

Structured Clinical Management



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What can I expect from SCM?

SCM involves three phases: an introductory phase, intervention phase and an ending phase. Initially, the SCM treatment will focus on:-

- Assessment
- Crisis planning
- Risk assessment and management
- Your goals and barriers to treatment
- Building of therapeutic relationship
- Involvement of carers and families

The intervention phase involves:

- Increasing knowledge and skills to meet your goals
- Use of problem solving to tolerate emotions, manage mood, control impulses, reduce self-harm and improve social functioning
- Develop strategies to use medication and services appropriately
- The final phase includes:
 - Safe exit from services
 - Post-discharge planning
 - Promoting independence and fulfillment

SCM involves 40 minutes, recovery-focused individual sessions. These are delivered weekly on the Community Mental Health Assessment and Recovery Team (CMHART) premises.

The individual treatment is supplemented by the Decider Skills group work that occurs weekly, over ten weeks. Decider focuses on the skills that can help you manage difficult emotions in a more effective and skilful way.

MEDICATION

At the present, there is no medication that is proven to treat EUPD. However, you may be offered medication to alleviate related symptoms or address co-morbid conditions.

WHAT IS THE COMMITMENT FOR SCM?

Agreeing to join the SCM intervention is a commitment for up to 15 months but this is reviewed 3 monthly to evaluate suitability of the approach. Service users are expected to commit to the attendance of individual appointments.



There is also an expectation to complete brief outcome measures.

HOSPITAL TREATMENT

The most effective treatment for EUPD occurs in the community.

If hospitalisation is required, it is recommended that it is for a short stay with a clear goals, such as:

- To stabilise acute crisis
- Re– establish care and crisis plans
- Reduce means of suicide/self—harm
- Identify and mobilize current supports

WHAT IS STRUCTURED CLINICAL MANAGEMENT?

Structured Clinical Management (SCM) is an evidence-based intervention for people who have symptoms consistent with Emotionally Unstable Personality Disorder (EUPD).

EUPD is a term referring to enduring pattern of inner experience and behavior characterized by impulsivity and instability in relationships, self– image and mood.

The symptoms of EUPD can lead to a significant distress or difficulties in social, occupational and other areas of functioning.

IS SCM RIGHT ME?

If you have difficulties in the following areas, consider SCM:

- Impulsive behavior
- Managing relationships
- Problem solving
- Managing emotions
- Identify problems
- Self– harm, suicidal thoughts and behavior

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