

Early intervention for borderline personality disorder in youth

The HYPE (Helping Young People Early) clinic is a prevention and early intervention program for youth (15-24 years-old) with emerging Borderline Personality Disorder (BPD), integrated within a frontline public mental health service. HYPE has developed a practical, integrated and team-based systemic service model for time-limited collaborative engagement and management of BPD in youth. The intervention is comprised of case management, general psychiatric care and 24 sessions of Cognitive Analytic Therapy (CAT, Ryle 1997), along with, family work, crisis support and inpatient care (as appropriate). Randomised controlled trial data supports the effectiveness of the HYPE intervention. The workshop will focus upon the service delivery framework, the application and utility of CAT in this patient group and data supporting the effectiveness of the program.