



Silverstone Comprehensive DBT programme

St Andrew's Northampton,
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Silverstone is a specialist comprehensive Dialectical Behaviour Therapy (DBT) service for the treatment of women over the age of 18 with a diagnosis of Borderline Personality Disorder (BPD), who often have a coexisting diagnosis of Complex Post Traumatic Stress Disorder (CPTSD).

Women admitted to Silverstone present with complex mental health needs, risk behaviours that can be challenging to appropriately support in community settings, and significantly impaired functioning. Individuals are supported to understand their behaviours and build skills for gradual independent community living.

Comprehensive DBT programme

For over 25 years St Andrew's has provided specialist care for women with complex personality disorder and mental health needs.

Our comprehensive DBT programme is led by accredited DBT therapists and includes all modes of treatment including: DBT group sessions (Skills Acquisition and Skills Generalisation Groups), 1:1 therapy and out of session skills coaching for patients (Stage 1 DBT).

In addition, women who present with ongoing trauma symptoms or other quality of life interfering difficulties (e.g. substance misuse, eating difficulties) are able to complete a suitability assessment and access appropriate evidence-based therapies during their admission (Stage 2 DBT).

The programme is offered in conjunction with a structured therapeutic timetable with a focus on rehabilitation and promoting independence.







"DBT isn't a suicide prevention treatment, it's a life enhancing therapy. We as therapists work to support people to build a life that they want, not to simply exist."

Dr Victoria Taylor, Consultant Clinical Psychologist and DBT Programme Lead,
St Andrew's Healthcare

Isham House

Our DBT programme for women with a personality disorder is delivered from Isham House on our Northampton hospital campus. Silverstone is a national service, located in the middle of the country and is able to accept patients where suitable local provision is not available.

Isham House contains our specialist DBT multi-disciplinary teams which include:

-  DBT therapists (British Isles DBT Trained)
-  Society for DBT UK accredited Therapists
-  accredited DBT Adherence Supervisors who focus on enhancing fidelity in the programme
-  a clinical nursing team trained in 'Behavioural Principles', trauma informed care principles, motivational interviewing and who participate in 'consult' sessions to ensure best practice delivery each week
-  an experienced social work team who work to maintain family and carer connections and ensure inclusion in the individual's care
-  a highly skilled occupational therapy team who are instrumental in providing a structured environment, integral to successful inpatient treatment and discharge planning.

Developing skills for independent living

Women in the DBT programme are supported to build skills and positive routines through a structured daily timetable of activities and therapies.

St Andrew's Northampton has an unrivalled range of activities and facilities. Individuals can access a multitude of vocational, educational, creative and therapeutic interventions tailored to their specific mental and physical health needs and treatment programme.

Discharge planning

Silverstone offers a long-term specialist rehabilitation solution for women, where family, carer, commissioner, and community team engagement are a core feature and a central part of discharge planning.

"She just kept saying, 'we've got you, we've got you' and it was that moment when I thought these people have got me, they have my best interests at heart, they want me to get better. That was the moment when I decided I wanted to recover, I want to be better."









Sedona talking about her recovery through St Andrew's DBT programme

Admission criteria

- adult women
- borderline PD and Complex PTSD
- complex management difficulties, including significant or current self-harm
- informal or detained under the Mental Health Act 1983 (as amended by the Mental Health Act 2007) as needing inpatient treatment
- presenting with low to moderate risk of suicide
- likely to have a history of trauma, abuse, attachment issues
- will and is able to fully commit to the DBT principles and at least one year of the programme.

Outcomes

Women who complete the 18-month DBT programme are expected to have:

-  a reduced risk of self-harm, suicidal and addictive behaviours
-  a reduction in symptoms associated with additional comorbid diagnoses
-  an improved ability to regulate and modify own behaviours
-  a reduction in additional nursing support
-  on-going engagement with treatment and therapeutic activities
-  improved self-esteem, self-worth, and self-compassion
-  improved social networks and relationships
-  improved quality of life in a readiness to transition to community living.

Get in touch

For further information, to arrange a visit, or make a referral:

t: 0800 434 6690

e: SAH.admissions@nhs.net

w: stah.org/PD

