

15 February 2024

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Our Ref: FOI/05018

Thank you for your request concerning Borderline Personality Disorder.

Your request has been considered and processed in accordance with the requirements of the Freedom of Information (FOI) Act 2000.

Please provide the following information in full for the years 2019, 2020, 2021, 2022, 2023. (Please note that I use the term 'borderline personality disorder' but would also like stats for 'emotionally unstable personality disorder' if that is the diagnostic term that your trust uses.)

1. Please provide your trust policy for borderline personality disorder diagnosis and treatment.

We do not have a borderline personality disorder policy¹.

Under Section 16 – Duty to provide advice and assistance; our policies and procedures cover the services provided by HPFT not diagnosis.

2. How much funding is received for the care of borderline personality disorder and how is this money spent?

We are a large Mental Health (MH) and Learning Disability (LD) Trust that covers four counties; Hertfordshire, Norfolk, Essex and Buckinghamshire with responsibility for Acute and Rehabilitation MH services, Children & Adolescent MH services, Community Services, Older People MH services, LD Assessment & Treatment, LD Continuing Care with two LD Forensic Medium Secure Units and one LD Forensic Low Secure Unit.

It is not possible to provide you with the requested breakdown of funding received and spent on a specific diagnosis.

3. How many adult patients are there within the trust with a diagnosis of borderline personality disorder?

Number of service users with a F60.3 Diagnosis.

2019	2020	2021	2022	2023
2179	2192	2340	2394	2374

¹ Section 1(1) Any person making a request for information to a public authority is entitled (a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and (b) if that is the case, to have that information communicated to him.

4. What specialist treatments or therapeutic interventions do the trust facilitate for all patients diagnosed with borderline personality disorder?

- Full Dialectical Behaviour Therapy (DBT)
- other DBT informed programmes including stand alone DBT skills groups, and individual DBT-informed work where reasonable adjustments are needed
- Structured Clinical Management
- Mentalisation Based Therapy – MBT is still in development in this Trust, and is offered increasingly in line with further training opportunities
- Other interventions in wider psychology which may not be specific to EUPD
- group therapy facilitated by a group analyst
- Drama therapy
- Art therapy
- Other therapies following 1st stage interventions designed to manage emotions and impulses, include trauma-focused therapies:
 - Eye Movement Desensitisation and Reprocessing (EMDR)
 - Trauma focused CBT
 - Narrative Exposure Therapy (NET)
 - CBT for Personality Disorders

5. How much does it cost the trust per year to provide medication to adults diagnosed with borderline personality disorder?

It is not possible to provide the cost to provide medication to adults with a diagnosis of borderline personality disorder.

Under Section 16 – Duty to provide advice and assistance; medication spend is not broken down into diagnosis. There are no medicines licensed for BPD, the medicines that are used are for a variety of symptoms and our prescribing systems do not link medication with the specific diagnosis of BPD or symptoms.

6. How many patients/service users with borderline personality disorder require in-patient care?

Number of Inpatients with a F60.3 Diagnosis

2019	2020	2021	2022	2023
212	156	163	160	160

7. How much does it cost the trust to facilitate this in-patient care?

It is not possible to provide the cost to facilitate in-patient care.

Under Section 16 - Duty to provide advice and assistance; this would be on an individual basis.

8. Does the trust provide dialectical behaviour therapy? If so, please provide the numbers of patients/service users who have used this service. If not, is there a plan to implement this treatment

Yes HPFT does provide DBT. We offer:

- Full DBT to Service users at high risk of serious self-harm and suicide and who are self-harming regularly. This includes group, individual, phone coaching and staff consult. Groups

are delivered weekly in a rolling programme for approximately a year. Skills are covered in 6 months and repeated to consolidate.

- DBT skills stand alone groups to people who are lower risk but who may be self-harming. These groups are identical to the groups offered to people in the full DBT programme, but do not have the individual therapy included.
- DBT 'lite' groups in Enhanced Primary Care Mental Health Service (EPMHS) for people who are not self-harming but have traits of Emotionally Unstable Personality Disorder (EUPD); these groups are 14 sessions.

Currently it is not possible to provide you with an accurate number of service users receiving DBT. This is because information is not always being recorded in a reportable manner on our Electronic Patient Recording (EPR) system. This is something we are working to resolve.

9. How many suicides of patients with borderline personality disorder have there been each year?

We are unable to provide you the number of suicides of patients with borderline personality disorder because we do not record diagnosis on our Incident Reporting system.

In order for us to provide this information would involve going through 264 reports and then manually cross referencing them against our Electronic Patient Recording system to ascertain diagnosis. At a conservative estimate of 15 mins per record, this would equate to a minimum of 66 hours work. Therefore we have applied exemption S12 - Cost of compliance exceeds the appropriate limit².

10. How many complaints have been lodged in relation to borderline personality disorder treatment?

Since 2019 we have received 8 complaints where the words "borderline personality disorder" were mentioned. We are unable to say if this relates specifically to the treatment as this is not a reportable category on our reporting system.

Should you require further clarification or like to discuss payment, please do not hesitate to contact me.

Please find enclosed an information sheet regarding copyright protection and the Trust's complaints procedure in the event that you are not satisfied with the response.

Yours sincerely

Sue Smith

**Sue Smith
Information Rights Officer**

Enc: Copyright Protection and Complaints Procedure Information Leaflet.

If you would like to complete a short survey in relation to your Freedom of Information request please scan the QR code below or click [here](#).



² Section 12 - Cost of compliance exceeds the appropriate limit