

Does the treatment work?

In 2014 Millfields published the first quantitative evidence of the effectiveness of its treatment model to emerge from the Dangerous and Severe Personality Disorder (DSPD) programme*. This programme was an initiative of the UK Government in the early 2000s, and its aim was to address the lack of services for personality-disordered offenders through the development of a network of assessment and treatment units in prisons and secure psychiatric hospitals.

“You might see it as a swerve but this is no easy ride compared to prison.”

The results of our study showed evidence of a significant decrease in risk scores on the Violence Reduction Scale (VRS) as patients progressed through treatment. We also found a significant reduction in emotional distress, showing that the Millfields therapy programme can successfully address symptoms that would otherwise have the potential to elevate violence risk and complicate management.

We are currently carrying out an in-depth, qualitative study of the views of professionals, experts and service users, as to which personality-disordered offenders require treatment in hospital.

* Wilson K, Freestone M, Hardman F, Blazey F & Taylor C (2014). Effectiveness of modified therapeutic community treatment within a medium-secure service for personality-disordered offenders. *Journal of Forensic Psychiatry & Psychology*, 25(3): 243 – 261.

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Other services

Millfields is a member of the London Pathways Partnership, a consortium of four mental health trusts providing offender personality disorder services:

- ✦ A London-wide community service, working with the National Probation Service.
- ✦ HMP Belmarsh London Pathways Progression Unit.
- ✦ HMP Swaleside Pathways Service.
- ✦ YOI Aylesbury Personality Disorder Service.
- ✦ The North London Challenge Programme for personality-disordered sex offenders.
- ✦ A Mentalization-Based Therapy Group for men with antisocial personality disorder who are currently in the community.

Millfields Unit

A medium secure personality disorder service for safe, effective assessment, treatment and risk management

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Who is the service for?

Millfields is a 16-bed medium secure service for adult male offenders with personality disorder, who pose a high risk of causing serious harm to others.

Our broad admission criteria are:

- ✧ Primary diagnosis of personality disorder.
- ✧ Any co-morbid mental illness should be treated and stable.
- ✧ Detainable under the Mental Health Act.
- ✧ From London or the South of the UK.
- ✧ There should be some evidence that the individual is motivated to address his problems in treatment.

We do not accept the following individuals:

- ✧ Those with a primary diagnosis of severe and enduring mental illness.
- ✧ People whose core psychological problems concern child sex offending.
- ✧ Learning disability or IQ below 70.
- ✧ Organic brain disorder.
- ✧ Autistic spectrum disorder (unless mild).

“Look in the mirror – do you see a person who wants to change or not?”

We do accept self-referrals – just write to Dr Celia Taylor, Lead Clinician, telling us a bit about yourself and we will get in touch.

We are always happy to discuss individual cases: please ring our Lead Administrator Joan Woolcock on 020-8510 2632 and she will put you through to one of our senior clinicians.

The model of care

Millfields runs an Accredited Therapeutic Community (TC), with additional offending behaviour groups and individualised treatment for those who need it. The theoretical basis to our work is integrated, in that we successfully combine psychodynamic and more structured, skills-based approaches.



Our commitment is to provide treatment that:

- ✧ Is structured, consistent, and has a shared focus and purpose.
- ✧ Is tailored to meet individual needs.
- ✧ Involves a clear and honest relationship with the clinical team.
- ✧ Lasts long enough to give people a chance to change.
- ✧ Where possible, is “joined up” with other important aspects of life, such as family and neighbourhood.

In return we expect a commitment to:

- ✧ Attend all groups and individual sessions.
- ✧ Take a genuine, active part in the therapy.
- ✧ Stick to the Unit rules and boundaries.
- ✧ Learn to resolve difficulties with the clinical team and/or fellow patients.

“This is a chance to break the cycle – a place where people are civilized. There is no culture of criminality compared to prison.”

The therapy programme

The timetable is very full, so that people can make the most of their stay. Assessment and treatment include:

- ✧ Offence analysis and formulation.
- ✧ Structured assessments of risk and regular measures of change.
- ✧ Orientation to Therapy.
- ✧ Community Meetings.
- ✧ Small Psychotherapy Groups.
- ✧ The Self-Change Programme (a 9-month, NOMS accredited violence reduction course).
- ✧ Substance Misuse (also 9 months long).
- ✧ Art psychotherapy.
- ✧ Individual psychotherapy.
- ✧ Pathways planning.

“In prison you can stay under the radar: you don’t have to look at yourself and your old behaviours. If you’re really up for change this is the place.”

We pay a lot of attention to desistance work – in other words, to developing people’s skills, strengths and talents in order to help them prepare for a crime-free future in society. We therefore offer:

- ✧ Education, e.g. literacy, IT skills.
- ✧ Reading Aloud Group.
- ✧ Clay Group.
- ✧ Cooking.
- ✧ Paid work, e.g. Editor of the Millfields Chronicle, Picture Framing, Shop Worker.
- ✧ Gym and Sports Hall.
- ✧ Social events.

“Therapy is really difficult but you get out what you put in.”