

**COMPLEX NEEDS SERVICE**

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**Invitation to participate in the Therapeutic Community Intervention Trial (TACIT)**

We are carrying out a study of the Oxfordshire Complex Needs Service to find out if it is helping people who have longstanding emotional and interpersonal difficulties, and to compare it to an alternative approach, that of using a crisis plan to help people get through difficult times.

If you suffer from these kind of problems, and are interested in trying a different approach to them, you might be interested in taking part in this study.

**As part of our study, we need to find out:**

- Whether therapy in the Complex Needs Service might help you with your difficulties.
- Whether using a Crisis Plan helps as much, or is more helpful, or less.
- If using either of these to help with your difficulties affects the way you use other healthcare services.

Taking part in the study would involve *either* the offer of therapy in the Complex Needs Service, *or* using a Crisis Plan to help address your difficulties. Which you are offered is decided randomly.

**What is the Complex Needs Service?**

- Having therapy in the Oxfordshire Complex Needs Service would involve having group psychotherapy for up to two years to help address longstanding emotional difficulties. This would consist of a single group of two hours a week for a month or two, followed by either a daily series of groups Monday to Friday or, if you have work, childcare or other commitments, two groups a week for 18 months. The Complex Needs Service has bases in Oxford, Banbury, Wallingford and Witney, and the groups are held in all these towns.

**What is a Crisis Plan?**

- Having a Crisis Plan would involve working with a member of the Complex Needs team to construct a plan of what to do and what might prove helpful when you are feeling desperate, down, or in a crisis. This would be shared with your GP, and CMHT if you have one, and we would help you think through what things might prove helpful and how you might put things in place to help you through when things are difficult.

If you were to take part in the study we would ask you to meet with a researcher and complete some questionnaires at regular intervals. All the answers you give us are confidential. At the end of the study we will write a report based on a summary of all the information gathered from the different services. The report will not identify anyone in any way.



**Other details about the research**

You may also want to know the following:

- You don't have to take part, and if you decide to do so, you could change your mind at any time without giving a reason, just by telling the worker you see at the project. We would then destroy any information you had given us.
- Deciding to take part or not to take part in the study will not affect your treatment in this service or in any other health service now or in the future.

***If you are willing to take part, what should you do next?***

If you would like to help, please speak to your GP, Psychiatrist, CPN or Social Worker. Alternatively you can phone or write to the Complex Needs Service at the address at the top of this letter, and we will try and answer any questions you may have.

**Thank you for taking the time to read this information. It is entirely up to you to decide if you are willing to take part in the research or not, and what you decide will not affect your treatment in any way.**

**THANK YOU FOR YOUR TIME**

*Version 2: 9 June 2008*

