Mentalization Based Treatment for High Risk Offenders with Antisocial Personality Disorder
MBT-ASPD

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A Partnership Project

- The project is a partnership between HDUHB and the National Offender Management Service in Wales.

- The project forms part of the Wales Offender Personality Disorder Pathway (Wales OPD Pathway) which implements the OPD Strategy.

- A key principle underpinning this strategy is the joint commissioning and delivery by NHS and National Offender Management Service of treatment pathways for high risk offenders, with personality disorder.
The strategy seeks to improve the management and treatment of offenders for whom there is a clinically justifiable link between PD and risk of violent re-offending.

Research suggests that up to 63% (Moran, 1999) of the UK male prison population have ASPD that influences their offending/violent behaviour/recidivism rates.

ASPD is associated with co-morbidity and increased mortality.

ASPD has major public health implications because of its association with drug abuse, suicide, early unnatural death, violent crime, unemployment, homelessness and family violence.
MBT Treatment Programme

- The MBT Wales project is one of 13 MBT-ASPD pilot sites developed nationally and co-ordinated by the Tavistock and Portman NHS Foundation Trust.

- As part of the OPD Pathway Males with a significant history of violent offending who are assessed as presenting a high risk of harm to the public (based on OASys) are discussed in a case consultation (Offender Manager and Clinical Psychologist) and a Personality Disorder Screening completed.

- Males, over 21 with a history of violence are referred to MBT. A clinical interview and further psychometric assessments are completed. Those meeting the diagnostic threshold for Antisocial Personality Disorder and who are subject to supervision with six months remaining are considered for inclusion. Exclusion criteria include: an offending history in which offences are predominantly sexual, cognitive impairment.

- Based in Llanelli it is jointly delivered by Clinical Psychologists seconded from HDUHB, Specialist Offender Managers from the National Probation Service, and a Service User Consultant.
Treatment Format

- Treatment is for 1 Year: weekly group (75min) and monthly individual sessions (60min).

- The Group is used as ‘a process’ through which to increase the understanding of emotions and develop mentalizing skills.

- Mentalizing is the capacity to focus on the mental states in oneself and in others, particularly in inferring explanations of behaviour.

- The ability to mentalize increases flexibility in thinking; slowing down the impulsive responses and exploring alternative explanations rather than making assumptions.

- Researchers believe that the ability to mentalize is impaired in people with certain personality disorders, and that this can often lead to problematic, distressing and often harmful behaviour, putting both the person themselves and others around them at risk.
OUTCOMES

- Psychometrics are completed 3 monthly and are collated by T&P.

- Since start-up in September 2014. None of those starting in Sept 2014 have been recalled for violent offences. This result contrasts with typically high recidivism and recall rates while on licence in the community.

- The group is currently running at capacity (7-9 members) with two members due to graduate early November 2015.

- Working in partnership has not only benefitted the client group but has also increased the knowledge and skills of staff involved in the provision of care, thereby raising the likelihood of a consistent and integrated service.
A recent review of attendance rates for MBT-ASPD shows a rate of 75.4% over the first 10 months of treatment.

UK project coordinators highlight that:
- 50% = expected attendance rate
- 60% = good attendance rate

Retention rate over 10 months = 81.8%

Just under 80% reflects an excellent (and unusual) level of engagement and represents the highest across all MBT sites.
Comments

- ‘The group helps to mellow people out’
- ‘It helps get things off my chest’
- ‘Good to be with others who think the same’
- ‘It has helped me see that my right is wrong’
- ‘You guys have a lot to deal with listening to all of us’
- ‘I may not be able to fulfil my dreams now but I can try not to make things worse and improve my lifestyle’
The Future

- The MBT Wales anticipates being included in the Randomised Controlled Trial led by Professor Peter Fonagy. This is the first major research project investigating the effectiveness of MBT with Offenders with ASPD.

- Funding is currently expected to continue until March 2018.

- As the only project of its kind in Wales, the service aims to build a cross-agency workforce that is confident and competent in working with this difficult to engage client group.
References