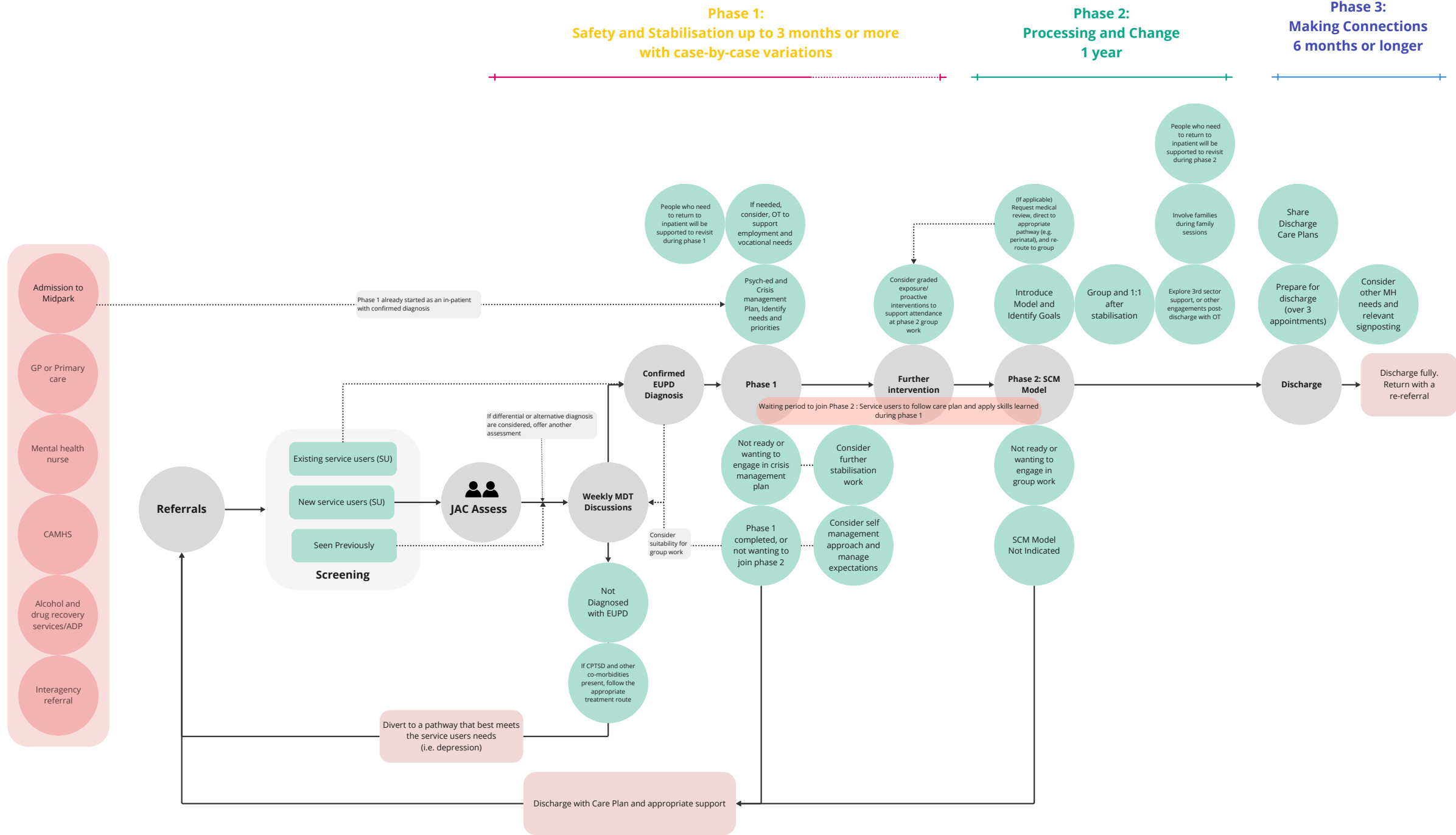


What is EUPD pathway

-  This pathway is a collaborative process focused on building coping strategies and improving quality of life for service users. It takes time, trust, and commitment, offering consistent support, not quick fixes.
-  This pathway is available to everyone, regardless of how long they have been in the service or how long they have needed support.
-  Service user outcomes include reduced distress, greater emotional stability, and sustained wellbeing through tailored support.
-  Outcomes for services are based on: reduced crisis or OOH contacts, reductions in admissions, if individuals can self-manage.
-  Access to the pathway requires a diagnosis for EUPD, but there is flexibility to consider complexity and individual needs
-  This pathway is person dependent, therefore some service users may only need to complete Phase 1 of the pathway
-  Service users are encouraged to use their skills and knowledge gained from Phase 1 to self-manage while awaiting group work. The waiting period between phases may vary.

What EUPD pathway is not

-  Individuals with suspected ASPD or narcissistic traits are not suitable for the EUPD pathway
-  Differential diagnoses are discussed by the MDT, considered for further assessment, and referred to the appropriate treatment route.
-  This is not a one-size-fits-all pathway and therefore may not consider service users with multiple co-morbidities



Good Practice

- ✓ Some CMHTs have set up weekly clinics that are run by CPNs with protected time to do this work.
- ✓ If someone is known to the service and re-referred, the service aims to provide continuity of care by linking them with staff they have worked with before.
- ✓ If someone who has been known to the service returns but with a different diagnosis, staff are able to share knowledge to ensure best approach with the person.
- ✓ Peer support groups for staff, that assist in building confidence for newer staff.
- ✓ Close relationship with inpatient and community teams
- ✓ To ensure that the pathway is accessible, if someone is based in an area far from the CMHT, the staff can base themselves in a local health centre to meet with the person.