



Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

Cumbria, Northumberland, Tyne and Wear (CNTW) Offender Personality Disorder Pathway Community Intervention Service

Information Leaflet

National
Probation
Service



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Introduction

This leaflet provides you with information about the service. If you are not sure about anything in this leaflet please ask a member of staff.

What is the Community Intervention Service?

This service is part of the Offender Personality Disorder Pathway, a partnership between health and probation services.

Who can access this service?

Rebuilding Lives is a community intervention service for males and females and is part of the Offender Personality Disorder (OPD) pathway. Individuals in the pathway are subject to National Probation Service (NPS) supervision and have personality difficulties or unhelpful traits that link their risks of violent/sexual offending. A diagnosis of personality disorder is not required to access the service.

Offender Managers have a consultation with the Psychologically Informed Consultation Service (PICS) team. If Rebuilding Lives is recommended, Offender Managers submit a referral. The service can only be accessed while individuals are subject to statutory supervision, either in the community or 6-9 months prior to your release from custody. Should further services be required once the supervision period ends, referrals and signposting will be recommended and supported by Rebuilding Lives.

Is my attendance mandatory?

No, this is a voluntary service and it is your choice whether you would like a referral to us and to work with us. However, if you decide that you would like to engage with the service, regular attendance would be required to allow any work to be completed. If you decide at any point you no longer wish to attend, this is entirely your choice and we ask that you discuss this with us and your offender manager.

What will happen?

Once a referral is received, an initial appointment is offered with a member of the team and you will have chance to talk about your current strengths, goals and difficulties. We will then discuss the outcome of this in our team meeting and if **you** choose to work with us we will either offer you an appointment or if no place is available, you will be placed on our waiting list. We will either write to you or phone you with this outcome.

Once we are able to offer you a placement we will work together to develop an understanding of your strengths and difficulties through developing a psychological formulation, with you. This will be guided by you and we will then identify your goals for intervention and what you hope to achieve and how we can support you in meeting these. With your permission, we may seek information from other agencies, including police and Social Services to help us work towards your goals.

Interventions offered are around supporting you in developing meaningful occupation, roles and routine, and practical tasks in the community, as well as psycho education around your emotional and relationships needs. Intervention will be informed by range of clinical models including; Cognitive Behaviour Therapy (CBT), Cognitive Analytical Therapy (CAT), Structured Clinical Management (SCM), and Dialectical Behaviour Therapy (DBT). We do not prescribe medication.

Some of the interventions we offer include:

- Supporting you to attend appointments (E.g., GP, opticians, accommodation and probation)
- Support you to explore meaningful and purposeful activity to help structure your day
- Enabling you to be independent in managing your own home
- Understanding your strengths and difficulties which may include personality difficulties
- Understanding and managing emotions

- Problem-solving
- Difficulties with intimate and non-intimate relationships
- Compassionate Mind (overcoming shame)

Who will I be seen by?

You will generally be seen by two members of the team. The team is made up of workers from a number of agencies, all with experience of working in a psychological way. The team is made up of:

- Psychological Therapist/Psychologist
- Occupational Therapist
- Clinical Support Worker
- Probation Service Officer

Once we have understood your goals then we will allocate you a member of the team that can help you work towards this goal. E.g., if you would like to understand how your past has impacted your present then you might work with a psychological therapist. If you feel as though you do not have all the skills needed (such as confidence, motivation, budgeting, understanding the timetable) to get the bus and buy your food shop then you might work with the occupational therapist. The clinical/probation support officer can help you practice the skills learnt in your appointments with the occupational therapist and psychological therapist/psychologist.

How long are appointments?

Appointments will generally last an hour and you will be seen at the local probation office close to where you live. If you find that an hour is too long for you, shorter appointments can be agreed. Appointments will be between 9am-5pm, Monday to Friday.

Confidentiality

As our service works in partnership with the national probation service information will be shared with your offender manager. If there are any concerns about risk to other people or to you, this would need to be shared.

Travel information

Contact Nexus Traveline Tel: 0871 200 22 33

Website: www.traveline.info/

Interpreters

Staff can arrange an interpreter if you need one.

What if I have a comment, suggestion, compliment or complaint about the service?

If you want to make a comment, suggestion, compliment or complaint you can:

- talk to the people directly involved in your care
- ask a member of staff for a feedback form, or complete a form on the Trust website www.cntw.nhs.uk (click on the 'Contact Us' tab)
- telephone the Complaints Department Tel: 0191 245 6672
- email complaints@cntw.nhs.uk Please note that information sent to the Trust via email is sent at your own risk
- We are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention.

You can provide feedback in the following ways:

- the quickest way for you to do this is to complete our short online survey at www.cntw.nhs.uk/poy
- complete a Points of You survey, available on wards, reception areas or from staff.

Contact details

Forensic Community Personality Disorder Service

St Nicholas Hospital

Jubilee Road

Gosforth

Newcastle upon Tyne

NE3 3XT

Tel: 0191 246 7274

Opening hours: Monday to Friday 9am-5pm



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre
Tel: 0191 246 7288

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