

Isla House

Dialectical Behaviour Therapy (DBT) Preparatory Service for Women



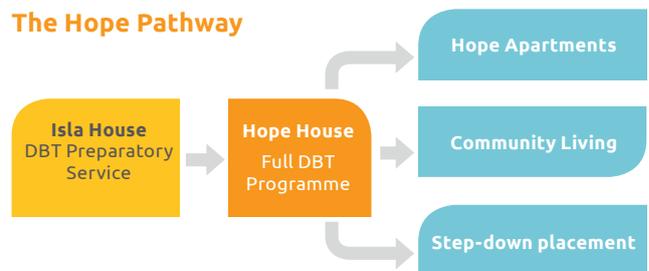
Overview

Isla House is a service for women with a diagnosis of Emotionally Unstable Personality Disorder (EUPD) and is part of the specialist Dialectical Behaviour Therapy (DBT) pathway at Chadwick Lodge. The service is for women who would benefit from the intensive DBT programme at Hope House, but are currently ambivalent about committing to a fixed twelve month programme.

Isla House offers therapeutic preparatory work, allowing patients to immerse themselves in the DBT culture, develop DBT skills, work on motivation and commitment and begin to build therapeutic relationships with the Multidisciplinary Team (MDT).

Isla House is located next to Hope House and women may spend up to six months here before moving on to Hope House, which provides the intensive, 12 month DBT programme. Women who are progressing well in the intensive DBT programme and who are preparing for discharge may then move on to Hope Apartments. The apartments enable patients to practice their skills in real life situations before returning to the community.

The Hope Pathway



Key Benefits for Patients

- Provides therapeutic interventions for women who want to decrease problem behaviours but require preparatory work to do so
- Gives patients the opportunity to familiarise themselves with DBT before committing to the full intensive programme
- The same MDT work across Isla House and Hope House, providing patients with consistency and continuity

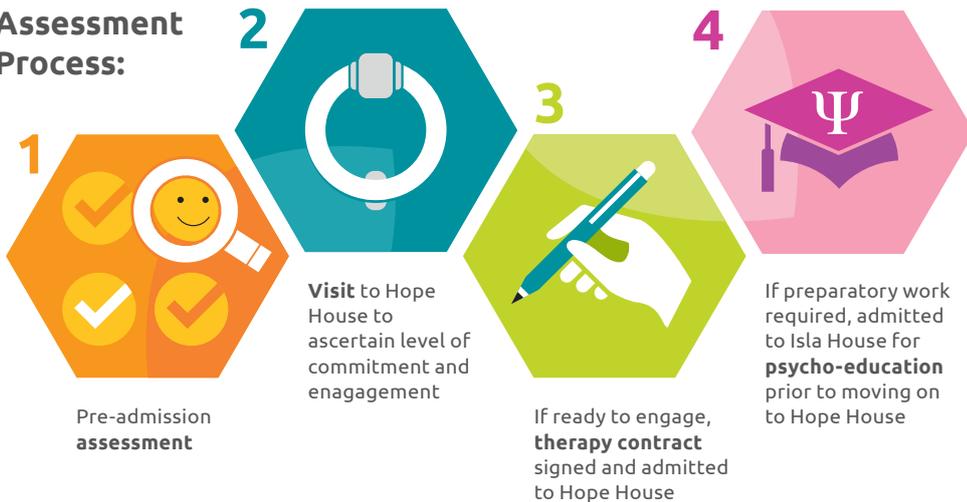


What our patients say...

"The programme and staff on Isla helped me by preparing me for Hope. They did goal setting, goal review and other groups. They helped to prepare me emotionally, mentally and physically, so I wasn't just thrown in."

"Hope staff came to speak to me on Isla to talk about the options for the future. This got me involved in the programme and made the future seem more bearable."

Assessment Process:



Admission Criteria

Isla House accepts women who wish to decrease problem behaviours and eventually wish to engage in the intensive therapy programme but require preparatory work to do so.

- **Adult women 18+**
- **Diagnosis of Emotionally Unstable Personality Disorder or Borderline Personality Disorder**
- **Intellectually able to engage with the treatment programme**
- **Likely to present with suicidal and self-harming behaviours**
- **May be difficult to place in rehabilitation services**
- **Women who may or may not be detained under the Mental Health Act 1983 (amended 2007)**
- **Displaying difficulties with emotional regulation, distress tolerance and interpersonal difficulties, including self-harm, suicidal acts and substance abuse**
- **Those requiring treatment of at least one year in the DBT programme and a reasonable expectation that the patient will commit according to DBT principles, for that minimum period**

Assessment Process

The team conduct a thorough assessment to ensure the patient is appropriate for the service. Patients may be admitted directly to Hope House if they are engaged and committed to the programme or alternatively, they are admitted to Isla House for preparatory work prior to a Hope House admission.

Hope House provides the intensive 12 month DBT programme as described by Marsha Linehan, Professor of Psychology and creator of DBT.

Get in touch

For further information, to arrange a visit, or make a referral, please call our 24 hour referral line on **0800 218 2398** or email referrals@elysiumhealthcare.co.uk

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To view our video, please visit www.elysiumhealthcare.co.uk