

WHAT IS STRUCTURED CLINICAL MANAGEMENT?

Structured Clinical Management (SCM) is an evidence-based intervention for people who have symptoms consistent with borderline personality disorder.

Borderline personality disorder is a diagnostic term used in mental health services. It acknowledges that for some people aspects of their personality can significantly restrict their quality of life.

Although borderline personality disorder is associated with enduring difficulties, with the right help and support we now know that most people with this diagnosis can get better.

IS SCM RIGHT FOR ME?

If you have difficulties around:

- Impulsivity (acting without thinking)
- Managing relationships
- Problem solving
- Managing emotions
- Meet criteria for a diagnosis of borderline personality disorder (may have other diagnoses as well)

Then SCM may be helpful for you. If you wish to find out more please discuss with your care coordinator.



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If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লফিলটেট যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে 0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন
Jei šią skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku, prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.

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 01604 658834

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**MAKING A
DIFFERENCE
FOR YOU,
WITH YOU**

WHAT HELP CAN I EXPECT FROM SCM?

SCM involves three phases; an introductory phase involving work with an individual practitioner, an intervention phase which involves individual and group work and an ending phase with your individual practitioner.

Initially, your SCM practitioner will work with you to go through:

- Your diagnosis
- Develop a crisis plan
- Help you identify problem areas
- Help you define your goals (short and long term)
- Advocate for you

In the intervention phase they work with you to help you develop knowledge and skills to meet your goals by focusing upon:

- Problem solving
- Understanding and managing strong emotions
- Understanding others and managing relationships

SCM involves weekly forty minute individual appointments that will usually take place on an outpatient basis. The appointment will focus on current difficulties you are having.

GROUP WORK

The evidence suggests that group work is crucial to giving you the best chance of improvement.

Your SCM practitioner can work with you to help you attend the group component of the intervention.

The group occurs weekly lasting one hour thirty minutes. It focuses on here and now problems and goals including themes in the areas of difficulty referred to previously.

MEDICATION

At the moment there is no medication that is proven to treat borderline personality disorder. You may be offered medication for other related problems.



WHAT IS THE COMMITMENT FOR SCM?

You will be in the SCM intervention program for up to 12 months. There is also an ending phase following completion of SCM.

We ask people to commit to at least 75% attendance of individual and group appointments.

In SCM you are required to complete brief weekly questionnaires; this helps you and us monitor progress.

WHAT ABOUT HOSPITAL TREATMENT?

The most effective treatment for borderline personality disorder occurs in the community.

If hospitalisation is required it is recommended that the admissions are short and are focused on a clear goal. For example, an admission may be for assessment (to try and understand what could be causing the current difficulties). Or it may be to help stabilise an acute crisis for example, by establishing or revisiting a crisis plan or a community care plan.