The Sutherland Model for the Treatment of BPD

Integrating brief interventions with long term treatment.
Introduction

- What is The Sutherland Model?
  - The integration of long term and short term treatment for BPD.
  - Long term treatment The Distress Management Programme (DBT).
  - Short term treatment The Gold Card Clinic (GCC)
  - DMP began in 2006.
  - GCC began in 2012. (A Project Air initiative)
  - Both DMP and GCC developed within existing community mental health structures.
Structure of the System

- The MHI and MHR Units.
- Community Treatment Teams:
  - ACT (Acute Community Treatment Team).
  - CONNECT.
  - START (Specific Treatment and Rehabilitation Team).
- DMP sits within the START (DSH stream).
- GCC sits within the ACT.
- Clinicians from all teams provide GCC treatment.
The Distress Management Programme.

- History leading to the development of the DMP
  - Reading group in the Conversational Model led by DSH stream consultant; “colleagues came from far and wide”.
  - DBT reading group.
  - Intention to provide EB treatment to existing service clients based on local study.

- Strengths of DBT in a CMH setting.
  - Structured, manualised treatment with an evidence base.
  - Materials provided.
  - Supportive group structure for both clients and clinicians.
  - Group agreements developed by Linehan with dialectical philosophy support cohesive programme delivery.
  - NSW Health Award.
Gold Card Clinic

- GCC sits within ACT.
- Clinicians from any team can participate.
- Innovative treatment response to crisis presentations.
- Relational, skill and support focus.
- Linked with research.
- Opportunity for clients to directly influence the treatment they receive.
- A Project Air Initiative.
Acknowledgements

- Clients attending the DMP and GCC.
- Project Air.