

NHS Number: 608 276 5451

Our ref: DBT/JM/461690



Black Country Partnership
NHS Foundation Trust

Date: 10/10/2019

The Wellbeing Team
Quayside House
Rounds Green Road
Oldbury
West Midlands
B69 2DG

Miss Marie Brown
34 Groveland Road
Tipton
DY4 7TN

Tel: 0121 543 4295
Fax: 0121 612 3769

Dear Marie,

Please find detailed below the DBT care plan we have jointly agreed through the pre-treatment phase.

The following needs / problems were identified:

During your Pre Treatment, you have identified that you will be working towards the following target behaviours.

Target 1:

- Suicidal Thoughts and urges. *feel worthless - human rights ignored - not human?*
- Self-harm and self-harm urges.
- Urges to hurt others. *-revenge on Carl*

Target 2:

- "Checking" out for the day *SHUTDOWN / OVERWHELM / BURNOUT = ADHD / AUTISM*
- Avoiding talking in therapy or providing a narrative story (both parties).
- Not doing diary cards or homework.

Target 3:

- Passivity in self-care.
- Not eating or drinking.

Targets for treatment may change over the course of the therapy.

The following care/recovery plan has been implemented:

The DBT service will:

Provide you with therapy services that have been shown to work well with the kind of difficulties you have. *IDONT HAVE A PERSONALITY DISORDER.*

You will be offered weekly skills groups' sessions on a Tuesday 9:30 am till 12pm at Quayside house, Rounds green road and weekly 1:1 sessions with your individual therapist.

We will make sure that any needs relating to your gender, disability, sexual orientation, ethnic background or religion will be taken into account in the way the service is provided.

We will treat everything you tell us as being confidential within your care team and will only pass on this information on to others when is it absolutely essential to do so.

We will explain the reasons for everything we ask you to do between our sessions.

We will tell you in good time when the service is likely to come to an end and when we are not able to attend our sessions (e.g. holiday).

We will be checking that you are reducing the unskilful behaviours and moving towards your goals.

If your 1:1 therapist is off for a prolonged period of time for any reason we will offer you the opportunity to meet with another member of the team temporarily

You will need to:

You have signed the DBT therapy contract which will form part of your DBT Care plan and the guidelines have been explained to you.

Attend each of the Individual Therapy sessions and the Skills Group (even though, at times, you might feel as if you do not want to!).

Tell us about anything that will affect our work together, especially anything that is happening to you that places you, others or your engagement with therapy at risk.

Fill in the questionnaires we ask you to complete.

Complete tasks at home between sessions.

Let us know if you are unable to attend because of illness or crisis.

Please do not consume alcohol or illicit substances before a session.

You are aware that attendance to the full DBT programme is essential for you to move towards your goals. hat you must maintain individual therapy with your DBT therapist.

If you miss 4 of appointments, you will be putting your participation with the DBT service at risk.

You have signed the DBT therapy contract which will form part of your DBT Care plan and the guidelines have been explained to you.

Crisis Plan

You remain under the Sandwell Treatment team when you are in DBT.

Whilst you are participating in DBT Pre Treatment therapy you will have regular contact with your 1:1 therapist and jointly you will increase your knowledge and skills in managing overwhelming emotions and other difficulties.

If your therapist is off, we will discuss with you any additional support that may be offered by other members of the team.

You will be able to request additional contact with your 1:1 therapist for NON Urgent matters.

If you are in a mental health crisis you can:

1: Firstly utilise the new skills and resources you have been learning, look through your DBT teaching and homework sheets. Look at any personalised crisis plan developed with you and your 1:1 therapist.

Remember the **STOP** skill

Stop: stay still, do not act on your emotions: Take a step back, move away take a breath. Observe what is going in around you, within your body. Proceed mindfully; think about what you need to do to resolve the problem or emotion be mindful of acting in emotion mind!

← TRY SHOWING THAT
TO AN OVERWHELMED
ADHD'ER.

2: Contact the Wellbeing Duty worker at Quayside house.

Tel: 0121 543 4295 / 4292 ask to speak with wellbeing duty worker.

Inform them that you are currently in DBT and you are experiencing a crisis and in need support. The duty worker will be able to discuss and provide support with how you can problem solve the difficulties you are experiencing.

- Remove from situation
- Self care = quiet cave
comfort food

The duty worker is available Monday to Friday 9am to 5pm.

3: During the evenings or at weekends you can contact the crisis team: 0121 543 4100.

We will provide you with an "in case of Crisis card" for you to keep handy and this card also details other useful numbers in case of a crisis.

Yours sincerely,



Jennifer Mannix: Sandwell DBT Team

Cc
GP Dr Beveridge,
Oldbury Health Centre, Albert Street, Oldbury, B69 4DE

File