

An Evaluation of Adapted Individual Mentalisation Based Therapy (MBT)

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The NHSCT Personality Disorder Service

- 4 staff (Accredited MBT pracs)
- Established 2010, 4 since 2013
- Mentalisation based therapy (MBT)
- Less intensive creative projects
- Peer support groups
- Consultation support & education

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The Service User

- 20 year-old female
- Emotionally Unstable Personality Disorder
- Formative years
- CAMHS to Adult Mental Health May 2015 – Present
- 24/7 1:1 nursing observations July 2015 – June 2016
- Obs gradually reduced 1 hour at a time from June '16 to nil January '17
- 1st contact with PDS July 2015

Background to the project

- Ward staff dismayed at lack of progress and their resources unable to meet needs
- Referred to ECR (Extra contractual referral) panel - psychological assessment sought

MBT 1-1 (PDS)

Trust PTS

Private Clinical Psychologist

ECR

Elements of the project

- Start April 2016
- Psycho-educational phase (16 x 45 min 1-1 sessions)
- Weekly MBT individual sessions (32 to date and on-going)
- MBT awareness raising sessions for ward staff
- Zoning meetings (weekly)
- 4-weekly MD meetings - SU attended throughout

Quantitative Measures

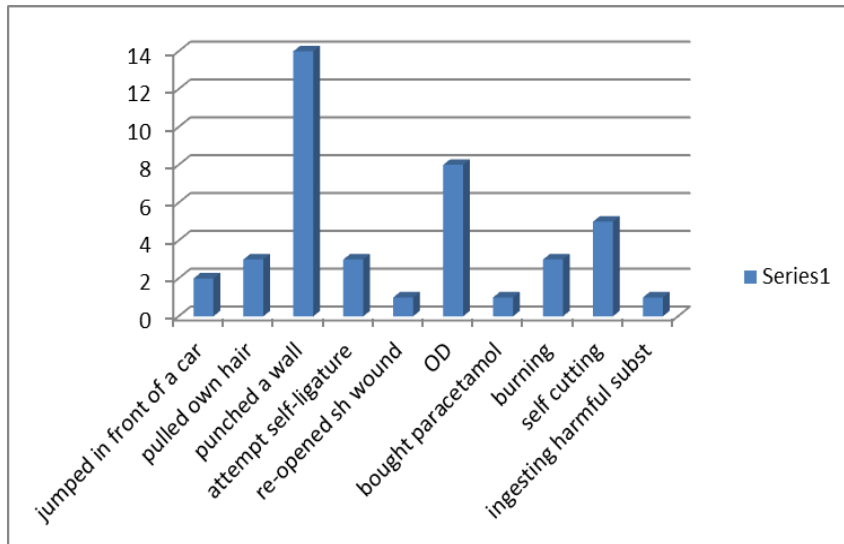
- Measured
 - number of self-harm incidents
 - severity of incidents
- Severity
 - 3 levels of severity
 - No
 - Local
 - A&E
- Comparative costs

Quantitative data

- 41 self-harm events in 9 months pre MBT
- Severity score 16

Incidence of Self-harm Events

9 months pre MBT



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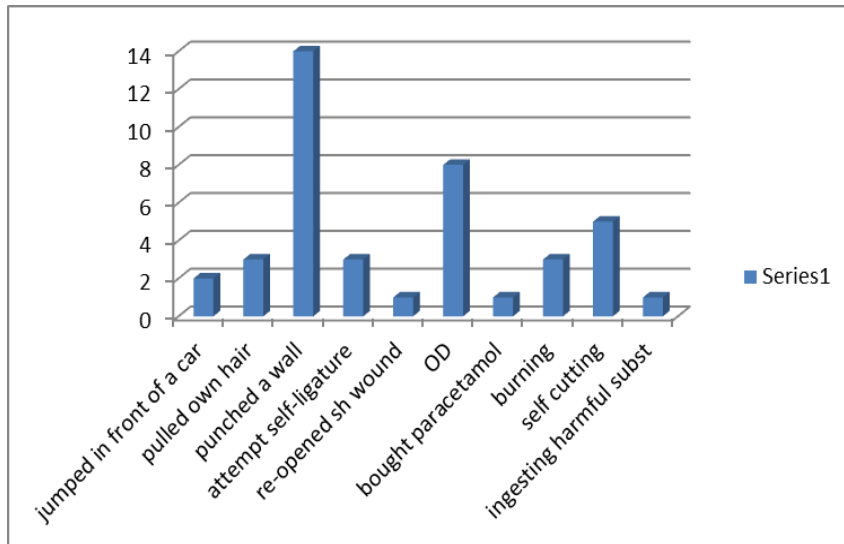


Quantitative data

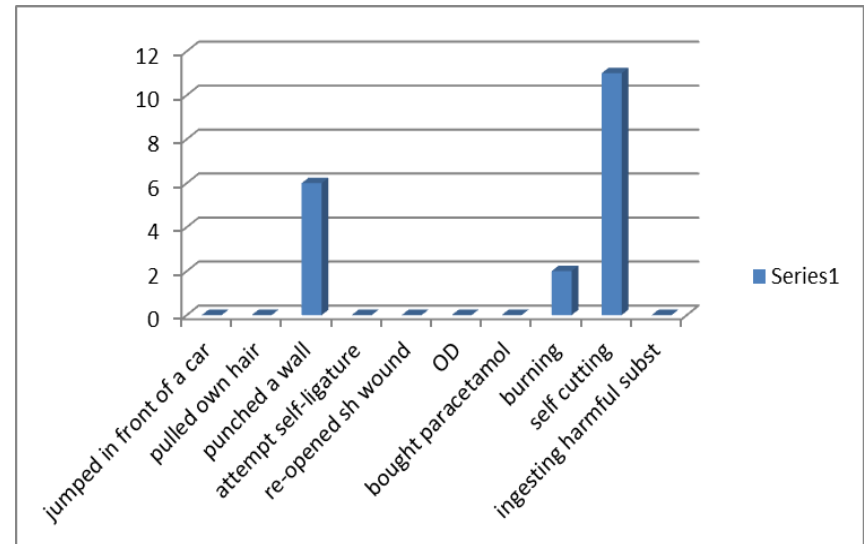
- 41 self-harm events in 9 months pre MBT
- Severity score 16
- 19 self-harm events in 9 months of MBT
- Severity score 8

Incidence of Self-harm Events

9 months pre MBT



9 months since start MBT



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Quantitative data

- 41 self-harm events in 9 months pre MBT
- Severity score 16
- 19 self-harm events in 9 months of MBT
- Severity score 8
- Absconding behaviour - 7v3
- Cost of care (Option 1 v ECR)
- £293 v £420 per day total cost (25% less)
- 1:1 obs in local setting 25% less than typical ECR

Qualitative data

- 12 semi-structured interviews
- Themes
 - Service user recovery
 - Communication
 - Relationships
 - External factors
 - MBT- opinions and benefits
 - Improvements

“Knowing the service user then, and the service user now, it’s like they are 2 different people”

Challenges

- Temporary loss of MBT supervisor
- Single case study design
- High staff turnover e.g. 7 RMOs
- OT vacancy

Present day

- Placement in community supported living
- 1 incident of self harm since stopping 1:1 obs
- Improved eye contact, more confident, assertive, sense of humour emerged, likeable traits
- HOPE
- Attending recovery college classes with peers

Future plans

- MBT group and 1:1 sessions
- PDS consult, support and education for community staff
- Opportunity for less intensive creative arts interventions
- KUF
- Support group
- Peer support and education with recovery college
- Further education and employment

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Conclusion



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COMPASSION



C

OPENNESS



O

RESPECT



R

EXCELLENCE



E

Acknowledgements

- Service User
- Personality Disorder Service colleagues
- Ruta Puzinaite - Psychology student & Volunteer
- Dr Emma McCullough - Clinical Psychologist
- Ward Staff team
- NHSCT

Questions?

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