

Welcome to the first issue of the Haringey PTSD Pathway Newsletter

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Hello!

A big hello to you, you're reading the first ever newsletter from the Haringey Post Traumatic Stress Disorder (PTSD) pathway. Ever since the pathway started in 2011 we have been developing and improving the service that we offer. The most recent Trust restructuring led to us finding a new home within the South East Locality Community Mental Health Team and some helpful strengthening of our structures for working with our most vulnerable clients. This also gave us the opportunity to develop some new treatment options, our Trauma Management Pathway (you will find further details about this in other articles in this newsletter).

Another area that we are developing is to be working more closely with you in all aspects of the treatment pathway. Our aim is that your experience feeds directly back into improving the services that we can offer. A first step in this process is to let you know more about how the treatment pathway works and to make sure that you know where to contact to find out more or to get more involved if you want to. So we are rolling out this quarterly newsletter to keep everyone in the loop about what is happening in the PTSD Pathway. Any suggestions and feedback is most welcome!



Figure 1: PTSD Team photograph

What's been happening in the pathway over the last year?

There has been a lot of activity in the Haringey PTSD Pathway over the last year. Below is a timeline of some of the main events:

- Feb 2018** **Trust Restructuring**
Specialist PTSD Pathway incorporated within South East Locality Community Mental health team (SELT)
- Aug 2018** **First Family and Friend's workshop:**
Workshop ran to provide support for friends and family of clients who are experiencing PTSD
- Sept 2018** **Development of the Trauma Management Pathway**
Development of the Trauma Management Pathway an alternative treatment option to Trauma Focused therapy offers groups that aim to build psychological resilience and skills in symptom management
- Oct 2018** **Launch of the PTSD Peer Support Group:**
Launched in collaboration with Haringey MIND to provide clients a bridge between treatment and ongoing support in the community
- Dec 2018** **First Tree of Life Group**
Encourages clients to speak about their lives in ways that are not re-traumatising, but instead strengthens their relationships with their own history, culture, and significant people in their lives
- Apr 2018** **Redeveloped Nightmare Re-scripting Group:**
Brief nightmare re-scripting workshop offered to help clients experiencing awful nightmares.
- Aug 2019** **First Welcome Workshop**
An introduction to the PTSD Pathway and the first step in the therapy program
- Sept 2019** **First Acceptance and Commitment Therapy Group**
Supports clients to change behaviours to be more in line with values and goals despite triggering symptoms

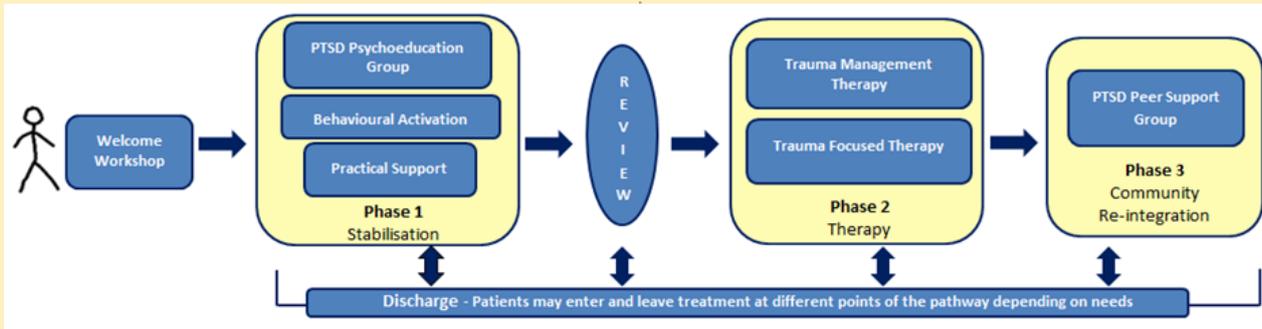


Figure 2: Diagram illustrating Haringey PTSD Treatment Pathway

Haringey Treatment Pathway for PTSD

We offer a specialist treatment programme for people experiencing complex PTSD. This is delivered by a team of psychologists, psychiatrists, mental health nurses, social workers and associate mental health workers. The diagram above illustrates this pathway. Read on more to find out more about each treatment phase...

Phase 1 Treatment is the first step in treatment and is about helping you understand your difficulties and start to bring them under control. This includes education about complex PTSD and management of symptoms. For some this is enough for the time being. Others may wish to continue straight away into...

Phase 2 Treatment consists of two options. We work with you to decide which is likely to be most helpful for you; Trauma Management Therapy or the Trauma Focused Therapy:

- Trauma Management Therapy - involves resilience building and helping you manage the symptoms of trauma so that you are able to move in the direction of your life goals despite your PTSD symptoms.
- Trauma Focused Therapy - involves confronting the fears associated with the trauma and talking about the traumatic events with a therapist.

Phase 3 involves helping you reclaim and reconnect with your life. This may be done through work, education or social activities

PTSD Pathway Snapshots



There are currently 149 clients open to the Haringey PTSD pathway: Over the last 4 months (June to September 2019) we have offered 59 new places in our phased treatment options. Below are details of treatments we have offered.

- 21 clients have entered the pathway in the last 4 months. 26 have been discharged
- 38 places were offered in the August and September Welcome Workshops
- 23 places were offered in the July and September PTSD Psychoeducation Groups
- 12 places were offered in the June Tree of life group
- 11 places were offered in the September Acceptance and Commitment Therapy for PTSD group
- There are 8 clients in treatment for Trauma Focused Therapy, of which 3 started in the last 4 months

Self-Help Resources

We know waiting for therapy can be difficult. Below are a range of self-help guides, produced by service users and a psychology team, that you might find useful:

- ◆ South Wales NHS resources:
www.cwmtaf.wales/services/mental-health/stabilisation-pack/
- ◆ PTSD Coach App *Free
- ◆ BreathingApp *Free (very simple and effective visual aid for guided breathing)
- ◆ Keys to Safe Trauma Recovery - Babette Rothschild

*If you have any concerns regarding your therapy plan or if you feel that you need urgent help or support whilst you wait, then please call us and we will be happy to talk with you. You can call the PTSD Pathway on 0208 702 5111 during the hours of 9am to 5pm and ask to speak to any of our clinicians. Or out of hours, you call the Haringey Crisis and Home Treatment Team on 0208 702 6700.

PTSD Pathway News

Welcome Workshop

We ran the very first Welcome Workshop last month in August. This was an one-off session giving service-users a chance to find out more about the PTSD Education and Symptom Management group, introductory techniques to help manage difficulties as well as an opportunity to ask any questions about the PTSD pathway in general. Below are some of the comments: from the workshop:

Given the positive reaction we will now be running them on a regular basis.

Contact Us:

Do you have something to say or would like to get involved with the newsletter- contact us!

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