



Prevention, early detection and timely intervention for Borderline Personality Disorder in youth

Borderline Personality Disorder (BPD) is a leading candidate for developing empirically-based prevention and early intervention programs because it is common in clinical practice, it is among the most functionally disabling of all mental disorders, it is often associated with help-seeking, and it has been shown to respond to intervention, even in those with established disorder. Moreover, BPD can be reliably diagnosed in its early stages and it demarcates a group with high levels of current and future morbidity and mortality. Data also suggest considerable flexibility and malleability of borderline personality disorder traits in youth, making this a key developmental period during which to intervene. The Helping Young People Early (HYPE) program in Melbourne, Australia is a novel program for BPD in youth (15-24 year-olds). It provides early detection of the BPD phenotype and early intervention using an integrated, team-based intervention model comprising Cognitive Analytic Therapy (CAT; Ryle & Kerr, 2002), assertive case management, and general psychiatric care.

This workshop will cover the following:

- 1) The rationale for prevention and early intervention for BPD;
- 2) An overview of the HYPE model of care and Cognitive Analytic Therapy;
- 3) Practical application of the model, using case examples;
- 4) Effectiveness data supporting HYPE (Chanen, 2008, 2009).

A variety of teaching modes will be used, including group discussion, didactic teaching and DVD material.