**PERSONALITY DISORDER & COMPLEX NEEDS**

**Awareness and Support Groups Expression of Interest Form 2025**

The SUN is an offer to service users aged **18+** within Essex who have a formal diagnosis of Personality Disorder **and/or** have complex emotional needs that **may** meet diagnostic criteria. If they don’t hold a diagnosis, service users must display at least 4-5 traits of personality disorder, which may include:

* Intense anger and difficulty managing this
* Mood instability (rapid mood changes, intensity of emotion disproportionate to trigger)
* Feelings of emptiness
* Lack of identity (confusion as to who they are, goal, beliefs etc., or these change suddenly)
* Dissociation, or paranoia when stressed (feelings of unreality and/or detachment; paranoid thoughts when stressed)
* Frantic efforts to avoid abandonment (behaviours to avoid abandonment, often without evidence)
* Thoughts of self-harm and/or suicide – (*however they must not be in active crisis and if current self-harm or suicidal behaviour is present they must be under the care of a service which can support risk management.*)
* Impulsivity in other areas
* Unstable and intense relationships (often alternating between love and hate)

The overarching aim of the SUN is to facilitate the delivery of peer led support, promote staying well in the community and collaboration with service users and carers. The SUN is accessed on a voluntary basis and members can engage as much or as little as they would like. Expressions of interest, rather than referrals, are invited to reflect this. Groups are designed to:

* Offer a space for learning and growth through psychoeducation and skills
* Foster connection with peers who may be in a similar position to offer and receive peer led support
* Facilitate understanding of Personality Disorder and associated difficulties
* Create opportunities for supported engagement and meaningful involvement

We request the completion of this form to ensure that the group’s function will match your service user’s presentation and needs. Where the group is not indicated, we are able to support signposting and advice.

Please confirm that you understand the following:

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| SUN groups are not clinical or therapy groups. Care co-ordination, risk management and 1:1 support are not part of the SUN provision. Groups are not a substitute for clinical intervention. |  |
| Regretfully, SUN Groups (apart from the SDC) are not available to service users who are also employed by EPUT. *Please reach out if there is a member of staff seeking support for Personality Disorder, we are happy to help with signposting.* |  |

***\*\*It is essential that ALL fields are completed for the form to be actioned or it will be returned\*\****

***What group are you raising an expression of interest for?***

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| --- | --- | --- |
| Personality Disorder and Complex Needs Awareness and Support Group (21+) | |  |
| Young Adult Awareness and Support Group for Complex Emotional Needs (18+) | |  |
| **Full Name:** |  | |
| **NHS Number:** |  | |
| **Locality/Area of Residence:** |  | |
| **Service User’s Email Address:** |  | |
| **Service User’s Contact Number:** |  | |
| **Service User’s Date of Birth:** |  | |
| **Full Consent Obtained to complete expression of interest form?** | Yes  No | |
| **Name of Team/s currently open to:** |  | |
| **Involved Person name & contact (e.g. care coordinator, consultant, support worker):** |  | |
| **If not currently open to another Team, where else has the service user been signposted / referred to?** |  | |
| **GP Surgery:** |  | |

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| --- |
| **Based on the service user’s presentation of Personality Disorder, why do you think they will benefit from the SUN groups?** *(We are looking for* ***why*** *this* *service user might benefit from the SUN groups based on their presentation of Personality Disorder and associated difficulties and what these difficulties currently are. Please do not provide whole assessments.)* |

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| --- |
| **What does the service user hope to gain from attending the group? Do they have any particular strengths/interests?** |
| **Any other comments:** |

Once complete, please return this form to the Service User Network inbox: [epunft.pd.cnsun@nhs.net](mailto:epunft.pd.cnsun@nhs.net)

Please title the email ‘Expression of Interest Form’ with the clients initials.

**Once a service user has been identified as potentially benefitting from the SUN:**

If we agree that the service user may benefit from being invited to the SUN Groups, we send them an invitation email but they are required to **opt-in.** This means that even if we have invited someone, they may choose to not join us. If they do opt-in, we will add them to the mailing list for the relevant group.

We hold a database of service user information based on the expression of interest form, if they opt in, we keep a register of attendance. We contact a service user after 3 missed sessions to check whether they would like to be involved, and will give them the opportunity to remain on our mailing list if they would like. Here we check in with them about any barriers they may be experiencing to taking part in groups and whether we can support these. If they do not respond after 2 weeks and/or say no, we remove their data. Service users have the option to opt back in at any point after they have been removed without completing a new form.

**Please note:** We do not routinely add notes to clinical records due to the nature of the groups. If we have a significant concern about an individual, we raise this with the necessary individuals. We encourage all members to refer to support available from GPs, local crisis services, 111 as well as resources listed on our group forum; this includes a wide range of support services and resources that others have found to be useful.

***Other Groups which can be accessed via a self-expression of interest route by the service user/carer completing a form.***

**Peer Support Groups (18+):** These groups run weekly. The groups are a 1 ½ hour session, facilitated by the peers that attend. Peers are invited to share how they are feeling and support each other through their lived and learned experience. This group has a time cap of 12 months and a cap of 12 service users; this means that at times there may be a wait list.

**I care: Supporting Carers of Loved Ones living with Personality Disorder and Complex Emotional Needs (Adult Carers):** The purpose of this peer support group is to bring together carers and loved ones of individuals living with Personality Disorder, who are over the age of 18, offering members the opportunity to make contact with others in a similar situation, help individuals to gain support and know that they are not alone. The aim is to support members in the form of conversation and sharing experiences, resource sharing and by simply listening. The Carer Support Group is open to any carer who resides in Essex (Essex registered GP) who is caring for a loved one who has a formal diagnosis of Personality Disorder and/or have complex emotional needs that meet diagnostic criteria for a Personality Disorder.

**Personality Disorder and Complex Needs Service Development Collaborative (SDC) :** *Expressions of interest to the group can be made directly from a service user, or through a professional at service users’ request. There is no form for this group and it is accessed via emailing the SUN inbox.*

Here, we offer eople the opportunity to be more dynamically involved in shaping and developing services, using our lived experiences to inform positive change. There are various levels of engagement. These range from contributing our thoughts and ideas to a specific project, to participating in interview panels, co-delivering training and being Peer Support Workers. We work using a model of Co-Production, with service users working alongside staff, bringing together our experiences/journeys and using them in a meaningful and proactive way.