

NEXUS Personality Disorder Service at HMP Eastwood Park

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Workshop Aims

- National Context
- How the Service operates
- Experience of Prison Staff
- Discussion/Q&A

HMP Eastwood Park



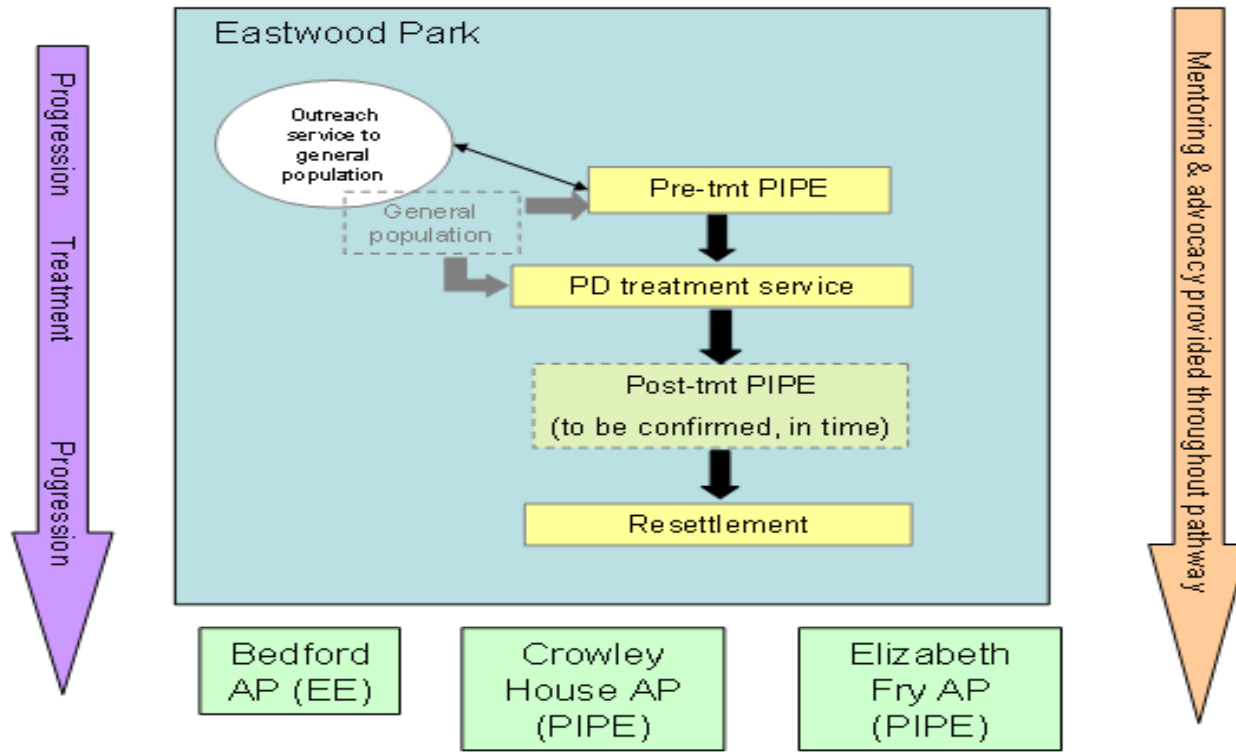
Our motto: you matter, we care



National Picture for Women's OPD Pathway

- Specific Women's OPD Strategy; recognises complexity and different needs of women (history of trauma; presenting problems, offending, childcare responsibilities) 13 women's prisons in England
- National OPD Services:
 - HMP Low Newton High-Harm service
 - HMP Send Therapeutic Community and Pre-treatment PIPE
- Regional services:
 - CAMEO Treatment Service at HMP Foston Hall (Midlands)
 - HMP Eastwood Park (South West)
 - HMP New Hall (The North)
 - Other services being developed

PD Pathway at HMP Eastwood Park



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What are Nexus commissioned to do?

- Work with women from the South West and Wales, considered by National Probation Service to be **a high risk of re-offending**
- Evidence of personality difficulties (diagnosis not necessary)
- Develop a treatment service (16 places on Res 10) for relatively motivated (“**Provision PIPE**”). Some outreach cases
- Primary goals:
 - Reduce re-offending
 - Improve psychological well-being; pro-social behaviour
 - Improve competence and confidence in staff working with PD

What are Nexus commissioned to do?

- Develop a treatment preparation service ("**Pre-Treatment PIPE**", September 2015)
- Work towards achieving an Enabling Environments award
- Length of interventions flexible to accommodate short and long-stay prisoners, and women who are released and return

Entry Criteria

- Nationally agreed entry criteria for women on the Personality Disorder (PD) pathway:
 - Current offence of violence against the person, criminal damage, sexual offences and/or offences against children; and
 - Assessed as presenting a high risk of committing an offence from the above categories; or managed by the National Probation Service
 - Likely to have a severe form of personality disorder; and
 - A clinically justifiable link between the above

Official Opening of Nexus

- Opened January 19th 2015
- For relatively stable and relatively motivated/willing and ready to be engaged in treatment.
- Staffing: Clinical Lead (Dr Chris Hobson, Psychologist) and Operational Lead (Sarah Bentley, Custodial Manager)
- Psychologists, Occupational Therapist, Nurse Therapist, Dedicated Prison Officers, Offender Supervisors
- Refurbished unit - blank canvass

Interventions Programme – 1:1

Individual Assessment/Therapy

- 1:1 assessment/therapy with allocated clinician (involves analysis/formulation of offence and resultant treatment plan)
 - Consultation report (from meeting with Offender Supervisor and other relevant people)
 - 1:1 Assessment and report
 - Risk Assessment (Includes HCR-20)
- 1:1 Keywork session

Interventions Programme – Group

- Core groups
 - DBT, DBT short version, MBT-I and Stop and Think
- Lower intensity psychological groups
 - Anxiety Management, Assertiveness, WRAP, Goal-setting, Being Safe, Healthy Living
- Psychosocial Groups
 - Community Meeting, Cooking, EE, Infobuzz (arts and crafts), Reading, Cre8, Evening Association Group (varies from quizzes, pampering etc.)
- Future plans include
 - Managing Anger, TREM, and FREEDOM Programme, and in time MBT (requires further staff training)

Weekly timetable example



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning 09:45-11:45	10:30am C of E Church Service	09:45-11:30 Anxiety Group	09:15-10:30 MBT-I	9:30-11:30 <u>Referrals Meeting</u> <u>All those on duty to attend</u> 09:45-11:00 <u>InfoBuzz</u>	10:00-11:00 Goal Setting Group	10:00-11:00 Positive Change	9.45-11.30 <u>InfoBuzz</u> 10:30am RC Mass
Lunch Break							
Afternoon 14:45-16:45	14:00-15:00 Prisoner visits	14:30-16:00 Ass	14:30-16:30 DBT	14:00-14:30 Community Meeting <i>Everyone Mandatory</i> 14:30 – 15:15 <u>Formulation/group supervision</u> <u>All those on duty to attend</u>	14:00-14.30 Timetable Session 14:45 -15:45 EE Group	14:45 – 15:45 Cooking Group	15:30-16:30 Prisoner Visits 14:30 Saturday Quiz (To be facilitated by officers)
Dinner Break							
		<u>Assoc</u>	Organised Social Activity	<u>Assoc</u>	<u>Assoc</u>	<u>Assoc</u>	

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Interventions - Wider Prison

- Women encouraged to access other services in the prison:
 - Education
 - Gym/sports
 - Work
 - Chaplaincy
 - Changing Tunes

Case Study – Short Term

- **Background:**
 - 28 year old woman; release date 13th April; offence of child cruelty (1st offence). Diagnosis of BPD and history of suicide attempts; disrupted childhood and trauma
- **Interventions:**
 - Engaged in DBT, psychosocial groups and a recovery group; 1:1 weekly sessions and offence formulated; HCR-20 completed
 - Pre-release meeting held with relevant services and family members inputting into it. Risk management plan developed based on HCR-20
- **Post-Release:**
 - Feedback that she is doing well in community (e.g., accessing further psychological work)

Case Study – Longer Term

- Background:
 - 29 year old woman; history of childhood sexual abuse/trauma, domestic violence in relationships; history of hospital admissions with psychotic-like symptoms. Diagnosed with BPD and ASPD;
 - 9 ½ yr sentence for aggravated Burglary and GBH; long offence history and drug abuse history
- Interventions:
 - 1:1 sessions and attending DBT, MBT-I, cooking, assertiveness, EE, Infobuzz.
 - Making excellent progress, no incidents, attitude change
 - Plan to continue to work and possibly become a mentor in future

General Progress So Far

- Service is up and running
- Positive and pro-social atmosphere developing on Res 10
- Signs that women are engaging meaningfully in treatment (e.g., evidence of some women changing attitudes)
- Two releases into the community are doing well
- Positive feedback from women and commissioners

Women's Experiences

- “I found this programme thoroughly helpful. It’s given me more of an understanding”
- From a service user satisfaction survey (April 2015):
 - 83% believed they had a trusting relationship with their allocated clinician
 - 83% feel that Nexus is helping them to better understand themselves
 - 100% agreed to some extent that they had a trusting relationship with Nexus prison officers

Training/ Supervision

- W-KUF+
- 2 bespoke training days held for Nexus clinical and operational staff (to be held every 3 months)
- Monthly supervision of officers/custodial manager
- Reflective Practice by external group analyst
- Training needs in clinical team (e.g., MBT, DBT and FREEDOM programme)

The Prison Officer Perspective

- The role:
 - Keyworker (Personal Portfolio)
 - Co-facilitating groups
 - Supervision (1:1 and group)
- Regime
- Challenges & Benefits

Discussion/Q&A

- For further information:
 - ChrisHobson@nhs.net, Michelle.Chauhan@nhs.net
 - 01454 382992
- Stakeholder event 21st July 2015 – future ones planned

References and Resources

- Working with Personality Disordered Offenders: A Practitioners Guide, MoJ and DoH (January 2011)
- Reducing Female Offending: The role of Health Interventions, Lizzie Slade (September 2013)
- Women's Custodial Estate Review, Cathy Robinson, NOMS (October 2013)
- Brighter Futures: Working Together to reduce women's offending. Prison Reform Trust and The Pilgrim Trust (2014)
- www.personalitydisorder.org.uk