



National Offender
Management Service



Brochure of offender personality disorder services for women

June 2016



Contents

PART A: SERVICES IN PRISON	4
The Primrose Service at HMP/YOI Low Newton.....	4
Democratic Therapeutic Community at HMP Send	6
The CAMEO Personality Disorder Treatment Service at HMP & YOI Foston Hall	7
NEXUS Personality Disorder Treatment Service at HMP & YOI Eastwood Park.....	9
The Rivendell Service at HMP/YOI New Hall	11
The <i>Options</i> modified DBT service at HMP/YOI Holloway	12
Choices, Actions, Relationships & Emotions at HMP & YOI Foston Hall and HMP & YOI New Hall.....	13
Progression PIPE at HMP Send	15
Progression PIPE at HMP & YOI Low Newton.....	16
ADAPT at HMP Styal	17
EOS at HMP Bronzefield	18
Enabling Environments (EE).....	19
 PART B: SERVICES IN THE COMMUNITY, INCLUDING APPROVED PREMISES.....	 20
Community OPD provision – case identification, consultation, formulation, casework and workforce development	20
Crowley House Approved Premises PIPE	23
Edith Rigby House Approved Premises PIPE	24
Together Women Mentoring and Advocacy Service for women offenders with personality disorder in N. England and N. Wales.....	25
Anawim Mentoring and Advocacy service, Birmingham.....	26
WIRE-ASD (Women’s Information & Resettlement for Ex-offenders with Autistic Spectrum Disorder) Project	27
Pan-London Complex Needs Project	28
Compass: Yorkshire / Humber Intensive Integrated Risk Management Service (IIRMS)	29
FIPTS community PD team, South London and Maudsley NHS (IIRMS).....	30
Changing Lanes (IIRMS)	31
 PART C: SERVICES IN SECURE HOSPITAL.....	 32
Rampton National High Secure Healthcare Service for Women.....	33
Arnold Lodge Women’s Medium Secure Unit Service	34
Greater Manchester West Forensic Mental Health Services for Women.....	35
The Orchard Women’s Medium Secure Unit Service.....	37

Introduction

Welcome to the Brochure

- The **aim** of this Brochure is to provide information and guidance on the range of services which are currently being developed and delivered as part of the Government's strategy for female offenders with personality disorder.
- Its **objectives** are:
 - To increase awareness of services available for women offenders with personality disorder
 - To encourage appropriate referrals to the services and support them to operate at full capacity
 - To help women offenders with personality disorder gain access to the services they need.

How to use this Brochure

- Please use the contents table on p.2 to search for a particular service, if you already know it by name.
- The Brochure is divided into three parts: (A) Services in prisons; (B) Services in the community, including approved premises; (C) Services in Secure Hospital
- If you are searching for an appropriate service, please review each service, checking particularly for the catchment area for the service, the length of intervention, and the entry criteria.

Part A:

Services in prison

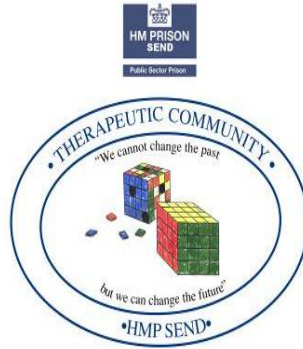


The Primrose Service at HMP/YOI Low Newton



Address	47 Finchale Avenue, Brasside, Durham, DH1 5SD
Description of service	The Primrose Service offers 12 places for high risk of harm female offenders presenting with severe personality disorder. The treatment service forms the top tier of the <i>Offender Personality Disorder Strategy for Women</i> and won a prestigious WHO (World Health Organisation) award in 2009 for the high quality of service provided to female prisoners.
Delivery partners	The service is a joint initiative involving NOMS, NHS England and Tees, Esk and Wear Valleys (TEWV) NHS Foundation Trust. The service has strong links within HMP & YOI Low Newton with a number of different departments including the Offender Management Unit (OMU), Reader in Residence, and education. There is a part-time MIND counsellor also dedicated to the service. External links with outside agencies including the Probation Service are also maintained.
Number of places	12
Residential or non-residential	Residential
Approx. length of intervention	Potential candidates must have at least three years of their sentence left to serve.
Catchment area	National across England & Wales
Entry Criteria	<p>Primrose is the national women's high risk of harm service for England & Wales. It can accommodate one restricted status woman at any time.</p> <ul style="list-style-type: none"> ▪ A current offence of violence against the person, criminal damage including arson, sexual (not economically motivated offences) and/or where the victim is a child; <i>and</i> ▪ Assessed as presenting a high risk of committing another serious offence; <i>and</i> ▪ Likely to have a severe form of personality disorder; <i>and</i> ▪ A clinically justifiable link between the above. ▪ Have at least three years of their sentence left to serve.
Interventions offered	Dialectical Behaviour Therapy (DBT), Trauma Recovery Empowerment Model (TREM®), Wellness Recovery Action Plan (WRAP®), Motivation & Engagement (part of the Chromis® package), Life Minus Violence – Enhanced (LMV-E™), individual specialist offence-focused work, art therapy, psychiatric sessions and other life skills sessions. Additional interventions also include Prim-role Play, Mobile Team Challenge (MTC) as well as further services including the <i>Officer Led Programme (OLP)</i> which includes the officer led clinic, acupuncture, massage, creative sessions and mural projects. There are a mixture of group and individual sessions.
Contact	primrose@hmpr.gsi.gov.uk

Democratic Therapeutic Community at HMP Send



Address	Ripley Road, Send, Woking, Surrey, GU23 7LJ
Description of service	In the Democratic Therapeutic Community (DTC) we focus on the importance of healthy ways of relating to others, and getting involved in community life. There is a daily programme of group therapy and other activities. Along with other Community members you will be enabled to explore the difficulties you have experienced in life, including your crime, and learn new and more positive ways to manage your life.
Delivery partners	We have a multi-disciplinary staff team including HMP, NOMS and NHS staff. The quality of service is ensured via an accreditation process. We have an annual review, and bi-annual accreditation review which is organised by the Community of Communities, part of the Royal College of Psychiatrists Centre for quality improvement. We are also member of the Consortium of Therapeutic Communities.
Number of places	24
Residential or non-residential	Residential
Approx. length of intervention	Minimum 18 months – Maximum 3 years
Catchment area	National
Entry Criteria	<ul style="list-style-type: none"> • Must have a minimum of 2 years left to serve • Must not be intending to, or in process of appealing sentence • Intellectual ability within broadly normal range • Willing to explore your crime • Not suffering from severe and enduring mental illness
Interventions offered	Community Meetings, Group psychotherapy including Small and Larger (Median Groups). An expectation that later on in your treatment journey you will take on roles of responsibility such as being Chair of the Community, you may be able to benefit from Creative Core Therapy such as Art or Drama, and will also be expected to join in helping the Community run safely and effectively through involvement in activities such as cooking meals and buddying.
Contact	Sarah.morley@hmps.gsi.gov.uk ; 01483 471 048

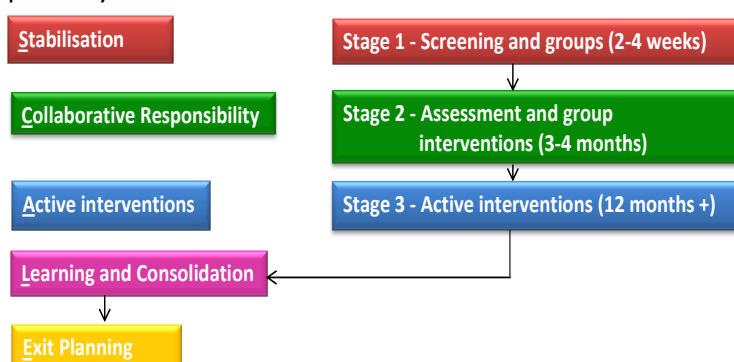
The CAMEO Personality Disorder Treatment Service at HMP & YOI Foston Hall



Address	Uttoxeter Road, Foston, Derby, Derbyshire, DE65 5DN
Description of service	<p>The CAMEO personality disorder treatment service is designed for female offenders who have complex needs arising from pervasive psychological difficulties (which may meet the criteria for personality disorder), who have a high risk of re-offending, have at least two years remaining on their sentence and whose progression and safe release into the community is complicated by their personality difficulties. The name for the service was developed by one of the women residing at HMP & YOI Foston Hall:</p> <ul style="list-style-type: none"> Coping with complex needs Aiming for a better understanding of self through Motivation to change Engaging with others and Optimism for the future
Delivery partners	HMP&YOI Foston Hall, the National Offender Management Service (NOMS), Birmingham Solihull Mental Health Foundation Trust (BSMHFT) and Anawim.
Number of places	20 treatment places and a further out-reach service
Residential or non-residential	Non-residential. The CAMEO service is a day treatment service offering individualised psychological treatment plans to women in a new purpose built unit located within the grounds of HMP Foston Hall.
Approx. length of intervention	Two year intensive programme of interventions. Each woman's intervention plan is individualised and informed by their in-depth psychological formulation following a detailed CAMEO assessment. Two years is the upper limit for the programme, however some women may not require this length of intervention.
Catchment area	Midlands & East of England
Entry Criteria	<ul style="list-style-type: none"> • Eighteen years and over • Serving a current offence of violence against the person, criminal damage, sexual and/or against children • Assessed as presenting a high risk of committing an offence from the above categories (based on clinical judgment) • Likely to have a severe form of personality disorder (this does not need to be a formal diagnosis) • Serving a sentence (including time on license) with two years remaining • Other women may be considered where there is a clinically justifiable reason
Interventions offered	The CAMEO service uses the SCALE model as a way of capturing the essence of the journey that each woman needs to complete in order to have a successful and rewarding recovery.



Each woman will undergo a lengthy period of screening and assessment (up to 3 months in duration) before entering into a tailored intervention plan which supports them in actively completing the necessary work to achieve their goals. Interventions include a range of 1:1 and group sessions which increase in intensity as the woman become more psychologically resilient and moves through her treatment pathway.



Less intensive interventions tailored to assist the women in developing collaborative responsibility for their treatment include The Good Lives Model (GLM) group and a Trauma, Recovery and Empowerment Model (TREM) group. More intensive interventions include a Dialectical Behaviour Therapy (DBT) group, Life Minus Violence (LMV) group, Seeking Safety group, Mentalization Based Therapy and other 1:1 therapies such as Eye Movement Desensitisation Reprocessing (EMDR) therapy. Alongside their treatment plan, women will also engage in a range of enrichment activities in the afternoons, early evenings and weekends, provided by Anawim.

Contact Details

CAMEO.Fostonhall@hmps.gsi.gov.uk

NEXUS Personality Disorder Treatment Service at HMP & YOI Eastwood Park



Address	Falfield, Wotton-Under-Edge, Gloucester, GL12 8DB
Description of service	The service forms part of the treatment stage of the pathway for women offenders with personality disorder. Nexus delivers an evidence-based, gender-responsive service, within a safe, supportive and respectful environment. Nexus employs a range of skilled, motivated, supported and multi-disciplinary staff, to address offenders' personality difficulties and behaviours.
Delivery partners	HMP & YOI Eastwood Park and Avon and Wiltshire Mental Health Partnership Trust
Number of places	Around 21 (of which 16 are residential)
Residential or non-residential	Both
Approx. length of intervention	Length of intervention will be flexible to accommodate both short and long-stay prisoners, and support women who are released and return to Eastwood Park.
Catchment area	South West England & South Wales
Entry Criteria	<p>Nexus is designed to provide a service for women offenders who present a high risk of reoffending and who have personality problems. The nationally agreed entry criteria for women on the Offender Personality Disorder pathway is:</p> <ul style="list-style-type: none"> • Current offence of violence against the person, criminal damage, sexual offences and/or offences against children; and • Assessed as presenting a high risk of committing an offence from the above categories; and • Likely to have a severe form of personality disorder; and • A clinically justifiable link between the above. <p>This includes women patients transferred under the Mental Health Act from a prison to a secure hospital and women offenders managed in the community or serving prison sentences.</p>
Interventions offered	<p>The intervention programme includes:</p> <ul style="list-style-type: none"> • <i>Brief focused psycho-educational and motivational groups and skills development:</i> A central aim of these groups is to help individuals prepare for the experience of treatment. In addition these groups will be beneficial for those women on short sentences. Such groups include Anxiety, Assertiveness, Anger Management, Healthy Living and Stop and Think, (Social Problem Solving). Social creative

	<p>sessions are also provided including arts and crafts, community projects and activities, and reading groups.</p> <ul style="list-style-type: none"> • <i>Therapeutic group work:</i> more intensive interventions will be delivered to those prisoners within the Intervention Programme, and will include a range of the following groups: Trauma Recovery and Empowerment Model (TREM©); Dialectical Behaviour Therapy (DBT); Mentalisation Based Treatment-Introduction (MBT-I), Seeking Safety (for post-traumatic stress disorder and substance abuse); Beyond Violence, and FIP-MO (for arsonists), Emotional skills groups and Transition groups • <i>Individual work;</i> Individual assessment and therapy is offered to all service users that focus on extended assessment and offence formulation (using the HCR-20/FAM for longer term cases), offence-focused work, and therapy for personality disorder-related problems (including past trauma) using evidence based approaches. Alongside their treatment programme residents also engage in Key-Worker sessions which aim to provide women with an experience of a consistent relationship and goal development.
Contact	nexus_ewp@hmps.gsi.gov.uk ; tel. 01454 382 292

The Rivendell Service at HMP/YOI New Hall



Address	Dial Wood, Flockton, Wakefield, West Yorkshire, WF4 4XX
Description of service	The service forms part of the treatment stage of the pathway for women offenders with personality disorder. Delivers an evidence-based, gender-responsive service; within a safe, supportive and respectful environment; employing a range of skilled, motivated, supported and multi-disciplinary staff; to address offenders' personality difficulties and behaviours.
Delivery partners	HMP & YOI New Hall and Greater Manchester West NHS Foundation Trust and the Together Women Project.
Number of places	16 residential spaces plus additional out-reach provision to the wider prison population and to other women's prisons in the North of England
Residential or non-residential	Both residential and outreach work into the main prison/ other prisons
Approx. length of intervention	12-36 months
Catchment area	North of England and North Wales
Entry Criteria	<p>Women offenders who:</p> <ul style="list-style-type: none"> ▪ Have a current offence of violence against the person, criminal damage including arson, sexual offences (not economically motivated offences) and/or where the victim is a child; and ▪ Are assessed as presenting a high risk of committing an offence from the above categories; and ▪ Are likely to have a severe form of personality disorder. <p>There should also be a clinically justifiable link between the offending and the personality disorder.</p> <p>This includes women patients transferred under the Mental Health Act from a prison to a secure hospital and women offenders managed in the community or serving sentences of imprisonment.</p>
Interventions offered	DBT, Cognitive Analytic therapy, Cognitive Behavioural therapy, Schema Therapy,
Contact	Tracy.wilkinson@hmpr.gsi.gov.uk

The *Options* modified DBT service at HMP/YOI Holloway

Address	Parkhurst Road, London N7 0NU
Description of service	The <i>Options</i> service offers 64 places per year for high risk of harm female offenders presenting with severe personality disorder. <i>Please note that the DBT service will close at HMP Holloway at the end of April 2016, but referrals are still accepted, as it is hoped that Options will be delivered at an alternative site from May 2016.</i>
Delivery partners	The <i>Options</i> service is a joint initiative involving NOMS, NHS England and Central and North West London (CNWL) NHS Foundation Trust. The service sits within the HMP & YOI Holloway psychological therapies service in Healthcare and has strong links within the prison with a number of different departments including Probation/Offender Management Unit plus offending behaviour programmes (forensic psychology) and drug and alcohol interventions.
Number of places	16 (8 on full programme + 8 on introductory programme)
Residential or non-residential	Non-residential
Approx. length of intervention	6 weeks (introductory programme) – 16 weeks (full programme), with an opportunity to repeat if clinically indicated
Catchment area	National
Entry Criteria	<p><u>As per WOPD criteria:</u></p> <p>A current offence of violence against the person, criminal damage including arson, sexual (not economically motivated offences) and/or where the victim is a child; <i>and</i></p> <ul style="list-style-type: none"> Assessed as presenting a high risk of committing another serious offence; <i>and</i> Likely to have a severe form of personality disorder; <i>and</i> A clinically justifiable link between the above. <p>Exclusion criteria include severe and enduring mental illness that is not being effectively managed (for example, by medication)</p>
Interventions offered	<p>The first stage is a 6-week Forensic introductory Dialectical Behaviour Therapy (FiDBT) psycho-educational group programme which aims to teach the basics of emotions and emotion regulation, crisis management, assertiveness and an introduction to mindfulness, as well as to enable commitment to the programme to be developed. The programme is based on a DBT model, offering the client a range of skills taught specifically for an offending population, with a focus on managing suicidal, para-suicidal and homicidal/violent behaviours.</p> <p>The second stage, Forensic Dialectical Behaviour Therapy (FoDBT) programme is a forensic modified-DBT model, modified specifically for working with offenders in the CJS. The FoDBT programme delivers the 4 DBT skills sets of mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness, drawing on a fifth offence-focused module, developed from the tenets of 'mentalisation' and the 'Non-Violent Communication' model. It is a 16-week intervention, including weekly psycho-educational groups and individual DBT psychotherapy.</p> <p>Clients can follow through from Stage 1 to Stage 2, or can begin at Stage 2 where assessment deems appropriate.</p>
Contact	Roz.kerr@nhs.net

Choices, Actions, Relationships & Emotions at HMP & YOI Foston Hall and HMP & YOI New Hall

"CARE has brought a lot of support into my life. It's made me see I have a better future and me to believe in myself and see the good things about myself. It's built my confidence and the skills I have learnt from the course I will carry and use in my future life"

Address	HMP Foston Hall, Derbyshire, DE65 5DN HMP New Hall, Wakefield, WF4 4XX
Description of service	<p>CARE is an accredited offending behaviour intervention developed by NOMS for adult women in custody who have a history of violence and evidence of complex need. CARE aims to enable women to better understand their risk and needs and to support them in living a satisfying and pro-social life. CARE does this by targeting the following areas:</p> <ul style="list-style-type: none"> • Motivation and Engagement – to provide hope that change is possible and the support to make change • Insight & Awareness – to increase understanding of thoughts, feelings and behaviours that influence risk • Attitudes & Beliefs – to develop pro-social ways of seeing the world that are consistent with how the woman would like to live their life • Emotion Management – to increase awareness into emotional states and to develop skills to better regulate emotional experiences. • Interpersonal Skills – to develop pro-social skills for dealing with conflict • Social Inclusion and Resettlement – to develop realistic and achievable plans for the future, including the development of support networks.
Delivery partners	<p>CARE is owned by NOMS and is delivered by the following partners:</p> <p>HMP Foston Hall:</p> <ul style="list-style-type: none"> ○ Derbyshire NHS Foundation Trust ○ Derbyshire Probation Trust ○ East Midlands Psychology Cluster ○ Women in Prison Mentoring and Advocacy Service <p>HMP New Hall</p> <ul style="list-style-type: none"> ○ Yorkshire and Humber Psychology Cluster ○ West Yorkshire Probation Trust ○ Together Women Project Mentoring and Advocacy Service
Number of places	24 places available each year at Foston Hall 24 places available each year at New Hall
Residential or non-residential	This service is non-residential. Women will stay on their usual locations during their involvement in the CARE programme.
Approx. length of intervention	<p>Phase 1: treatment planning (approx 3 months)</p> <p>Phase 2: engagement phase (approx 3 weeks)</p> <p>Phase 3: core phase (approx 10 weeks)</p> <p>Phase 4: consolidation (approx 2 years)</p> <p>Consolidation phase work will be completed by the woman as they progress through their sentence and potentially out into the community. Within this phase there is a heavy focus on mentoring/advocacy.</p>
Catchment area	CARE sites operate as a national resource although it is hoped that Woman will remain as close as possible to their home area
Entry Criteria	To be referred for CARE women should meet the following selection criteria:

	<ul style="list-style-type: none"> • A history of violence seen through either index offence, previous convictions or custodial behaviour. For the purposes of CARE, violence is defined as actual, attempted or threatened bodily harm to person or persons (including robbery) • An OVP 2-Year Percentage Score of 30% or above or for Lifers/IPPS a high RoSH score • Evidence of complex need in two of the following areas: <ul style="list-style-type: none"> ○ History of substance misuse problems ○ History of self-harming behaviour or history of suicidal behaviour ○ Mental health difficulties ○ Personality Disorder ○ Past difficulties in accessing or benefiting from help or treatment.
Interventions offered	<p>CARE is a trauma informed and gender responsive intervention. It uses a variety of therapeutic approaches embedded within an integrative framework.</p> <p>Therapeutic methods are drawn from:</p> <ul style="list-style-type: none"> ○ Cognitive behaviour therapy ○ Emotion approach coaching ○ Mindfulness skills ○ Narrative therapy ○ Psycho-education ○ Mentoring and advocacy <p>During CARE women will take part in both individual and group sessions. Materials and exercises are adapted in order to best meet each woman's needs.</p>
Contact	<p>Emma.burgin@hmps.gsi.gov.uk (Foston Hall)</p> <p>Aiveen.fox@hmps.gsi.gov.uk (New Hall)</p>

Progression PIPE at HMP Send



Address	Ripley Road, Send, Woking, Surrey, GU23 7LJ
Description of service	<p>PIPEs are specifically designed, contained environments where staff members have additional training to develop an increased psychological understanding of their work. This understanding enables them to create an enhanced safe and supportive environment, which can facilitate the development of those who live there. They are designed to have a particular focus on the environment in which they operate; actively recognising the importance and quality of relationships and interactions. They aim to maximise ordinary situations and to approach these in a psychologically informed way, paying attention to interpersonal difficulties, for example those issues that might be linked to personality disorder.</p> <p>The Progression PIPE supports residents in consolidating and generalising their treatment gains, putting new skills into practice and demonstrating improvements in behaviour. Residents will have successfully completed a treatment programme (usually one of high intensity).</p>
Delivery partners	Jointly delivered by HMP Send and clinical staff from Surrey & Borders NHS Trust
Number of places	20
Residential or non-residential	Residential
Approx. length of intervention	Minimum of 6 months to maximum of 2 years
Catchment area	National, but primarily London and South
Entry Criteria	<ul style="list-style-type: none"> ▪ Minimum of 6 months of sentence remaining ▪ Evidence of treatment completed – whole / in part ▪ A diagnosis of personality disorder is not needed ▪ No active mental health issues ▪ Not intellectually impaired ▪ A period of behavioural stability (self-harm or violence/ aggression) prior to applying
Interventions offered	PIPE offers one small structured group a week, several larger less structured sessions, fortnightly individual key work sessions and one weekly meeting as a community. Otherwise women are encouraged to be in work or education during the core day.
Contact	Elaine.cameron@hmps.gsi.gov.uk

Progression PIPE at HMP & YOI Low Newton

Address	Brasside, Durham, DH1 5YA
Description of service	<p>PIPEs are specifically designed, contained environments where staff members have additional training to develop an increased psychological understanding of their work. This understanding enables them to create an enhanced safe and supportive environment, which can facilitate the development of those who live there. They are designed to have a particular focus on the environment in which they operate; actively recognising the importance and quality of relationships and interactions. They aim to maximise ordinary situations and to approach these in a psychologically informed way, paying attention to interpersonal difficulties, for example those issues that might be linked to personality disorder.</p> <p>The Progression PIPE supports residents in consolidating and generalising their treatment gains, putting new skills into practice and demonstrating improvements in behaviour. Residents will have successfully completed a treatment programme (usually one of high intensity).</p>
Delivery partners	Jointly delivered by HMP & YOI Low Newton and clinical staff from Tees, Esk & Wear Valleys NHS Foundation Trust
Number of places	20
Residential or non-residential	Residential
Approx. length of intervention	Minimum of 3 months to maximum of 2 years.
Catchment area	National, but primarily North and Midlands
Entry Criteria	<ul style="list-style-type: none"> ▪ Minimum of 3 months of sentence remaining ▪ Evidence of treatment completed – whole / in part ▪ A diagnosis of Personality Disorder is not needed ▪ No active mental health issues ▪ Not intellectually impaired
Interventions offered	The PIPE model incorporates six core components which are designed to support and develop individuals living and working on a PIPE. Through training and clinical supervision, the staff group can begin to develop the psychological and social environment of the unit, paying attention to the core principles of an enabling environment. Planned socially creative and structured sessions are offered to offenders in order to provide opportunities for relating and addressing issues that may be affecting progression through their pathway of intervention. Key worker sessions between offenders and staff are developed to coordinate, reflect upon and process the participant's involvement on the PIPE, and their plans for the future.
Contact	Gary.walker@hmps.gsi.gov.uk

ADAPT at HMP Styal

Address	HMP & YOI Styal, Styal Road, Wilmslow, Cheshire, SK8 4HR
Description of service	The ADAPT service offers an establishment wide comprehensive workforce development and support package for all staff and agencies. In-direct consultations and formulation based approaches to management and pathway planning is provided to women referred into the service, and a small amount of direct assessment and formulation work is offered
Delivery partners	NOMS, Greater Manchester West NHS Foundation Trust
Number of places	Not specified
Residential or non-residential	Non-residential
Approx. length of intervention	Not specified
Catchment area	HMP Styal
Entry Criteria	Service available for women at Styal prison who are remanded or sentenced. For direct work the women should be sentenced.
Interventions offered	Workforce development, Case Consultation, Assessment and formulation, signposting and pathway planning
Contact Details	Suzanne.cook@gmw.nhs.uk

EOS at HMP Bronzefield



Address	HMP YOI Bronzefield, Woodthorpe Road, Ashford, Surrey, TW15 3JZ.
Description of service	<p>EOS at Bronzefield is a pilot project aimed at addressing the needs of female offenders identified as presenting with highly complex needs who are unable to access broader interventions. EOS currently is in the process of working with up to 5 women identified by NOMS as falling under this remit. Underpinning the project is a MBT (Mentalisation Based Treatment) approach, aimed at working with both the women and their proximal networks of staff. The aim of the project is to facilitate engagement with multi-disciplinary teams to identify shared goals which enable them to access more services within the PD Pathway.</p> <p>The project was named by one of the women after a Greek Goddess (EOS - Goddess of the Dawn of the New Day). EOS staff have also identified the pilot name as having a second meaning 'Engaging Optimising Services'.</p>
Delivery partners	Funded through NOMS, EOS at Bronzefield is a joint collaboration between Sodexo Justice Services and Central and North West London (CNWL) NHS Trust. EOS is overseen in HMP YOI Bronzefield by a Specialist Operational Manager and Lead Psychologist and involves multi-disciplinary working between EOS, Prison and Mental Health In Reach Staff.
Number of places	<p>5.</p> <p>All women on EOS are identified through the NOMS Complex Needs Case Supervision System (CNCSS)</p>
Residential or non-residential	Non-residential
Approx. length of intervention	Dependent on need. The EOS project is currently funded for up to 2 years (from December 2015).
Catchment area	Women at Bronzefield identified by NOMS CNCSS
Entry Criteria	Women at Bronzefield identified by NOMS CNCSS as meeting their criteria for Highly Complex Needs.
Interventions offered	<p>Mentalisation Based Treatment (MBT) for the individual women.</p> <p>MBT-informed case based discussion groups on a fortnightly basis for the specific staff teams working with each of the women.</p> <p>Implementation of MBT training to the wider network of prison staff</p>
Contact Details	<p>kayleigh.holden@sodexojusticeservices.com</p> <p>alan.larney@nhs.net</p> <p>Tel: 01784 425 690 (ext 3545)</p>

Enabling Environments (EE)



Address	<p>Various sites:</p> <ul style="list-style-type: none"> • All 10 women's closed prisons are working towards the EE award within one or two specified areas or wings • All 6 women's approved premises are working towards the EE award • HMP&YOI Drake Hall is working towards a whole-prison EE
Description of service	<ul style="list-style-type: none"> • Enabling Environments are services that develop and maintain healthy relationships between staff, between offenders and between staff and offenders. • Enabling Environments recognise the value of ordinary relationships, respect and purposefulness in creating places where people can develop, grow and flourish. • The Enabling Environments Award is a developmental, standards-based, process which supports services to improve the quality of relationships and the social environment. • Ten simple standards break down the critical elements of a healthy social environment. • The Enabling Environment Award can be achieved by those who can demonstrate they are achieving all ten standards in relation to both staff and offenders.
Delivery partners	NOMS (HQ, prisons and approved premises) and NHS England, with the Royal College of Psychiatrists
Number of places	n/a
Residential or non-residential	<ul style="list-style-type: none"> • Enabling Environments can be found in all walks of life. They are places where people live, work or come together for a specific purpose. They can be work places, schools and colleges, hospital wards, prisons, day care units, care homes, children's homes, supported accommodation or neighbourhoods etc.
Approx. length of intervention	n/a – EE is not an intervention. It takes around 18-24 months to achieve the EE award
Catchment area	n/a
Entry Criteria	n/a – EE does not affect the population management of the site or service
Interventions offered	Enabling Environments are <u>not</u> outstanding services with highly qualified individuals delivering treatments or interventions. They are ordinary places, with ordinary people doing their best to be caring and empathic in their approach to their work and with each other.
Contact Details	eeadmin@rcpsych.ac.uk
Web Links	www.enablingenvironments.com

Part B: Services in the community, including approved premises



Community OPD provision – case identification, consultation, formulation, casework and workforce development

Address	Various – nationwide
Description	Joint Probation-Health partnerships to enhance existing offender management arrangements by offering case identification early in the sentence of offenders who are likely to meet the service criteria; targeted specialist advice, case consultation and formulation to support offender management; sentence planning taking account of complex psychosocial and criminogenic needs relating to personality disorder; promotion of effective engagement, compliance and appropriate monitoring of the offender; and training to increase confidence and competence of staff in working with the target population in the local area.
Delivery Partners	Joint operations involving NPS, Health Service Providers and third sector partners
Number of Places	There are currently 20,000 offenders being supported through Community OPD provision
Residential or non-residential	Non-residential
Approx. length of intervention	Varies depending on length of sentence/licence
Catchment area	This service is available across England and Wales
Entry Criteria	<p>Men</p> <ul style="list-style-type: none"> • At any point during their sentence, assessed as presenting a high likelihood of violent or sexual offence repetition and as presenting a high or very high risk of serious harm to others; and • Likely to have a severe personality disorder; and • A clinically justifiable link between the personality disorder and the risk; and • The case is managed by NPS. <p>Women: Either the above criteria for men are met or:</p> <ul style="list-style-type: none"> • Current offence of violence against the person, criminal damage, sexual (not economically motivated) and/or against children; and • Assessed as presenting a high risk of committing an offence from the above categories OR managed by the NPS; and • Likely to have a severe form of personality disorder; and • A clinically justifiable link between the above.
Interventions offered	<ul style="list-style-type: none"> • Case identification – identifying men and women who meet the PD pathway criteria near the beginning of sentence to ensure they have an appropriate plan in place with the maximum amount of time available for it to be delivered • Case consultation – this can be responsive to a request for assistance or planned through organised individual or group meetings • Case formulation – developing a theory about the onset, motivation and maintenance factors about an offender's behaviour and functioning

	<ul style="list-style-type: none"> • Joint casework – time-limited joint casework may be beneficial in a small number of cases, most likely community-based offenders with the most complex needs at critical points in time • Workforce development – both general training on PD awareness, as well as tailored provision to match local need.
Contact Details	<p>To find your local Community OPD service, please refer to the contact spreadsheet on Kahootz: https://opd123.kahootz.com/connect.ti/workspace/view?objectId=18235077&exp=e1. If you do not have access to Kahootz, please contact pd@noms.gsi.gov.uk.</p>

Crowley House Approved Premises PIPE



Address	31 Weoley Park Road, Selly Oak, Birmingham, B29 6QY
Description of service	Female only Probation Approved Premises accommodating women subject to statutory supervision whether this is bail, community order or licence. Accommodates women who are assessed as posing a medium or high risk of harm to others. Offers a variety of interventions (restrictive and rehabilitative) including an enhanced regime (structured and creative sessions), monitoring of behaviour and key working.
Delivery partners	<ul style="list-style-type: none"> ▪ South Staffordshire and Shropshire Mental Health Trust are health partner – clinical lead and assistant psychologist. ▪ Work with Women and Theatre – drama ▪ Crisis – cookery sessions, other creative sessions ▪ Anawim Women’s Centre ▪ Close links to HMP Foston Hall (notably CAMEO service) and HMP Drake Hall ▪ Fry Housing – accommodation services ▪ NACRO – budgeting/ debt counselling services ▪ CRI – substance misuse ▪ Aquarius – alcohol misuse ▪ Local CMHT is Warstock Lane
Number of places	20
Residential or non-residential	Residential
Approx. length of intervention	Estimated length of stay is 3- 6 months, although can be shorter or longer dependant on need
Catchment area	National – England and Wales
Entry Criteria	Medium to high risk of harm women subject to statutory supervision
Interventions offered	Enhanced regime – structured and creative sessions. Structured sessions include LiHMo (living here moving on), Substance and alcohol misuse, positive thinking and healthy living. Creative sessions include creative writing, cookery, pampering sessions and arts and crafts. Women and Theatre provide 3 ‘blocks’ of theatre invention per year. Crowley House has strong links to Anawim a local women’s centre where residents can access offending behaviour courses, counselling and creative sessions as well as building up a support network outside of Crowley House. Aquarius and South Arch provide off site interventions for alcohol and substance misuse. PIPE offers women maximised opportunities to practice and show learning from treatment interventions in every day situations. All residents have a designated key worker (probation service officer)
Contact	Tracy.clarke@probation.gsi.gov.uk

Edith Rigby House Approved Premises PIPE



Address	6 East Cliff, Preston, PR1 3JE
Description of service	An Approved Premises for women providing specialist structured accommodation, in a friendly environment with supportive staff. We aim to meet the needs of our residents by providing housing advice, drug and alcohol support from our local delivery partner, structured groups run by staff, improving life skills by taking part in cooking and craft activities. Developing self esteem and, improving employability skills by taking part in sewing/upholstery groups.
Delivery partners	<ul style="list-style-type: none"> Discover – Drug and Alcohol Services Community Mental Health Team – if not assessed as requiring a Care Programme Approach prior to leaving custody, a referral is made by the GP if necessary. Guild Lodge staff work with us for Lancashire cases on the PD pathway Abuse Counsellor Achieve – Employment and Training advice and support Foundations – housing advice and signposting
Number of places	12
Residential or non-residential	Residential
Approx. length of intervention	4 – 6 month placements dependent on level of need and risk
Catchment area	Our referrals generally stem from the North West region. We are however a national resource and have had residents from outside of the North West, and welcome all referrals.
Entry Criteria	Assessed as presenting a high risk of serious harm, or presenting a medium risk of serious harm with complex needs. It is preferable that where Personality Disorder has been identified, that the resident is linked in with the PD pathway in custody or the community. It is helpful if a formulation is available. We will offer a placement where a formulation has not yet been devised.
Interventions offered	This is to be further developed when the Psychologist has been appointed and is in post.
Contact	Linda.micallef@probation.gsi.gov.uk

Together Women Mentoring and Advocacy Service for women offenders with personality disorder in N. England and N. Wales



Address	Together Women, 13 Park Square East, Leeds, West Yorkshire, LS1 2LF
Description of service	The Mentoring and Advocacy service supports women's engagement and progression through a pathway of care and management. The service provides emotional and practical support to women around a range of issues including accommodation, finance and benefits, children and families, substance misuse, personal safety, education and training, mental and physical health, motivation and social inclusion. The aim of the Mentoring and Advocacy Service is to reduce repeat offending and improve the overall health of female offenders with PD.
Delivery partners	n/a
Number of places	Up to 150
Residential or non-residential	Non-residential
Approx. length of intervention	Support will be offered to women throughout their statutory license/supervision or until they wish to no longer access the service. The length of support will average approximately two years
Catchment area	North of England and North Wales
Entry Criteria	<p>In all cases women must be:</p> <ul style="list-style-type: none"> Over 18 and give consent to referral Have a home address in North of England or North Wales <p>Referrals are accepted for:</p> <ul style="list-style-type: none"> Women who participate in the CARE programme at HMP New Hall. Women in custody, community or an approved premise who have been identified for the women offender PD pathway. Women who have a current offence of violence against the person, criminal damage, sexual offence and/or offences against children, are assessed as presenting a high risk of re-offending, are likely to have a form of PD and a demonstrated link between the PD and the offending behaviour.
Interventions offered	<ul style="list-style-type: none"> Each woman is allocated a Key Worker and receives a full needs assessment and co-produces an individualised support plan alongside their Key Worker One to one emotional and practical support is offered on a weekly basis around family, benefits, health, accommodation, personal safety, education and training, substance misuse, confidence and social inclusion. Women also have the opportunity to take part in courses, groups and activities around personal development, social inclusion and employability Women are supported to access a variety of specialist and community support including local women's hubs and services Support is offered through flexible appointments, visits and telephone contact Advocacy is provided on behalf of or for the women to help resolve issues, access services and ensure communication across agencies.
Web Links	www.togetherwomen.org
Contact	lieranD@twpyandh.org.uk

Anawim Mentoring and Advocacy service, Birmingham

Address	228 Mary Street, Balsall Heath, Birmingham, B12 9RJ
Description of service	The Mentoring service supports women's engagement and progress through the gate into the community. It builds from the crisis management work undertaken by the prison in-reach team. The service provides emotional and practical support to women around a range of issues including accommodation, finance and benefits, children and families, substance misuse, personal safety, education and training, mental and physical health, motivation and community inclusion. The aim of the Mentoring and Advocacy Service is to reduce reoffending and improve the overall health & wellbeing of female offenders with PD.
Delivery partners	NA
Number of places	Not specified
Residential or non-residential	Non-residential currently but residential facility is being built for 6 women.
Approx. length of intervention	As long as needed, average 1 year
Catchment area	Birmingham and surrounding if women can get to centre
Entry Criteria	<ul style="list-style-type: none"> • Over 18 and give consent to referral • Women in custody, community or an approved premises who have been identified for the women offender PD pathway. • Women who have a current offence of violence against the person, criminal damage, sexual offence and/or offences against children, are assessed as presenting a high risk of re-offending, are likely to have a form of PD and a demonstrated link between the PD and the offending behaviour.
Interventions offered	<p>Each woman is allocated a caseworker and receives a full needs assessment and co-produces an individualised support plan</p> <ul style="list-style-type: none"> • One to one emotional and practical support is offered around family, benefits, health, accommodation, personal safety, education and training, substance misuse, confidence and social inclusion. • Full timetable of courses, educational and therapeutic including TREM, Seeking Safety, Stop & Think • groups and activities which encourage personal development, community involvement and employability • Women are supported to access a variety of specialist and community support including local women's hubs and services • Support is offered through flexible appointments, visits and telephone contact • Advocacy is provided on behalf of or for the women to help resolve issues, access services and ensure communication including attendance at Child protection meetings and MARACs.
Contact Details	0121 440 5296 or referrals@anawim.co.uk
Web Links	www.anawim.co.uk

WIRE-ASD (Women's Information & Resettlement for Ex-offenders with Autistic Spectrum Disorder) Project



Address	St Giles Trust, In Tuition House 210 Borough High Street, London SE1 1JX
Description of service	The Project provides resettlement information and support to female offenders being released from HMP Holloway with complex mental health needs (specifically women with personality disorder <u>and</u> autistic traits) and those working with them. The project is running from July 2014 to March 2016.
Delivery partners	St Giles Trust aims to help break the cycle of prison, crime and disadvantage and create safer communities by supporting people to change their lives.
Number of places	The WIRE ASD project will provide volunteer and psychological support to at least <u>eight</u> women accepted onto the service across London.
Residential or non-residential	Non-residential. The WIRE ASD project is a Through The Gate service which engages women prior to release and on release into the community.
Approx. length of intervention	The time limit is client led until the end of the project.
Catchment area	Pan London
Entry Criteria	<ul style="list-style-type: none"> ▪ Women serving a prison sentence in HMP Holloway who will be released before January 2015 ▪ Women struggling to cope, engage, relate and be understood ▪ Women with extended experience of justice, health and social services ▪ Women who would like to break out of this cycle
Interventions offered	<ul style="list-style-type: none"> ▪ Case identification, formulation and joint case working with multiple agencies ▪ Access to specialist healthcare and peer support ▪ A personal and structured approach ▪ Integrated resettlement support around: <ul style="list-style-type: none"> ○ Day-to-day living; housing; finance, debt and benefits ○ Substance use and alcohol abuse ○ Re-uniting with families and children ○ Education, training and employment ○ Safely exiting sex work ○ Domestic abuse ○ Sign posting to further services, information and guidance ▪ The WIRE ASD project will also be using the expertise of a clinical psychologist to offer support to staff and volunteers
Web Links	www.stgilestrust.org.uk
Contact	Molly.Hayhurst@stgilestrust.org.uk

Pan-London Complex Needs Project



Address	Unit 10, The Ivories, 6 Northampton Street, Islington, London, N1 2HY
Description of service	Promote social inclusion and enable hard to reach women to engage and maintain an improved quality of life with the appropriate levels of support. The aim is that this will reduce their risk of re-offending, re-lapsing and re-call. The model is Through the Gate, so we begin our engagement with women within the prison, prior to their release. We will then work with them in the community to reach a number of individual support goals, focusing on positive progress in the following areas: housing, engagement, personal development, training, education and employment, substance misuse, health & well-being, and criminal justice. We also work with women who may already be released from prison and on licence.
Delivery partners	Part of the London Personality Pathway which has partners from mental health (Oxleas NHS, SLaM NHS, East London NHS, Brent Enfield & Haringey NHS), probation and the voluntary sector (First Steps, SOVA).
Number of places	15
Residential or non-residential	Non-Residential
Approx. length of intervention	3months – 18months
Catchment area	Women returning to London
Entry Criteria	<ul style="list-style-type: none"> ▪ Over 18 years old. ▪ A diagnosis of Personality Disorder or personality disorder traits. (This recognises that women may not have come into contact with services to reach a diagnosis prior to imprisonment) ▪ Women who are presenting with Complex Needs. By this we mean women who have found it difficult to engage with statutory services and who have a number of support needs including mental health, domestic violence, substance use, housing, benefits, education and training, family and parenting. ▪ Women sentenced to over 12months for a non-acquisitive offence, who will be released on license in London ▪ Women interested to engage/participate in the project. This may be women who want to make positive changes in their lives but need support and advocacy work to do this. ▪ Released within 2014 as the project is currently funded till March 2015.
Interventions offered	Client-led, one to one advocacy/relational support to enable effective engagement with statutory services.
Web Links	www.womeninprison.org.uk
Contact	referrals@womeninprison.org.uk

Compass: Yorkshire / Humber Intensive Integrated Risk Management Service (IIRMS)

Address	Service is based at HMP New Hall, Dial Wood, Flockton, Wakefield, West Yorkshire, WF4 4XX. Office address for IIRM: Leeds Personality Disorder Services, Unit 24, Sugar Mill Business Park, Oakhurst Avenue, Leeds, LS11 7DF
Description of service	Compass is a psychologically informed occupational therapy-based intervention which aims to increase service users' understanding of how 'personality' influences their sense of themselves and others, and what they 'do' in their lives. The IIRM is a 'through the gate' intervention aiming to assist women with personality disorder to move more effectively from prison to the community, and to live more successfully and safely in the community.
Delivery partners	Compass is provided by the Leeds Personality Disorder Services, part of the Leeds and York Partnership NHS Foundation Trust. The IIRM is delivered in collaboration and co-operation with HMP New Hall and the Hull Together Women Project.
Number of places	x3 programmes per year, a total of x30 women
Residential or non-residential	Non-residential. Compass is based in HMP New Hall and the first pilot intervention will work with women released from New Hall back to the Humber/Hull region where the intervention will be based in the community.
Approx. length of intervention	Compass is for women who are in the last 4 to 12 months of their custodial sentence (of a sentence longer which is 12 months or longer), and works with the women in the community for up to 6 months.
Catchment area	Women in HMP New Hall who are ultimately returning the Hull / Humber region.
Entry Criteria	<p>Women offenders:</p> <ul style="list-style-type: none"> ▪ Who have 4-12 months remaining of a custodial sentence 12 months or longer ▪ Who are considered a medium to high risk of harm and reoffending ▪ Who have mental health problems consistent with personality disorder
Interventions offered	<ul style="list-style-type: none"> ▪ Within the context of a formulation-informed therapeutic relationship, IIRM offers a number of sequential interventions that aim to enhance women's motivation to engage in therapeutic process, and increase women's psychological and occupational understanding of themselves and others. ▪ The <i>psychological intervention</i> focuses on increasing understanding of the function of the women's early maladaptive schema and associated behaviour as a way of protection from emotional pain associated with early trauma. ▪ The <i>occupational therapy intervention</i> explores engagement in activity which enhances emotional regulation and control, and provides opportunities to explore identity beyond the experience of personality disorder. ▪ Phase 1 (custody) – Group work - 'Understanding your personality' (10 weeks) ▪ Phase 2(a) (custody or community) – Individual work – Developing individual psychological and occupational formulation, and occupational plans (4 weeks) ▪ Phase 2(b) (community) – Individual work – Implementing the occupational plans in the context of the formulation (up to 6 months)
Contact	Joanne.ramsden@nhs.net

FIPTS community PD team, South London and Maudsley NHS (IIRMS)

Address	FIPTS Community Service, Landor House, Lambeth Hospital, 108 Landor Road, SW9 9NU	
Description of service	The Forensic Intensive Psychological Treatment Service (FIPTS) Community Team was developed in 2004 in partnership with the Ministry of Justice and Department of Health to treat and manage high risk offenders with severe PD. The FIPTS Community Team sits within a unique care pathway which includes a 15 bedded medium secure unit, a 6 bedded high support hostel, a 4 bedded low support hostel as well as community treatment and support. FIPTS uses the Positive Community Relationships Programme (PCRP), which was developed from Enabling Environment principles, Desistance Theory, and the Transtheoretical Model of Change, to improve psychosocial functioning, community integration and reduce violent reoffending among offenders with PD.	
Delivery partners	Penrose Options, London Pathways Partnership, SOVA, N-Gage	
Number of places	Supported Hostels = 10 places (men only). Community Services = 40 places (men and women)	
Residential or non-residential	Both residential and non-residential services, however the residential service is for men only	
Approx. length of intervention	12-24 months	
Catchment area	Southwark and Lambeth (men). Southwark, Lambeth, Richmond & Kingston, Wandsworth, Croydon (women).	
Entry Criteria	<ul style="list-style-type: none"> Men and women over 18 who are at medium-high, high-risk of high harm, have a forensic history and likely to meet a diagnosis of personality disorder There is a link between the individual's personality traits and offending behaviour It is also desirable that individuals demonstrate some motivation to address both their personality difficulties and offending behaviour Absence of active major mental illness, learning difficulties (IQ <65) or substance dependence disorders 	
Interventions offered	Intervention levels/intensity Community care coordination with residential support Community care coordination Co-working with offender managers Therapy only	PCRP Therapies Moving Forward Group Personality Disorder Awareness Group Dialectical Behaviour Therapy Mentalisation Based Therapy Violence Reduction Programme Eye Movement Desensitisation and Reprocessing Schema Therapy
Web Links	http://www.slam.nhs.uk/our-services/service-finder-details?CODE=SU0005 http://www.slam.nhs.uk/our-services/service-finder-details?CODE=SU0015	
Contact	Fiona.Brennan@slam.nhs.uk	

Changing Lanes (IIRMS)

Address	26 Shore Road, Hackney, London E9 7TA
Description of service	Changing Lanes is an intensive intervention and risk management service (IIRMS) for people with personality disorders who have previously committed serious offences. Our goal is to help them reduce their risk of reoffending, and increase their chances of leading a rewarding life.
Delivery partners	<ul style="list-style-type: none"> • Millfields medium secure personality disorder unit at the John Howard Centre in Hackney • London Pathways Partnership (LPP)
Number of places	50
Residential or non-residential	Non residential
Approx. length of intervention	Up to 12 months (dependent on need)
Catchment area	London Boroughs of City & Hackney, Tower Hamlets, Newham, Waltham Forest, Redbridge, Barking & Dagenham and Havering
Entry Criteria	<ul style="list-style-type: none"> • Case held by the National Probation Service (NPS) and at high risk of committing an offence and causing harm to others • Screened in to the Offender Personality Disorder Pathway • Probation LDU needs to be within the boroughs of North East London (those placed in the area are considered on a case by case basis) • Within 6 months of release, or on licence in the community • Case consultation and pathways planning have been unsuccessful
Interventions offered	<ul style="list-style-type: none"> • Psychological assessment and risk management planning, specific to life in the community • Pre-release preparation for life in the community • Treatment for emotional, interpersonal, and social difficulties and to address particular types of offending • Peer mentoring from Experts by Experience • Assistance with the core protective areas of housing, substance misuse, education, occupation and building social networks
Contact Details	<p>To make a referral please e-mail: Forensic_Referrals@elft.nhs.uk</p> <p>To make an enquiry, please contact the Changing Lanes Administrator: Tel: 020-8510 4940; Fax: 020-8510 4941</p>

Part C:

Services in Secure

Hospital



Rampton National High Secure Healthcare Service for Women



Address	Rampton Hospital, Woodbeck, Retford, Nottinghamshire, DN22 0PD
Description of service	In-patient mental health service for patients detainable under the Mental Health Act and who present a grave and immediate risk to others and cannot be appropriately managed in conditions of lesser security
Delivery partners	We work in close partnership with Medium Secure Services, Prison Services, the Ministry of Justice, and the Courts
Number of places	50 beds consisting of 26 beds for PD, 12 for Mental Illness, 6 for LD and a 6 bed Intensive Care Unit
Residential or non-residential	Residential
Approx. length of intervention	Treatment needs vary considerably but on average they involve a number of years before the patient is able to progress on to the next stage of her pathway
Catchment area	England and Wales Scotland and Northern Ireland subject to Commissioner approval
Entry Criteria	<ul style="list-style-type: none"> ▪ The person needs to be detainable under the Mental Health Act by virtue of having a mental disorder of a nature and/or degree that justifies detention in hospital ▪ Appropriate treatment needs to be available ▪ The person must present a grave and immediate risk to others that could not be safely managed in a Medium Secure Hospital
Interventions offered	<ul style="list-style-type: none"> ▪ Ongoing mental state examination and monitoring ▪ Offence / risk/ clinical formulations ▪ Psychological interventions: CAT, Schema, DBT, Specific Trauma/Self Injury Interventions, CBT, Offence-specific interventions such as Arson, Engagement/Motivational Groups ▪ Psychopharmacology as required ▪ Occupational Therapy: Individual / Group interventions to underpin the specialist treatment programmes by developing / enhancing functional skills. For example: Range of assessments such as AMPS (Assessment of Motor and Process Skills); Social Skill, Work Skills, Personal recovery portfolio work; Healthy Lifestyle work; sensory integration; and, pre-discharge work ▪ Specialist Services: Speech & Language Therapy, Dietician, Physiotherapy, etc. ▪ The hospital also provides a G.P. Service.
Web Links	www.nottinghamshirehealthcare.nhs.uk/our-services/forensic-services/rampton-hospital/womens-directorate
Contact	John.wallace@nottshc.nhs.uk

Arnold Lodge Women's Medium Secure Unit Service

Address	The East Midlands Centre for Forensic Mental Health, Arnold Lodge, Cordelia Close, Leicester, LE5 0LE
Description of service	Provides treatment for those women whose needs for relational and procedural security cannot be managed in a standard medium secure setting. The service provides a psychologically informed and planned environment that facilitates treatment in a number of modalities. It is underpinned by a holistic, woman-centred approach that engenders individualised treatment packages. In addition to the usual problem specific treatment programmes to address coping strategies and criminogenic need, Arnold Lodge also offers somatosensory interventions and a range of occupational, educational and recreational opportunities. These take place in the unit and possibly in the community, depending on the stage of the woman's care pathway. The aim of the treatment programme is for women to be able to move on to conditions of low security, rather than the service forming an additional tier of security that women have to travel through.
Delivery partners	The service is delivered by a multidisciplinary team who are all employees of the NHS. We are also supported by independent advocates.
Number of places	Currently 10, but increasing to 12 in 2015
Residential or non-residential	Residential
Approx. length of intervention	Minimum 3 years. Maximum currently 7 years
Catchment area	East and West Midlands; East Anglia; Northamptonshire; Essex; Yorkshire and Humber; Tees and Wear
Entry Criteria	<ul style="list-style-type: none"> ▪ Primary diagnosis of personality disorder, all co-morbidity considered ▪ No particular sentence length or offence type ▪ Admission dependent upon level of risk, treatment readiness and functional ability to benefit from the treatment programmes offered
Interventions offered	<p>Interventions are offered as a combination of group and individual sessions.</p> <ul style="list-style-type: none"> ▪ Somatosensory approaches to the management of arousal levels and self destructiveness ▪ Mindfulness; Emotion regulation; Compassion based approaches ▪ Social problem solving ▪ Mental health awareness ▪ Arson treatment ▪ Substance misuse treatment ▪ Individual offence focused, self esteem and skills-based work <p>There are also a large number of occupational, educational and recreational opportunities offered including arts based activities, basic living skills activities, educational courses and work skills activities. All interventions are staged as part of a staged model of treatment that ensures treatments are delivered at a time when they can be engaged with meaningfully.</p>
Contact	Mary.dilustro@nottshc.nhs.uk

Greater Manchester West Forensic Mental Health Services for Women

Address	Edenfield Centre & Low Secure Services, Greater Manchester West Mental Health NHS Foundation Trust, Prestwich Hospital, Bury New Road, Prestwich, Manchester M25 3BL
Description of service	Greater Manchester West (GMW) provides forensic mental health services for women at three levels of residential care – enhanced medium security, medium security, and low security – in six different settings (including two in the community) and forensic community follow-up. Our enhanced medium secure facility is Hayeswater Ward, which provides for women who have a significant need for relational and procedural security in order to promote their lasting recovery, needs that cannot be met to such a high and sustained level in our other areas of service provision. A variety of integrated treatment approaches are used with the residents, all of whom have severe and complex mental health problems, with the emphasis in psychological interventions on dialectical behaviour therapy and mentalisation based therapy. A strong occupational therapy service reinforces personal strengths and skills complementing the achievement of individual milestones to recovery. Our therapeutically enhanced medium secure service for women is part of a pathway of care through GMW, which takes women right through to supported accommodation in the community and independent living.
Delivery partners	We work in partnership with Rampton Hospital, the national provider of high secure beds for women, as well as local private providers of forensic mental health services for women and district mental health services. We also work in close partnership with the women's prison estate in the North of England (Styal, New Hall, Askham Grange, Low Newton), and charitable organisations such as Imagine and the Together Women Project, who support our women through the provision of long term supported accommodation and mentoring and advocacy services designed specifically around the needs of women.
Number of places	We have 46 beds for women in GMW across all six service areas. We have six beds in our therapeutically enhanced medium secure service.
Residential or non-residential	Residential
Approx. length of intervention	Women engage with services in GMW for varying lengths of time, depending entirely on the needs of the women. Length of stay is monitored. Treatment from admission to discharge to supported accommodation lasts on average between two and five years.
Catchment area	Greater Manchester, Lancashire, and Merseyside
Entry Criteria	<p>Entry criteria for our enhanced medium secure service are:</p> <ul style="list-style-type: none"> • The woman is liable to detention under the Mental Health Act (i.e. they have a mental disorder that is of a nature and/or degree that justifies their detention in a hospital) • She has a complex comorbid presentation significantly influenced by personality disturbance • There is evidence of behaviour that is harmful to others as well as self, which has resulted in actual or pending Court proceedings • There is evidence of challenging behaviour that cannot be managed in the 'normal business' sections of our medium secure service • She is regarded as a high risk of further acts of harmful behaviour <p>And she is at least ambivalent about engaging with the service and is likely to</p>

	require additional work to develop her skills and motivation to do so effectively
Interventions offered	<p>We offer a range of integrated treatments including the following:</p> <ul style="list-style-type: none"> • Comprehensive assessment ahead of bespoke treatment planning and treatment implementation • Treatment with a carefully monitored range of psychoactive medication • Focused psychological therapies, emphasising the DBT and MBT approaches to the management and remediation of mood and anxiety problems, substance misuse, trauma and problems with attachment, self-harmful behaviour • Nursing-led interventions and the development of a high level therapeutic milieu emphasising the understanding, assertion and maintenance of appropriate boundaries, emotional containment and management skills (including the management of self-harm), and interpersonal problem solving • Occupational therapy support in the attainment and maintenance of core skills • Social care intervention to support and maintain family contact and contact with children, if relevant • Art therapy for women who are not able to or not yet able to discuss their needs • An exceptional level of procedural and relational security aimed at the prevention and minimisation of harmful behaviour <p>Pathway planning towards conditions of lower security and re-establishment in the community</p>
Contact	0161 772 9121

The Orchard Women's Medium Secure Unit Service

Address	St Bernard's Hospital, Uxbridge Road, London, UB1 3EU
Description of service	The Orchard is comprised of two, 10-bedded wards for women with complex presentations who pose a high risk to themselves and/or others. The unit is located in Ealing, West London. Melrose Ward treats women with a primary diagnosis of personality disorder while Parkland treats those with a primary diagnosis of mental illness. Patients across both wards usually have a complex interplay of both diagnoses as well as a history of drug or alcohol misuse.
Delivery partners	West London Mental Health NHS Trust
Number of places	20
Residential or non-residential	Residential – all inpatients are detained under the Mental Health Act
Approx. length of intervention	24 months
Catchment area	Nationwide. Referrals come from prison, high security, medium and low secure services and all referrals have to be with the support of the local gatekeepers in medium security and need the support of the commissioners.
Entry Criteria	<p>We welcome referrals to our service. Referral and care pathway meetings are held fortnightly and we aim to assess patients within two weeks from allocation of referral. Referrals are accepted for women over the age of 18 who meet the following criteria:</p> <ul style="list-style-type: none"> • Primary diagnosis of personality disorder or mental illness • Detained under the Mental Health Act • Complex presentations/ needs • Ongoing challenging behaviour that cannot be contained in medium security • High risk of serious harm to others and/or self • Potential for engagement • Potential for benefiting from the clinical milieu and enhanced relational security. <p>We do not accept women who meet the criteria for high security or could be safely managed in conditions of lower security; those with a primary diagnosis of substance misuse or who are currently de-toxing; or women with a primary diagnosis of learning disability or autism spectrum disorders.</p>
Interventions offered	<ul style="list-style-type: none"> • The central function of the service is to assess and address the therapeutic needs of our patients and provide an individual tailored programme for each with an acknowledgment of the specific gender needs of women. • The core objectives of our service are to stabilise mental state, review diagnosis and appropriate treatment, assess and manage high risk and challenging behaviours through a strong emphasis on containment and boundaries, to support patients in their recovery, and to identify suitable care pathways. • The service does not provide a higher level of security than Medium Secure Services. It uses a different approach based on relational security. We are able to manage women whose behaviours have proved very difficult to manage in Medium Security, but it is not an approach that is suited to all such patients. If in doubt as to whether a referral would be suitable, we are happy to discuss. • The MDT is comprised of a Consultant Forensic Psychiatrist, Consultant Clinical

	<p>Psychologist, Associate Specialist, Core Trainee doctor, and Forensic Social Worker who work across both wards. Each ward has its own Ward Manager, Nursing Team, and Occupational Therapist. We are also supported by Drug and Alcohol Services, Family Therapists, Art Therapies, Vocational Services, and Primary Healthcare. There is a strong emphasis on supporting patients in managing difficult relationships through attendance at community meetings and community psychology groups as well as 1:1 interventions and mediation. We encourage and support connections with carers and family. We also aim to develop strengths and functional skills through occupational and vocational therapies in preparation for the future.</p>
Web Links	www.wlmht.nhs.uk
Contact	Kavita.ramlugan@wlmht.nhs.uk