



SUPPORT TRAINING AND RECOVERY SYSTEM

Newsletter - May 2016

Police Training

I have really enjoyed the training STARS and TVI have done with Hampshire police. Without exception we have been greeted with enthusiasm and warmth and the days have felt very worthwhile.

The officers who want to come on the training have to actually apply to come and so are really up for what we teach them. They are very dedicated and keen to make a difference to clients who have PD and feedback has shown they have each found ways to do that.

We have also had several paramedics on the latest training courses and they have come on their days off, without pay! That's dedication for you. We are now hoping that other counties forces will follow Hampshire's lead in helping to train their officers in this vital area.

 **MARINA**

KUF Training

The Knowledge and Understanding Framework training, is part of a national scheme to help people work more effectively with people with personality disorder.

The course is always delivered by a person with lived experience of mental illness and a trained professional. It helps people understand and help difficult clients who may or may not have a diagnosis already.

I was recently able to go on the awareness level training alongside people from the criminal justice system, the local CMHT and support workers. As someone with a diagnosis of personality disorder, I was pleased to see the emphasis on understanding the clients point of view and how rushing to help can be as destructive as stepping back and not intervening.

Afterwards I was given the opportunity to be trained to deliver KUF training to other people. The prospect of delivering the training was daunting but exciting, I loved learning how to run a group, how to engage people who may be more difficult to reach and how important it was to be equal alongside the trained professional who'd be co-facilitating with me.

I'm looking forward to delivering my first session of training and helping more people understand how to work with clients they may have had trouble helping.

 **STUART**

I can honestly say that this is by far the most popular training we have ever offered, and the success is purely down to the word of mouth. Officers and staff who attended the early sessions recommended it to their colleagues, and we were overwhelmed with the number of applicants to later dates. Meeting people who live with PD was fascinating, and really showed the person behind the "label". Listening to their stories and how they manage their condition on a daily basis was a real eye opener, and this will help us to help others in the future. The sessions were a great mix between the science of the condition along with what it actually means to the individual concerned.

The funding for this training sadly runs out this week with the last session, and I still have many colleagues who would have loved to come along. Many of our staff will regularly come into contact with people living with PD and this training will enable us to respond to them in a far more understanding and caring manner.

**How Griffiths
Mental Health Lead
Hampshire Constabulary**

GP Training

I was very nervous doing this training because of the way I have acted and also the responses from out of hours GPs. In fact after the training, I found that little was known on how to deal with people with personality disorders.

The GPs were very receptive and appreciative of the information we provided. Lots of questions were raised and answered by Stuart and myself about behaviours and the mindset of people with personality disorders.

 **LINDA**

Moving on Group

Meeting STARS in Tier 4 gave me hope for the future.

I learned that my experiences could be used to benefit others, and since then I have joined STARS and looking forward to making a difference.

 HANNAH

Training Volunteers

Often when I'm delivering training about personality disorder, I'm struck by how much is asked of staff and volunteers who haven't had specific training before.

We offer sessions of training on how to understand and communicate with difficult clients, many of whom may have personality disorders. Frontline staff (such as receptionists and people who volunteer for charities) are often put in tough situations with clients who may be angry and behave and talk in alarming ways.

Talking from our own experiences as people who have been in these situations on the clinets side, hopefully we can help people understand how we see what's going on in these interactions. I can say what helped me in the past, what didn't and what can be reasonably expected from people in these roles.

Even a relatively small interaction with someone can be helpful, often people in a frontline role don't know how much they have helped someone. I hope that having some training about personality disorder, helps both the staff member and the clients that they encounter.

 STUART

Isle of Wight

As a KUF (Knowledge and Understanding Framework) Basic Level Awareness Trainer, I have been lucky enough to co-facilitate a cohort on the Isle of Wight. Wow!

Delivering training always presents different kinds of challenges for me, but the biggest challenge with this cohort has been the 3 hours plus travel each way and getting a ferry across to the Island (and back) for the day. Exciting, as well as tiring, but what a great adventure! The delegates in the cohort have been welcoming and friendly, and are so engaged.

My last day for this course is next week, but this time I stay over for a couple of nights. The following day we are training GP Administration staff, and the Island Police on the third day. Every training course we deliver is different and all have their own set of challenges and adventure, but this course is up there right at the top!

 NEELS



 **More Information** 

email: sue@tva2i.net phone: 07815 902049 (Sue Pauley)
← web: www.oxfordhealth.nhs.uk/thames-valley-initiative
design: Rachel Dunscombe (rachel@blackbunnydesign.co.uk)

The STARS have a regular space within our Moving On Programme and it is by far the most well received and praised session. The STARS are able to add perspective around the sadness and anger of therapy ending, and help people to hold on to hope that things will feel different and improve. Most people are amazed by the amount of work STARS are involved in, inspiring some to become a STAR in the future.

Laura MacKenzie
Oxfordshire Complex Needs Service

People, Personality & Pathology

On the first day of the PPP course, people were hesitant and a bit curious about what to expect.

After Ruth and myself told a little bit of our stories and our recovery process, it helped make the behaviours of personality disorders clearer.

After the weekend community teachings and being part of a personality community, clients have come closer together and have a better understanding. Throughout the next few months and with more information, our clients will be better equipped on how to deal with personality disorders.

 LINDA

Personality Disorder Skills Day

I was working as a STAR on a PD Skills day alongside two TVI staff, where I first met a student completing her degree in Psychology at Oxford University.

I met Roz later, at an event I had helped organise for Oxfordshire Mind. We had a chat about aspects concerning mental health, within my remit as 'voice' in the Time to Talk event in the Jam Factory Oxford.

We met up afterwards to discuss her research into 'high functioning' voice hearers, and then later on last year I worked alongside Roz at two events. One of which was the inaugural meeting for voice hearers group in Oxford, where my talk was on my 'presentation' of voices and how I linked them to my suppressed emotions.

The next time I worked with Roz was at a Sunday Assembly in east Oxford, where I presented on Myths and Legends about PD and stigmatization. I am preparing a talk to present at St Catherine's College Oxford, alongside Roz who will be presenting her research. I hope our collaboration continues.

 PAULINE