

What's the difference between Getting More Help and Getting Risk Support? By Professor Peter Fonagy



Getting Help or Getting More Help

- Evidence-based, carefully designed and tested for fidelity
- Aim of recovery, or goal of improvement expected to enhance wellbeing
- Participants committed to achieving change
- Focused activity with predetermined timeframes
- Structured with a theoretical rationale based on understanding of the disorder
- Modification to the help or support protocol is indicated by session by session treatment response

Getting Risk Support

- Individually tailored support based on an explicit collaborative shared plan for each family
- Aim of reducing the risk of harm, serious incidents, and decreasing the chance of deterioration as well as increasing self-management, resilience and agency
- Participants committed to improving their reactions to crises
- Ongoing process dependent on the young person's needs
- Pragmatically driven; family to influence structure and content of the intervention within legal constraints
- Modification to the agreed protocol is a regular occurrence in response to the safety outcomes achieved