

What is the referral process to the DBT Endeavour Programme?

If an individual is interested in attending the Endeavour programme he/she will need to be recommended by his/her consultant psychiatrist and their treatment team (community mental health team).

A member of the team will complete a standard referral form which will outline the individual's mental health history and main difficulties. This will be signed by the consultant psychiatrist on behalf of the team.

On receipt of the referral, the individual will be offered:

- Correspondence to indicate that the referral has been received and asking the person to confirm their interest in attending
- An invitation to an open information session about the programme
- An initial assessment appointment with an individual therapist from the programme to complete baseline assessments and look at the person's treatment goals.
- If deemed suitable and willing to participate, the person is then offered 4 – 6 pre-treatment sessions.
The aim of these sessions is to give the individual further information about the programme and to ensure that he/she is willing to fully commit to its requirements.

If it is agreed that the programme meets the individual's needs, it is possible that he/she might not be able to start immediately as there is a limit on the number of places available. The individual will be encouraged to link in with their usual treatment until such time as a place becomes available for them in the programme.