

Lunch

You will be asked to provide your own lunch by either bringing your own packed lunch or by purchasing something at the canteen and bringing this back.

Refreshments

Tea & Coffee will be available for a small suggested donation.

Expenses

If you are travelling from a distance you may be entitled to claim your travel expenses back. Claim forms will be available.

If you would like more information about the service please contact:

Sarah Roy or Tim Agnew

NHS Personality Disorder Team

New Craigs Hospital

Inverness

Telephone: 01463 253644

Email: High-UHB.CASDayService@nhs.net



This leaflet has been produced by members of the Personality Disorder Steering Group – a partnership of users and NHS staff. The artworks in this leaflet were supplied by: Laura Collins and Margaret Macdonald.

Useful Resources

Telephone:

NHS 24 - 08454 242424

Breathing Space – 0800 838 587

Book:

Duane L Dobbert. 2007.

Understanding Personality Disorder.

An Introduction.

Praeger. London

Websites:

Information:

www.scottishpersonalitydisorder.org

Support:

www.Emergenceplus.org.uk

Self help:

www.moodjuice.scot.nhs.uk

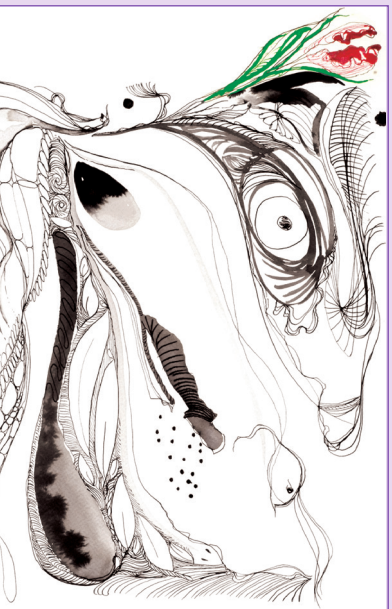
A Day Service for People with Personality Disorder in the Highlands

Information Leaflet



What is the service and what are our hopes of the service?

The 'Coping and Succeeding' Day Service is a new day service for people aged 18 and over with Personality Disorder living in the Highlands.



It has been developed by a partnership of service users and the NHS. The main aim of the service is to improve the health and well-being of people living with a Personality Disorder.

Group members and staff will work collaboratively together in the running of the service, to ensure the group functions safely, effectively and promotes recovery. There will be opportunities to work towards individual goals and participate fully as an equal member of the group.

Being an active member of the peer group can help to build confidence in interpersonal situations, enhance self-esteem, help to develop effective ways of managing distress and strengthen your identity.

Who is the Day Service For?

Individuals who have a diagnosis of Personality Disorder and are aged 18 years or over.

How can I be referred?

If you would like to join us in this supportive small group environment to enhance good health and well being, contact your Community Mental Health Team or Psychiatrist and a referral form can be completed.

What can you expect at C.A.S?

C.A.S is open on Fridays 9.30am – 3.30pm at the Training and Guidance building, Leachkin Road, Inverness.

The success of the day service will depend on all members participating in the day-to-day running, including making decisions and sharing responsibilities.

Activities will be available, which will help you to work towards your own personal goals. All activities will be decided upon and planned by yourself and other group members with support from the day service facilitators.

Activities will be planned around the following themes:

- Physical Health and Well-being
- Daily Living Skills
- Self-management
- Vocational rehabilitation

What is a Personality Disorder?

It is estimated that 10% of the general population have some kind of Personality Disorder.

The word 'personality' refers to the pattern of thoughts, feelings and ways of relating to others, that makes each of us the individuals we are. We do not all think, feel or behave in the same way.

If you think that you may be experiencing a personality disorder, but this has not been diagnosed, please take this leaflet along to your General Practitioner and they can refer you to the relevant services.

Other activities will include complementary hobby and interests groups as well as opportunities to spend time with others who have similar experiences of living with Personality Disorder.

There will be a maximum of two groups of 10 in the programme at any given time. There will be opportunities for you to continue to develop your skills within the local community or by contributing to the running of the service for future members once you have completed the programme.

The duration of the programme is 36 weeks.