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Borderline Personality Disorder

Overview

Borderline personality disorder is a mental illness marked by an ongoing pattern of varying moods, self-image, and behavior. These symptoms often result in impulsive actions and problems in relationships. People with borderline personality disorder may experience intense episodes of anger, depression, and anxiety that can last from a few hours to days.

Signs and Symptoms

People with borderline personality disorder may experience mood swings and display uncertainty about how they see themselves and their role in the world. As a result, their interests and values can change quickly.

Other signs or symptoms may include:

-Efforts to avoid real or imagined abandonment, such as rapidly initiating intimate (physical or emotional) relationships or cutting off communication with someone in anticipation of being abandoned.

-Distorted and unstable self-image or sense of self.

-Self-harming behavior, such as cutting

-Recurring thoughts of suicidal behaviors or threats

-Intense and highly changeable moods, with each episode lasting from a few hours to a few days

-Chronic feelings of emptiness

-Inappropriate, intense anger or problems controlling anger

Risk Factors

The cause of borderline personality disorder is not yet clear, but research suggests that genetics, brain structure and function, and environmental, cultural, and social factors play a role, or may increase the risk for developing borderline personality disorder:

- Family History.
- Brain Factors.
- Environmental, Cultural, and Social Factors.

Borderline personality disorder has historically been viewed as difficult to treat. But, with newer, evidence-based treatment, many people with the disorder experience fewer or less severe symptoms, and an improved quality of life. It is important that people with borderline personality disorder receive evidence-based, specialized treatment from

an appropriately trained provider. Other types of treatment, or treatment provided by a doctor or therapist who is not appropriately trained, may not benefit the person.

Psychotherapy

Psychotherapy is the first-line treatment for people with borderline personality disorder. A therapist can provide one-on-one treatment between the therapist and patient, or treatment in a group setting. Therapist-led group sessions may help teach people with borderline personality disorder how to interact with others and how to effectively express themselves. It is important that people in therapy get along with, and trust their therapist.

Two examples of psychotherapies used to treat borderline personality disorder include: Dialectical Behavior Therapy (DBT) and Cognitive Behavioral Therapy (CBT).

See more at:
<https://www.nimh.nih.gov/health/topics/borderline-personality-disorder/index.shtml>

“Eating well and exercising regularly are both aspects of physical self-care that have been shown to improve an individual’s state of mind.”

Sunpath Outcomes on Consumer Satisfaction Surveys

The Consumer Satisfaction Survey is helping Sunpath to improve services in all areas. This survey is conducted twice a year. Here it is the outcomes for the first six months of this year. We want to say thank you to all our consumers and their families to participate on this important process:

Intensive in Home Community Support Team	100%
Outpatient Therapy	94%
Substance Abuse	93%
	87%

Overall 97%

“Thank you very much for your participation on the surveys”

Self-Care

The term self-care describes the actions that an individual might take in order to reach optimal physical and mental health. Mental health professionals often use the term self-care to refer to one’s ability to take care of the activities of daily living, or ADLs, such as feeding oneself, showering, brushing one’s teeth, wearing clean clothes, and attending to medical concerns. Physical self-care, such as sleep and exercise, is also an ADL.

Self-care can also refer to activities that an individual engages in to relax or attain emotional well-being, such as meditating, journaling, or visiting a counselor. Because an extended failure to care for one’s self can result in illness or hospitalization, individuals who find themselves unable to take care of their own needs may find it helpful to speak to a therapist.

Why Self-Care Is Important

Sometimes people attempt to meet the needs of family members, employers, children, friends, or society in general before meeting their own needs, and working to please and care for others often interferes with one’s self-care routine and can

take a toll on a person’s well-being. People who have dependent personalities or experience depression, codependency, or anxiety may also fail to meet their self-care needs. However, self-care is often considered to be an important aspect of resiliency: those who are able to adequately meet their needs are often able to better cope with everyday stressors.

Individuals in a transition phase or those who are facing changing circumstances may neglect self-care. College students, for example, may experience excitement when first leaving home, but as they adjust to life in a different environment with new behaviors and responsibilities, they may experience significant stress, anxiety, and other emotional turmoil. However, those students who engage in behaviors that promote health—exercising, sleeping and eating well, and keeping in touch with loved ones—have been shown to face less stress during their transition, and research shows they are less likely to develop anxiety or depression or drop out. These self-care skills may also lead to resiliency that continues to have a positive effect throughout life.

Self-Care Activities to Boost Well-Being

Meeting one’s own needs tends to make a person more able to help and support others and, generally speaking, to obtain more happiness and fulfillment from life. In order to facilitate your own healthy routine to make sure your needs are met, it can be helpful to develop a self-care plan centered on three key components: physical, mental, and spiritual self-care. Eating well and exercising regularly are both aspects of physical self-care that have been shown to improve an individual’s state of mind. Many reputable sources recommend about 75 to 150 minutes of physical activity each week. You do not have to run a marathon or pump iron; a simple 30-minute walk at least a few times a week will suffice. Prioritizing sleep is another physical self-care tactic. Try committing to 7-9 hours of sleep each night for a week and see how you feel when properly rested.

See more at:
<https://www.goodtherapy.org/learn-about-therapy/issues/self-care>

If You Know Someone in Crisis

Call the toll-free National Suicide Prevention Lifeline (NSPL) at **1-800-273-TALK (8255)**, 24 hours a day, 7 days a week. The service is available to everyone. The deaf and hard of hearing can contact the Lifeline via TTY at 1-800-799-4889. All calls are confidential. Contact social media outlets directly if you are concerned about a friend's social media updates or dial 911 in an emergency.

5 Action Steps for Helping Someone in Emotional Pain

1. **Ask:** “Are you thinking about killing yourself?” It’s not an easy question but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.
2. **Keep them safe:** Reducing a suicidal person’s access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.
3. **Be there:** Listen carefully and learn what the individual is thinking and feeling. Findings suggest acknowledging and talking about suicide may in fact reduce rather than increase suicidal thoughts.
4. **Help them connect:** Save the National Suicide Prevention Lifeline’s number in your phone so it’s there when you need it: 1-800-273-TALK (8255). You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.
5. **Stay Connected:** Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.

Treatment Team Meeting Outcomes

Every 3 months a Treatment Team Meeting is conducted between the staff, the consumer and the consumer support system to evaluate progress and work with the consumer on their necessities.

The Treatment Team Surveys for this period revealed the following percentages of satisfaction for the first and second quarter of this year:

Intensive in Home	100%
Community Support Team	100%
Outpatient Therapy	99%
Substance Abuse	100%

The Overall Satisfaction reported is **99%**.

“Thank you very much for your participation on the surveys”



Stakeholders Satisfaction Surveys

The Stakeholders Satisfaction Survey is helping Sunpath to improve services in all areas. During the first 6 months of this year our Stakeholders showed a **99%** of satisfaction.

See more at:
<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>



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*Pathway to brighter
futures...*



Bilingual Services

If you or someone that you know need services in Spanish, please contact us to our offices to assist you.

Si usted o alguien que usted conozca necesita servicios en Español, por favor comuníquese a nuestras oficinas para poder asistirle.

About Sunpath, LLC.

Sunpath LLC is a nationally accredited by CARF and CABHA certified behavioral health agency that provides mental health and substance abuse services to individuals and families in Western North Carolina. We provide an efficient and effective array of services that are psycho-educational and supportive in nature. These services are intended to meet the Mental Health, Developmental Disability, and Substance Abuse needs of clients with significant functional deficits or who because of negative environmental, medical or biological factors, are at risk of developing or increasing the magnitude of such functional deficiencies.

Sunpath LLC focused on providing the highest caliber service through professionalism and building a dependable therapeutic rapport with consumer and their families.

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We're on the Web!

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