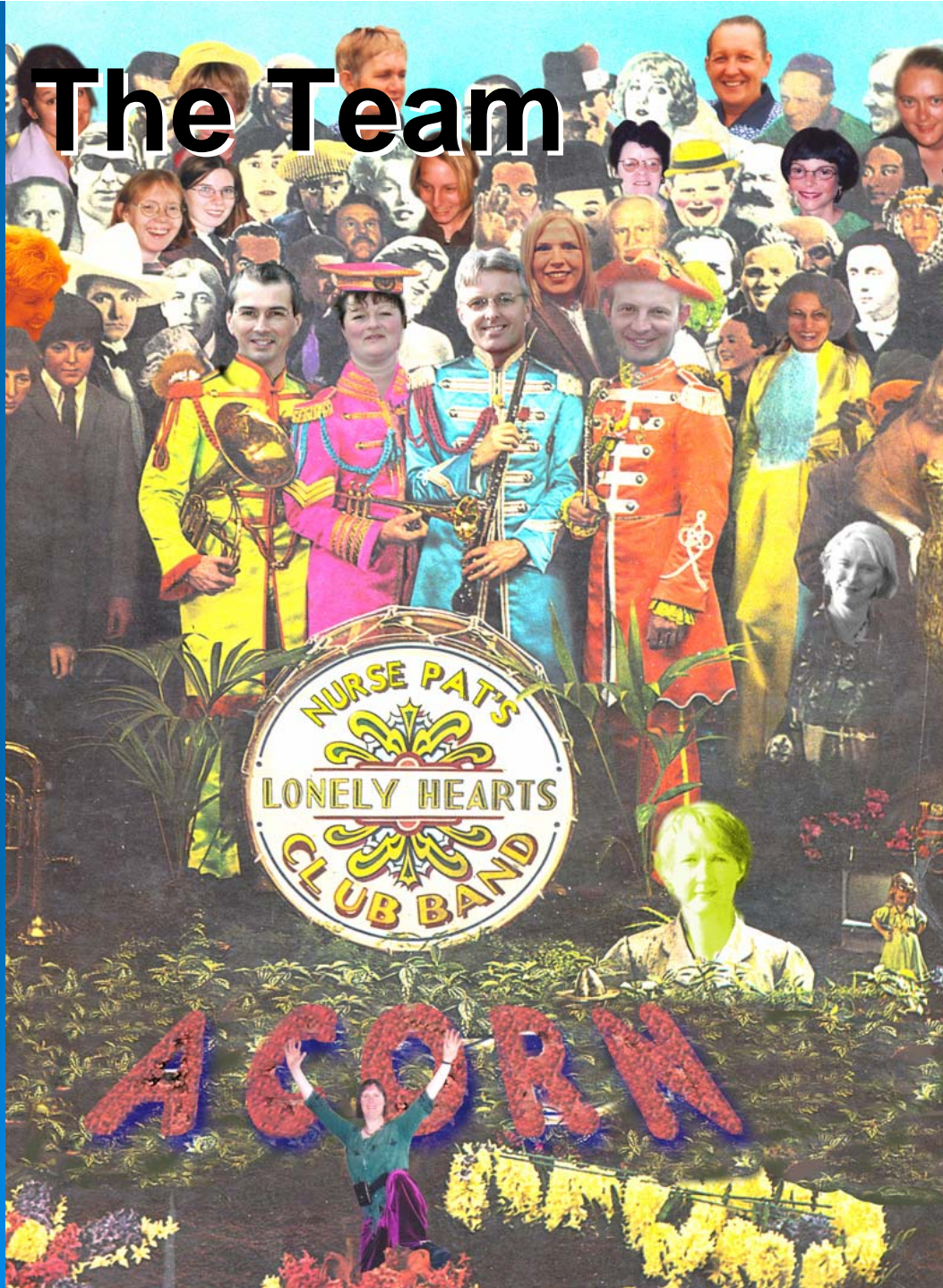




What do I have to do
to get you to react?

Jamie, Chris Dawson & Vicky Gavin
The Acorn Programme
the Retreat York

The Team





Acorn Programme
The Retreat York

The Acorn Programme

- 10 residents plus day patients
- Women only
- Therapeutic Community
- Dialectical Behaviour Therapy



The Technology: A DBT-informed Therapeutic Community

- Community living, group process
 - Reality Confrontation
 - Living-learning
 - Democratisation
 - Flattened hierarchy
- Language and Culture informed by DBT
 - Psychosocial model of BPD
 - Behavioural Analysis
 - Skills Training

Clients 2000 - 2006

- 137 admissions (136 female!)
- Mean age 31.5 yrs (sd= 9.8, range 18-59)
- All NHS-funded tertiary referrals
- Mean in-pt admission length 24 weeks (sd=16 weeks)
- Planned admission 8 months (followed by 4mths day-client and 12 months graduate group)

Clients 2000 - 2006

- Referral diagnosis BPD 65% ED 16% Both 19%
- History of
 - CSA 65%
 - Adult rape 9%
 - Other Interpersonal trauma 6%
- Mean 7.25 years of psychiatric services / range 3-13 yrs (current cohort)

Change - whose perspective?

- Parent: “Thank you for saving her life – she would have been dead by now”
- Client: Change was personal and profound and not always apparent to others
- Graduate: “There are so many changes, some good some painful. My self-harm is so much better! I’m not sure if its because I mentally go through a chain analysis before the act. Reducing behaviours means increasing emotions...life post-Acorn is infinitely more challenging. I suppose its an ongoing process – Acorn doesn’t provide a ready made life for people to step into once they leave. I will never forget the people I met and the impact they had on my life, they taught me so much. I carry those lessons with me in my head and in my heart, and they give me the strength to live just one more day at a time”