able to understand the particular problems of emotional difficulties which result in anti-social behaviour.

What could I expect if I came along?

A number of sessions with a professional, which are focused on the problems which bother you, and your life experiences. You may be asked to fill out one or two questionnaires, although there is no obligation to do so. We will write to you with our thoughts, and plan a way forward together.

Who runs the organisation/project?

Information not provided

Service User and Carer Involvement

Service User Involvement

- Service users are mainly involved in the evaluation and feedback.
- We encourage clients to be knowledgeable about their diagnosis, therapy and the risk assessments which are completed.

Carer Involvement

- Carers are involved sometimes, with the client's permission, in their own individual care plan and treatment .
- Carers are not involved in developing the service