



CofC
THE COMMUNITY
OF COMMUNITIES

NEWSLETTER

QUARTERLY UPDATES AND NEWS

WELCOME TO THE NEW CYCLE



April marks the end of the 2022-2023 cycle. During the past 7 months, CofC have hosted and facilitated over 45 Accreditations, Peer-Reviews, Supportive Visits and Self-Reviews. We also ran and delivered Peer Reviewer, Lead Reviewer and TC Specialist Training, as well as regular community meetings where members presented their research and best practices.

CofC would like to thank you for taking part in this cycle.

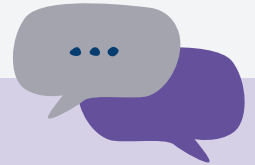
In order to review our processes and improve on these going forward, please complete the cycle feedback form by clicking on the yellow button below.

[Complete the 2022-2023 Cycle Feedback Form >](#)

THANK
YOU

UPCOMING EVENTS

We have plenty of upcoming events and activities coming up over the next few months. For more information, please get in touch with the CofC team at cofc@rcpsych.ac.uk



IN PERSON:

The CofC 2023 Annual Forum

Therapeutic Communities: An inclusive model? Adaptability, diversity, and creativity.

Tuesday 6 June 2023

[Click here to book](#)

ONLINE:

Preparing for Accreditation Training

Tuesday 18 July 2023

TC Specialist Training

Tuesday 1 August 2023

Peer Reviewer Training

Tuesday 8 August 2023

Lead Reviewer Training

Tuesday 15 August 2023



CofC
THE COMMUNITY
OF COMMUNITIES

NEWSLETTER

QUARTERLY UPDATES AND NEWS

NEWS FROM SEQUOIA

In October 2022 Sequoia Therapeutic Community, Navigo, Grimsby won the Adult Complex Needs Award (inc. Personality Disorders) at the annual Positive Practice in Mental Health Awards.

This service was set up after recognising a local need of people struggling with personality disorders with a lack of suitable treatment to meet their needs. We found people were bouncing in and out of acute services without any real hope in how they could move forward. This led to conversations from the Acute Operational Service Manager Suzanne Brown and Consultant Psychiatrist Dr Wojciech Gierynski about setting up this service. From then, the service has gone from strength to strength, winning awards and having people come through their doors complete the programme and leave with the tools and skills to support them to lead a life worth living.

The Service is for people with Emotionally Unstable Personality Disorder and involves a 12-week preparatory group which teaches Mentalisation Based Therapy Information (MBTi). This allows people to understand the basic teaching element of the programme and show their commitment to the programme and their change journey, as they attend 2 x mornings twice a week. Members have to attend 80% of the time in the preparatory group and into the main group, otherwise they risk a strike, which may lead to a 28 day suspension from the programme.

Following completion of MBTi preparatory group, the main Sequoia Programme consists of 2 x years, 3 x days per week 10am till 3pm. This continues with the teaching element of the programme along with MBT therapy, DBT skills, Mindfulness, Emotion regulation along with other things, such as, cooking, eating and celebrating together. The values of the Sequoia programme are based on the Community of Communities core values of, attachment, containment, respect, communication, interdependence, relationships, participation, process, balance and responsibility.

One of Sequoias community members wrote the following poem:

"Please don't give up on me and my emotional instability, self-harm, overdoses, so many ward stays. I need to be taught some better ways. Mindfulness and learning to self-regulate, has to be better than cutting and self-hate, anxiety, depression and panic attacks. Thank you, Sequoia, for bringing me back."



Congrats!