

On NEABPD letterhead

February 10, 2025

NH Department of Social Workers

Dear Whom This May Concern,

It has recently come to our attention, through individuals affiliated with the National Education Alliance for Borderline Personality Disorder (NEABPD), that some social workers in New Hampshire have exhibited concerning responses when treating patients with borderline personality disorder (BPD).

Given the impact that social workers have on the well-being of individuals with mental health conditions, we feel it is imperative to address the myths and misconceptions that often surround BPD. **To address these concerns, we would welcome the opportunity to present at an upcoming meeting to educate your social workers on the myths and facts of BPD. Our presentation would include knowledgeable clinicians as well as individuals with lived experience, ensuring a well-rounded and informative discussion. Through this initiative, our goal is to foster greater understanding, empathy, and improved care for every patient with BPD, ensuring that they receive fair, unbiased, and effective treatment.**

Unfortunately, BPD is one of the most misunderstood and stigmatized mental health conditions. Some of the common myths that persist include the belief that individuals with BPD are manipulative, untreatable, or incapable of maintaining stable relationships. These misconceptions not only perpetuate stigma but also create barriers to effective and compassionate care. In reality, BPD is a complex mental health disorder that is highly treatable with evidence-based approaches such as Dialectical Behavior Therapy (DBT) and other therapeutic interventions. With proper treatment and support, individuals with BPD can lead fulfilling and productive lives.

Stigmatization of BPD within the healthcare system can lead to patients feeling dismissed, misunderstood, and reluctant to seek necessary care. This can have devastating consequences, as early intervention and appropriate treatment significantly improve outcomes for individuals with BPD. It is crucial that social workers and other mental health professionals have accurate information and the necessary tools to provide compassionate and effective care.

We would be happy to discuss the details of this presentation at your earliest convenience. Please feel free to reach out to us to arrange a time that works for your team. We look forward to collaborating with you in the effort to provide equitable and stigma-free care for individuals with BPD.

Thank you for your time and consideration. We hope to hear from you soon.

Sincerely,
Brittany Eldridge

