



Cumbria, Northumberland,  
Tyne and Wear  
NHS Foundation Trust

# Cumbria, Northumberland, Tyne and Wear (CNTW) Offender Personality Disorder Pathway Community Intervention Service

Information Leaflet

Probation  
Service



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## **Introduction**

This leaflet provides you with information about the service. If you are not sure about anything in this leaflet please ask a member of staff.

## **What is the Community Intervention Service?**

This service is part of the Offender Personality Disorder Pathway, a partnership between health and probation services.

## **Who can access this service?**

Rebuilding Lives is a community intervention service for males and females and is part of the Offender Personality Disorder (OPD) pathway. Individuals in the pathway are subject to Probation Service (PS) supervision and have personality difficulties or unhelpful traits that link their risks of violent/sexual offending. A diagnosis of personality disorder is not required to access the service.

Probation Practitioners have a consultation with the Psychologically Informed Consultation Service (PICS) team. If Rebuilding Lives is recommended, Probation Practitioners submit a referral. The service can only be accessed while individuals are subject to statutory supervision, either in the community or 6-9 months prior to your release from custody. Should further services be required once the supervision period ends, referrals and signposting will be recommended and supported by Rebuilding Lives.

## **Is my attendance mandatory?**

No, this is a voluntary service and it is your choice whether you would like a referral to us and to work with us. However, if you decide that you would like to engage with the service, regular attendance would be required to allow any work to be completed. If you decide at any point you no longer wish to attend, this is entirely your choice and we ask that you discuss this with us and your Probation Practitioner

## What will happen?

Once a referral is received, an initial appointment is offered with a member of the team and you will have chance to talk about your current strengths, goals and difficulties. We will then discuss the outcome of this in our team meeting and if you choose to work with us we will either offer you an appointment or if no place is available, you will be placed on our waiting list. We will either write to you or phone you with this outcome.

Once we are able to offer you a placement we will work together to develop an understanding of your strengths and difficulties through developing a psychological formulation, with you. This will be guided by you and we will then identify your goals for intervention and what you hope to achieve and how we can support you in meeting these. With your permission, we may seek information from other agencies, including police and Social Services to help us work towards your goals.

Interventions offered are around supporting you in developing meaningful occupation, roles and routine, and practical tasks in the community, as well as psychologically informed approaches around your emotional and relationships needs. Intervention will be informed by range of clinical models including; Cognitive Behaviour Therapy (CBT), Cognitive Analytical Therapy (CAT), Schema Focused Therapy (SFT), Structured Clinical Management (SCM), and Dialectical Behaviour Therapy (DBT). We do not prescribe medication.

Some of the interventions we offer include:

- Supporting you to attend appointments (E.g., GP, opticians, accommodation and probation)
- Support you to explore meaningful and purposeful activity to help structure your day
- Enabling you to be independent in managing your own home
- Understanding your strengths and difficulties which may include personality difficulties
- Understanding and managing emotions

- Problem-solving
- Difficulties with intimate and non-intimate relationships
- Compassionate Mind (overcoming shame)

## **Who will I be seen by?**

You will generally be seen by two members of the team. The team is made up of workers from a number of agencies, all with experience of working in a psychological way. The interventions team is made up of:

- Psychological Therapist/Psychologists
- Occupational Therapists
- Specialist Probation Officers
- Assistant Practitioners
- Probation Service Officers

Once we have understood your goals then we will allocate you the right member of the team to help you work towards this goal.

## **How long are appointments?**

Appointments will generally last an hour and you will be seen at the local probation office close to where you live, or another appropriate community setting. If you find that an hour is too long for you, shorter appointments can be agreed. Appointments will be between 9am-5pm, Monday to Friday.

## **Confidentiality**

As our service works in partnership with the probation service information will be shared with your Probation practitioner. If there are any concerns about risk to other people or to you, this would need to be shared.

## **Travel information**

Contact Traveline Tel: 0871 200 22 33

Website: [www.traveline.info/](http://www.traveline.info/)

## **Interpreters**

Staff can arrange an interpreter if you need one.

## What if I have a comment, suggestion, compliment or complaint about the service?

- talk to the people directly involved in your care
- ask a member of staff for a feedback form, or complete a form on the Trust website [www.cntw.nhs.uk/contact/complaints/](http://www.cntw.nhs.uk/contact/complaints/)
- telephone the Complaints Department Tel: 0191 245 6672
- email [complaints@cntw.nhs.uk](mailto:complaints@cntw.nhs.uk) Please note that information sent to the Trust via email is sent at your own risk

We are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention.

You can provide feedback in the following ways:

- the quickest way for you to do this is to complete our short online survey at [www.cntw.nhs.uk/yourvoice](http://www.cntw.nhs.uk/yourvoice)
- complete a Your Voice survey, available on wards, reception areas or from staff
- other options for sharing your feedback and experience [www.cntw.nhs.uk/yourfeedback](http://www.cntw.nhs.uk/yourfeedback)

### **Patient Advice and Liaison Service (PALS)**

PALS provide confidential advice and support, helping you to sort out any concerns that you may have about any aspect of your or your loved ones care.

We act independently when handling patient and family concerns, liaising with staff, managers and, where appropriate, relevant organisations, to negotiate prompt solutions. If necessary, we can also refer patients and families to specific local or national-based support agencies.

### **North of Tyne**

Tel: 0800 032 0202

Email: [pals@nhct.nhs.uk](mailto:pals@nhct.nhs.uk)

Post: FREEPOST PALS

## **South of Tyne**

Tel: 0800 328 4397

Text: 07825 061 035

Email: [pals@cntw.nhs.uk](mailto:pals@cntw.nhs.uk)

Post: Patient Advice and Liaison Service, Garden Lodge,  
Hopewood Park, Ryhope, Sunderland, SR2 0NB

9am – 4.30 pm, Monday to Friday

An answerphone is available at all times for you to leave a message. A member of the PALS team will aim to return your call as soon as possible.

## **Contact details**

Forensic Community Personality Disorder Service

St Nicholas Hospital

Jubilee Road

Gosforth

Newcastle upon Tyne

NE3 3XT

Tel: 0191 246 7274

Opening hours: Monday to Friday 9am-5pm



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre  
Tel: 0191 246 7288

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