

Information Governance
Department
14 Lister Street
University Hospital Crosshouse
Crosshouse
Kilmarnock KA2 0BB



John Brown

Date 07 February 2020
Your Ref
Our Ref 032-2020

Enquiries to Freedom of Information
Extension 26112
Direct line 01563 826112
E-mail foi@aaaht.scot.nhs.uk

Dear Mr Brown,

**REQUEST FOR INFORMATION
FREEDOM OF INFORMATION (SCOTLAND) ACT 2002**

Thank-you for your request for the provision of the following information.

How does the board help and manage mental illness of personality disorders? What psychological therapy is available in the board for this,?

Response:

1. How does the board help and manage mental illness of personality disorders?
Individuals with suspected or confirmed mental illness or personality disorder can consult their GP or Mental Health Practitioner for assessment, and be referred to the relevant Mental Health Service within NHS Ayrshire & Arran, if indicated. Personality is evaluated as part of routine clinical practice, and those with personality disorder are given a diagnosis, with explanation and advice. An Integrated Care Pathway is being developed to optimise and integrate the individually tailored care and treatment currently offered, which can include medication, nursing interventions, occupational therapy, psychological therapy and/or support, in addition to sign-posting to relevant non-NHS services. Where possible, we identify and address underlying causes or contributing factors, in addition to treating symptoms. We encourage family and carers to be involved, and also provide education and support for them. Up-to-date guidelines and evidence are used to inform care where available, and associated uncertainties and limitations of treatment are explained. We identify risks, and address these and their causes as far as possible, while supporting patients to recover and embrace responsibility for their own health and wellbeing to the best of their abilities.

2. What psychological therapy is available in the board for this?

A number of evidence based psychological therapies are available within NHS Ayrshire & Arran for adults presenting with difficulties associated with the diagnosis of a personality disorder. These include Cognitive Behavioural Therapy, Dialectical Behaviour Therapy, Compassion Focused Therapy, Systemic Family Therapy and Schema Therapy. The decision regarding therapy type will be made in collaboration with the client, following a full psychological assessment and formulation.

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I trust this response is helpful. However, under the Freedom of Information (Scotland) Act 2002 if you are dissatisfied with our response you are entitled to request a review. A request for a review must be made in writing to Mrs Jillian Neilson, Head of Information Governance, NHS Ayrshire & Arran, 14 Lister Street, University Hospital Crosshouse, Kilmarnock, KA2 0BB or email InformationGovernance@aapct.scot.nhs.uk, no later than 40 working days from 08 February 2020. You must provide your full name, an address for correspondence, details of your original request and say why you would like a review.

If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal appeal to the Scottish Information Commissioner at www.itspublicknowledge.info/Appeal

Please do not hesitate to contact me should you require any further advice or assistance.

Yours sincerely,

Tara Palmer
Freedom of Information Officer
Information Governance
NHS Ayrshire & Arran
14 Lister Street, University Hospital Crosshouse
Kilmarnock KA2 0BE