Emotion Regulation / EUPD / Complex Trauma Pathway

Overview

The group first met in 2017 to standardise what was available for patients with EUPD, a guideline was created, and the main principles of this still apply.
Group membership was extended from the original group as there were many other services that were essential to include. We had good representation from across all areas (MH community and in patient, Primary care, LD, University, 3rd sector, Eating Disorders, Occupational Therapy and Psychological therapies).

We advertised for people with lived experience to join the group, however, no-one expressed an interest, despite 2 adverts going out.

Focus

- The group recognised that lots of great work is ongoing so updated this and captured this within the pathway.
- The group focused on the importance of safety planning and created a document that was accessible to all.
- The group members recognised that early intervention and community facing resources were important so agreed that we would update and create online resources as well as creating a "how to handle difficult conversations document" that is used with all new staff at induction.

Service Descriptors

The group decided to review what each area currently offers, and devised service descriptors to capture this.

Gaps

- Some parts of the pathway remain outstanding / in draft.
- Is there anything missing that the group hasn't identified.
- Medication section needs updated once phase 2 of HIS PD-IP is completed (2024/25).

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Emotion Regulation / EUPD / Complex Trauma Pathway

Criteria and Definition

Online Self-help Resources
- Online self help resources.docx

Falkirk Resources
- NEW Falkirk Resources and Help M

MH Resources
- Mental Health Contacts.docx

Safety plan
- Safety Planning.pdf

EUPD Booklet
- EUPD BOOKLET.docx

Complex Trauma Information
- Complex Trauma V3.0 Final[1].pdf

Primary Care / 3rd Sector /University

Primary Care
Within each GP practice there is access to a GP or Primary Care Mental Health Service.

- PCMHN Pathway.pptx
- PCMHN EUPD Pathway Service Des

IESO ieso Online Therapy | Home (iesohealth.com)

Silvercloud

Digital Mental Health Solutions in the UK | SilverCloud® by Amwell® (silvercloudhealth.com)

FDAMH
- FDAMH EUPD Pathway Service Des
- FDAMH - New Client Pathway.docx

Wellbeing Scotland
- WBS Service desriptor.docx
- Wellbeing Scotland Pathway of Support.

Mental Health support for students pathway
- Mental Health support for students
- Stirling Uni EUPD Pathway Service Des

Action in Mind
- AIM Service Descriptor.docx

Secondary Community

Adult mental health resource centres / Adult Psychological Therapies
- CMHT & APTs.docx
- EUPD Pathway Service Descriptor AP
- WOODLANDS RC SERVICE DESCRIPTO

Eating disorders
- EUPD Pathway Eating Disorders Serv
- Eating disorders EUPD Pathway Servic

Occupational Therapy
- Occupational Therapy Input to EUF

CAMHS
- CAMHS EUPD Pathway Service Desc

Pathway outstanding

Forensic CMHS
- DRAFT pathway phases FV CAMHS.do

DRAFT

- FCMHS EUPD Pathway Service Des

Learni Disability Service
- Forensic Team Pathway DRAFT 12.0
- LD EUPD Pathway Service Descriptor.do
- LD EUPD pathway Final.docx

Older peoples Service
- EUPD Pathway in Older People.docx

Inpatients

Adult MH In-patient Wards
- Acute adult EUPD pathway 2.draft.pptx

DRAFT

Mental Health Assessment and Treatment Service (MHAATs)
- MHAATS EUPD Assessment Return C
- MHAATS EUPD PATHWAY FLOW CH
- MHAATS EUPD Pathway Service Des

Bellsdyke- Hope House
- Draft Recovery Pathway Hope House

DRAFT

Prisons
- Service descriptor - prison draft.docx
- Prison pathway.docx

Training/ staff resources

Handling difficult conversations
- Having Difficult conversation Oct 22.

National trauma training resources

National Trauma Training Programme - Home (transformingpsychologicaltrauma.scot)

Falkirk Services Directory
- 2024 Falkirk Mental Health Directory.pdf

Clacks / Stirling Services Directory
- Stirling and Clacks services directory Nov

EUPD Guideline
- NHS Forth Valley Guidelines for Emotic

5ps Formulation
- 5-Ps-and-formulation-final.pdf

Medication recommendations
- Medication and Medical Treatments f
- borderline-personality-disorder-recognitio
- EUPD Good prescribing Practice_