



Support, Training and Recovery Systems



Newsletter - May 2021

In spite of the upheaval of the past year, STARS and TVI have continued to deliver training, mostly online and the team have continued to grow. We will continue to deliver training online but are also hoping to return to some live training as soon as possible.

PDPOP: Taking the training into a primary care setting.

The Personality Disorder Positive Outcomes Programme is a Health Education England funded project. The training is designed to give entire GP practice teams a common language to be better able to understand the challenges that can present when communicating with patients with Personality Disorders (PD). The training is built around core skills and concepts with practical application facilitated by trainers with clinical experience and trainers with a lived experience of personality disorder who have completed treatment in specialist services.

In Phase 1 the plan was to train 20 practice teams across the Thames Valley region during 2019-2020. The project got off to a flying start with very positive responses from the practices we trained. Then Covid-19 arrived. We did manage to train 14 of the 20 practices before in person training ceased. Following a successful end of year symposium the project secured funding to deliver a second phase in 2021. Additional funding was granted to build training capacity with a course to train GPs, therapists and lived experience trainers who will join the PDPOP training team and take the programme forward. The PDPOP training team also created a promotional video with Black Cat productions which can be viewed at www.pdpop.uk. *Fiona B.*

PDPOP: A lived experience perspective.

Myself and other STARS members are part of the PDPOP training team led by a GP and a Trainer with specialist clinical experience. We have been delivering training to clinical staff and their admin reception staff. Hearing from our lived experience perspective has helped attendees gain a better understanding as to why we behaved in the manner we did. We discuss different ways to approach the situations to deliver a very different and more productive and positive outcome which works for all involved. This includes us sharing our experience pre therapy, including what things/ attitudes and language would have triggered us to act in the way we did. We then explain how through therapy we have learnt to behave differently by learning different coping strategies to our old ones. I am grateful to those who have enabled me to be involved in PDPOP as I also have learnt so much through doing it. The feedback from attendees so far has been universally positive and encouraging. To be part of something to help people with PD get a more positive experience when they visit their GP Surgery has felt so rewarding and worthwhile.

Fiona J.



The PDPOP Team: Clinicians and Lived Experience Trainers.



The PDPOP Video Filming Team

Feedback from PDPOP

"A HUGE thank you - the team are actively talking about the session, how much they enjoyed it and how much they got from it."
Practice Manager, Aylesbury

"The toolkit approach was brilliant – [a] valuable concept/practical strategy."

GP, Oxford



Moving on from STARS

I recently said goodbye to STARS having moved into full time work. I worked in STARS as an ex-service user for some years, getting a lot out of the experience and trying to make the most of the opportunities that were afforded to me. I know I'll miss the people I worked with and the ad hoc, unpredictable variety of events I went to.

I joined STARS 6 months after leaving a course of intensive therapeutic treatment. I had not been in work for many years. I had concerns about leaving treatment and felt uncertain about what would be next. I felt some ambiguity as to whether I was "well" and felt pressure to get back to work. I wondered how the gains I had made in therapy would translate to the world outside.

STARS offered an opportunity to get back into work in a slow, graded way. It represented something to aim for during my time in therapy and during the cool down period afterwards. It gave some structure and regular social contact with like-minded people in a context that was very much not therapy. It counted as permitted work and a place to earn some money. I learned confidence and skills in presenting in front of people.

Being in STARS meant that I had access to a lot of related organisations and training. I trained to deliver the Knowledge and Understanding Framework course, joined the Royal College of Psychiatrists Community of Communities as an independent peer reviewer, took a place as a Patient and Public Voice member on a Clinical Reference Group and attended many conferences and presentations. Finally, I and another STARS member were asked to join a regular group in the Complex Needs Service as a new therapeutic community was being set up.

I saw STARS as a stepping stone on the journey. I would recommend it to anybody leaving an intensive therapy service and am very grateful for what it has done for me. My thanks to everyone in the group.

Stuart

Working in the Moving On Groups

Thank you to the Complex Needs for letting STARS be part of running the Moving On Groups. I work with a clinician in the Oxford MOG and it has been so useful for clients that are leaving long term therapy. The clients have found it beneficial to have a clinician and someone that has been where they are now working together. I have found the job interesting and satisfying and if I can help anyone transition from therapy to normal life I feel I have done my job. It also proves that you can move on and make your life worth living.

Linda

For the second year, STARS were invited to speak to Health and Social Care students at Oxford Brookes.

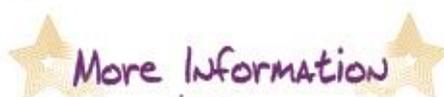
For the second year STARS were invited to speak to a cohort of Students in Health and Social Care at Oxford Brookes University in Oxford. Two STARS went first, facilitating a seminar with students about Suicide Ideation, alongside Karen Lasselle of Oxford Health. Karen spoke about theory of suicide ideation and STARS contributed by matching parts of our story fitting in with the theory. We spoke about the some 'rationale' of suicide, why it seems the best 'option'. We spoke about deescalating, coping mechanisms that may be useful tools for clients and workers, and the importance of supervision working in this area of social or mental health wellbeing.

The following week we, as STARS, alongside TVI staff, attended our second seminar slot with the same cohort of students to present a short seminar on Personality Disorder. A presentation designed by TVI staff, highlighted the three clusters in Personality and ten Personality Traits. The trainer explored criteria for diagnosing Personality Disorder and along with STARS input, what that may 'look like', for each trait. At the end of the seminar the students were invited to ask questions.

Pauline

"I want to say thank you again for the lovely, warm welcome, I feel like I have known everyone for a very long time and I look forward to becoming a valued member of STARS and getting to know you all further."

Laura



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