

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



Getting help or 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 treatment 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, **catastrophic outcomes** (death, injury) 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