



STRATEGIC PLAN 2023-2025

VISION: People living with borderline personality disorder (BPD)¹, personality difficulties and complex trauma² access appropriate and optimistic treatment and support for themselves and their families /carers.

MISSION: To advocate for systemic change and enable a positive culture that supports the recovery and wellbeing of people with BPD (with or without experiences of complex trauma) and their families/carers³.

PURPOSE: To bring together people with lived experience of BPD, carers, health and mental health researchers, clinicians, and workers to advocate for people with BPD (with or without experiences of complex trauma) to access equitable evidence-based treatment and support wherever and whoever they are.

The VALUES we hold:

Respect & Inclusion: We are focused on bringing together the diverse perspectives of people with lived experience of BPD, carers, clinicians, non-clinical workers, and researchers to encourage a positive culture around the mental health issue currently known as BPD (with or without experiences of complex trauma).

Driven: We are dedicated to improving the lives of people living with BPD (with or without experiences of complex trauma).

Lived Experience: We listen to and respect the voices of lived experience in everything we do.

Collaboration: We are stronger and achieve more by working in partnership.

Integrity: We walk the talk and never forget why we're here.

¹ In recognition of the unique stigma and discrimination the focus of the foundation is currently based on what is described in the DSM-5 as 'BPD'

² The Foundation chooses to use the terms BPD and complex trauma. We recognise the significant overlap in symptoms surrounding personality difficulties and complex trauma.

³ The term 'carers' is used to include family by birth and family of choice/friends/supporters/kin.

PILLARS

Systemic Advocacy

Conduct systemic advocacy for evidence-based treatment and support services for:

- people with BPD and complex trauma, when required and close to where they live
- family of birth and choice who are supporting a person with BPD and complex trauma, when required and close to where they live

Create a positive culture about BPD

Actively work to address stigma and discrimination.

Raise awareness and promote understanding about BPD and complex trauma.

Inform, educate and train

Ensure people with lived experience ('consumer' and 'carer') can readily access accurate information, via various platforms in an environment that promotes hope and optimism. Wherever possible this material is made available free or with nominal cost (e.g. online, webinars, conferences).

Provide education and training to the mental health and allied sectors to increase appropriate, respectful, and compassionate care to:

- recognise BPD
- respond effectively
- treat people with BPD
- provide appropriate support to carers.

This will be provided in an environment of hope and optimism, encouraging a positive culture around BPD and with or without experiences of complex trauma.

MEASURABLE GOALS

Continue leading the campaign for the *National Consensus Statement By, With and For People Impacted by BPD* to increase awareness and momentum:

- Invite people to show their support online and write to their MPs.
- Grow the number of key stakeholders (& logos)
- Update the signatories, MH Ministers, and MH Commissions on progress.
- Continue to engage with and develop relationships with mental sector organisations.
- Progress and promote a National Model of Care.

Resources:

- Board Members - use their existing networks to secure more individual and organisational support (e.g. logos, internal position papers) and to share leads with President.
- Volunteers - with health system advocacy skills.

Lead a collaboration group of individuals and organisations to plan a campaign for BPD Awareness Week.

Empower everyone to call out stigmatising content whenever they become aware of it (e.g. publications, the media, websites)

Maintain an active role in the current debate about the label 'BPD' and amplifying the voices of lived experience in that debate.

Resources:

- Funding
- Active group of volunteers

Deliver more education and training to upskill and increase the confidence and willingness of everyone working in the mental health and allied sectors to engage and work with people with lived experience of BPD (with or without experiences of complex trauma).

Resources:

- Funding from government

ENABLERS

Collaborative relationships between people with lived experience of BPD and complex trauma, carers, clinicians, researchers, and policy makers

Sound governance, reliable funding, and dedicated people

The **Stakeholder Engagement Framework** and **Action Plan** guides a strategic approach with each stakeholder group (Government, professional bodies, etc) to progress the three Pillars of this Strategic Plan. The Action Plan outlines communication messages, engagement tactics, communication channels and content which are targeted by project stage and stakeholder group.

Priority	Activities	KPI's
<p>1.1 Develop a Stakeholder Engagement Action Plan (including government, professional bodies, etc)</p> <ul style="list-style-type: none"> to ensure communication messages, engagement tactics, communication channels and content are targeted by project stage and stakeholder group and that there is a clear schedule and accountability for implementation. 		
<p>1.2. Advocate for a national model of care: -</p> <ul style="list-style-type: none"> for people with a lived experience of BPD and complex trauma disorders with agreed referral and treatment pathways an accompanying national framework for the family/friends/carers of supporting a person with lived experience of BPD and complex trauma 		
<p>1.3 Advocate for improved access to treatment through an increased number of Better Access sessions (or similar scheme)</p>		
<p>2.1 Amplifying the voice of people with LE of BPD to guide policy reforms.</p>		
<p>2.2 Continue to drive and be involved in BPD Awareness Week</p>		
<p>3.1 Ensure information on our website and social media platforms is updated regularly to reflect best practice</p>		
<p>3.2 Continue to advocate for appropriate training of diverse disciplines informed by our National Training Strategy</p>		
<p>3.3 Advocate for a national BPD training framework for health professionals</p>		