Workshops on Borderline Personality Disorder for Mental Health Clinicians

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Introduction

Prevalence
- Borderline personality disorder (BPD) is estimated to affect one to two percent of the general population. Borderline personality disorder is considered to be the most common personality disorder seen in mental health settings. ³

Stigma
- Mental health clinicians have reported negativity towards working with patients with BPD due to the stigma associated with the disorder. ¹
- Mental health clinicians have reported feeling anxious, uncomfortable, challenged, manipulated, and apathetic about working with this population. ¹

Lack of Training
- Mental health clinicians have reported a lack of training and confidence working with the disorder. ⁴

Purpose
- To provide workshops to educate mental health clinicians on evidence-based treatments for patients with BPD.
Training mental health clinicians about evidence-based practices, stigma, and BPD in general, promotes the social work code of ethics.

Workshops on BPD for mental health clinicians promote three of the following principles of the code ethics:

- Competence
- Importance of human relationships
- Dignity and worth of the person
Cross-cultural Relevance

- Borderline personality disorder is a diagnosis that is generally recognized all over the world by mental health clinicians.  

- Hispanics had higher rates of BPD than Caucasians and African Americans.  

- Ethnic minorities may experience similar symptoms of BPD such as: isolation, identity confusion, lack of control, and anxiety due to the acculturation process.
Methods

Target Population
- The proposed workshops will target mental health clinicians who work or will work with individuals with BPD in Orange County.

Strategies Used to Identify Funding Sources
- Grant databases and online searches were performed to identify and select potential funding sources.
- Key terms such as: “mental health trainings”, “mental health”, “mental health education”, “mental health grants”, “borderline personality disorder”, “treatment of BPD”, and “workshop grants” were used.

Funding Source Selected
- The National Institutes of Health (NIH) was identified as the best funding source for this proposal.
- The National Institutes of Health was selected based on the funding criteria.
Methods

Sources Used for the Needs Assessment
- Performed literature review on BPD using peer reviewed journals.
- Orange County Health Care Agency, Behavioral Health Services, Center of Excellence
- U.S. Census Data

Projected Budget Range and Categories
- Salaries and Benefits
- Direct Costs
- Indirect Costs
- In-Kind Donations
- Wi-Fi Internet
- Total Amount Requested: $53,605
Grant Proposal

Program Summary and Description
● The program will be offered at Orange County Health Care Agency, Behavioral Health Services, Center of Excellence in Santa Ana, California and will consist of 4-hourly, quarterly workshops to educate mental health clinicians on evidence-based treatments for patients with BPD.

Population Served
● The workshops are aimed at mental health clinicians working in public mental health, substance and alcohol abuse services, inpatient, outpatient, private practice, crisis and rehabilitation settings to better serve patients with BPD.

Sustainability
● Training materials (presentation, curriculum, and training manuals) will be provided to OCHCA, BHS, COE for future use.
● Social work interns will be recruited and trained yearly to provide trainings to new clinicians on BPD.
Grant Proposal

Program Objectives

- **Objective 1**: Participants will gain knowledge on current concepts of the diagnosis (stigmas), etiology, prognosis, and effective treatments for BPD through a 4-hour workshop.

- **Objective 2**: Participants will gain knowledge on evidence-based treatment for BPD using principles of psychodynamic and cognitive-behavioral therapy.

- **Objective 3**: Participants will gain knowledge on different cultures and ethnic groups in the County of Orange as well as multicultural issues associated with the diagnosis.

Program Evaluation

- The program coordinator will be responsible for creating an evaluation tool and administering the pre and post workshop surveys.

- Data collected and analyzed will be used to refine the program and for future grant application purposes.
Lessons Learned & Implication for Social Work

Lessons Learned

- The need for educational workshops for mental health clinicians that work with patients with BPD.
- The grant writing process

Implications for Social Work Practice

- Social workers play an important role in the field of mental health, especially because they work with vulnerable populations such as people with BPD.
- It is critical that social workers are knowledgeable and clinically competent to provide the best treatment possible to people suffering from BPD.
References


