



Oxfordshire Complex Needs Service

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Therapeutic services for people with personality disorders and other complex or mental health difficulties

Introduction

This leaflet contains information about the Oxfordshire Complex Needs Service and the group therapy treatment options available.

Our specialist service is for adults of a working age who have a diagnosis of personality disorder or other related problems. You can obtain additional information about the service that we offer from our Oxford office or our website. Please see page 11 for contact details.

What you can expect from us

Following referral to our service, you will be invited to an information session with other newly referred people where you will have the opportunity to meet one of our therapists, as well as service users who have completed one of our therapy programmes. At this point if you would like to take your referral further we will provide a careful assessment of your mental health and social care needs.

If both you and your assessor believe that our service is going to be suitable, we will work with you towards starting one of our group therapy programmes.

Our therapeutic services offer open communication and the chance to examine problems with others in a safe and supportive environment.

Service mission outline

Those using our services may have experienced abuse, neglect, trauma, deprivation or loss, often as children. They may find it difficult to value themselves and to form satisfying relationships.

We aim to enable people to take full responsibility for themselves whilst being mindful of their interactions with others. Our supportive group environments facilitate self-awareness and can lead to a more fulfilling future.

As a group therapy service, we understand how daunting groups can be for some people. We will make sure that we support you with this.

What we expect of you

Our service is recovery-model focussed. We encourage service users to actively participate in their therapeutic journey while helping them to achieve their potential and work towards recovery.

Engaging in our group therapy programme requires commitment. You should be motivated, willing to look at how you interact with others, and open to exploring your feelings. You should also be interested in finding out more about yourself, your relationships, your thoughts and your actions.

Recovery is...

"Learning how to make the right choices for you. It's about getting to know who you are and who you could be."

(service user quote)

Confidentiality

All information that is shared in the therapy groups is confidential. All group members agree to complete confidentiality, which means that all information shared in the group must not be repeated outside. Staff do have a statutory and professional duty to disclose information regarding risk, should they feel that this is necessary. Wherever possible, they will discuss this with you before making the disclosure.

Staff may need to share information with team members, GPs or other healthcare professionals. Information will not be shared with your family members or non-health external agencies without your permission.

What we offer

We offer low, medium and high intensity groups for people with personality disorders and/or related problems. We also provide support groups for friends and family members.

General information

Although you may be unsure about joining a group, the environment will enable you to explore your problems and gain support. Group members have the opportunity to practise new things in ways that are not possible through individual therapy.

Some people with longstanding and severe emotional problems may recognise that they have a problem and may have assumed that nothing can make a significant difference. We will help you to work towards recovery. Our services are an integral part of the NHS and as such they are free of charge.

What it will be like

To start any kind of therapy, you must be willing and ready to change.

You may need to make personal arrangements to enable you to attend appointments (eg childcare). You can talk to us about help that may be available to you.

Some groups run as Therapeutic Communities (TC), offering opportunities to communicate openly and for the shared examination of personal issues with others in a safe and supportive environment. Group members are enabled to find their strengths.

TCs encourage members to take responsibility for themselves and to develop awareness of their interactions with others. In these environments, members can develop increased self-esteem and self-knowledge.

The group(s) that you are to attend will be agreed during the assessment process.

In addition to the medium and high intensity groups, we also offer low intensity groups that work within a single therapeutic model. These groups are aimed at people who would find it difficult to engage with more intensive programmes.

Available services

We offer a variety of group therapy services at locations throughout Oxfordshire:

- **Low intensity groups**
Mentalisation Based Therapy, Emotional Management and Median Groups are suited to those who might have difficulty using our pre-therapy options groups or those who would benefit from working on some issues that might be difficult in our other groups.
- **Pre-therapy groups**
These Options Groups will allow you to explore aspects of yourself that you may want to develop. The groups will help you to prepare for future therapy, should you decide to pursue it. Pre-therapy groups meet once a week for approximately two hours in Adderbury, Oxford, Witney and Wallingford.
- **Part-time therapy**
These are 18-month, part-time therapy programmes that take place in Adderbury, Wallingford and Witney. The programmes can include two group sessions per week that last between one-and-a-quarter and six hours.

- **Oxford therapeutic community**
This is a three-day-a-week group programme (Monday, Tuesday and Thursday) with individual activity/employment on the other two weekdays.
- **After therapy - moving on group**
This group supports transition to life beyond therapy. The group follows a sixteen-week fortnightly programme.
- **Carer support - family and friends group**
We offer fortnightly groups in Oxford and Banbury that provide support and education to carers. We also run a biannual psychoeducational weekend programme.

What did I learn?

"How in time it did become easier to sit in a group and talk about my life."

"I am not alone with my experiences."

"It is okay to work at my own pace."

"How to receive feedback from others in the group."

(service user quotes)

Summary

The Oxfordshire Complex Needs Service provides services for people who have emotional or mental health difficulties sometimes described as 'personality disorders' or 'complex needs'. Such disorders are often treatable consequences of earlier experiences.

We help people to face their difficulties and find new ways of coping. People who have already used our services are often employed by us to help ensure that we remain relevant and accessible.

Contact us

There are Complex Needs Services in Berkshire, Buckinghamshire and Oxfordshire that are provided by the respective mental health trusts. These services work in collaboration with local partners.

For more details about these services and our service in general please go to www.psox.org/ocns or you can contact us at our main office in Oxford:

Oxfordshire Complex Needs Service

Manzil Way

Oxford

OX4 1XE

Tel: 01865 904 300/ 904 491

Fax: 01865 337 443

Our services are provided by Oxford Health NHS Foundation Trust. We often work in collaboration with Elmore Services, Mind, Rethink, Restore and other local partners.

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of staff or you can telephone the Patient Advice and Liaison Service on freephone 0800 328 7971.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

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若您需要本信息的另一种语言或格式的版本文，请与我们联系

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اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہوں تو براہ کرم ہمیں سے پوچھیں :-

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