

## Trust Board

30 March 2017

Paper Title:	Patient Story – Service Summary (Helios Centre)	
Section:	Public	
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Agenda Item:	4	

### **The Improving Access to Psychological Therapy Service**

The Helios Centre is a mental health service that provides psychological and occupational therapy groups for people with complex psychological difficulties.

The Centre delivers the therapeutic element of ‘containment’ alongside other psychological therapy teams who provide the ‘explorative’ element. The therapy delivered by the Helios Centre is an essential component in the effective recovery of the following difficulties:

Helios provides group therapy for people with the following difficulties:

- Complex psychological trauma (PTSD)
- Dissociation
- Chaotic and harmful relationships
- Impulsive behaviour, including self-harm and parasuicide

This type of service is recommended by NICE when working with people who have a diagnosis of Borderline Personality Disorder or Post Traumatic Stress Disorder. The service emphasises the importance of a healthy attachment between therapist and patient; one in which there is a long term dependence on the therapist which provides a ‘safe base’ from which to undertake therapy.

As a consequence, Helios also places great importance on endings and the occupational therapy programme in particular assists patients to transition into wider community based activities.

Service users complete a thorough assessment and if the service is deemed appropriate a collaborative treatment plan is developed. Each service user is allocated a keyworker who will meet with them every 12 weeks to review treatment goals and their personalised therapy program.

Average length of admission is around two years.

## Service Profile

The Helios Centre, based at Lynfield Mount Hospital delivers a comprehensive group programme of Dialectical Behavioural Therapy and Occupational / Art Therapy to service users with complex psychological mental health needs often associated with personality disorder. Service users are allocated a key worker to support them through their journey, and therapists work closely with wider multi-disciplinary services across the trust and voluntary care sector. Although predominantly based at Lynfield Mount Hospital the service provides outpatient treatment to people from across the district, including Airedale Wharfedale and Craven, with staffing of 9.6 whole time equivalent (WTE), 8 head count (HC), 1 OT vacancy:

Team Manager	Band 7	1.0 WTE
Clinical Lead	Band 7	1.0 WTE
Occupational Therapist	Band 6	1.0 WTE
Psychological Therapist	Band 6	3.6 WTE
Psychological Therapist	Band 5	2.0 WTE

## Current Service Developments

The Helios Centre along with the broader Psychological Therapies Hub has recently transferred business unit and is now managed alongside MyWellbeing College (IAPT).

The service is beginning a review of the existing pathway within psychological therapy for trauma and personality disorder, with the aim of achieving greater integration of the therapeutic elements required for this group of service users. There is also an opportunity to consider extending this pathway integration to include community mental health services.

A working group is underway looking at current service provision in relation to commissioned services and skill mix, and aims to improve links with other areas of the trust including inpatient services, community mental health teams, First Response the transition from CAMHS and the MyWellbeing College. Consideration and planning is underway with a view to running groups across more than one site to improve accessibility and patient choice.

Further support and development for staff will also be made available through consultation and training in the future.