



European Union  
European Social Fund  
Operational Programme Employment

# Intensive Home Treatment

25-01-2018

Project Support of FACT model in the Czech republic,  
n. CZ.03.2.63/0.0/0.0/15\_023/0001126



# The Netherlands: Noord-Holland-Noord



# The Netherlands: GGZ-NHN



## GGZ-NHN:

- 1353.6 km<sup>2</sup>
- 612.400 inhabitants (2014)
- 9551 patients (1-1-2016)

# Content

- IHT: vision and mission
- Cornerstones of IHT
- IHT: what do we do?
- IHT works!
- Improvement

# IHT vision

- Getting better at home!!

**“Include people into their own community,  
not into the service system”**

- Admission is an intermezzo within outpatient treatment

# IHT Mission

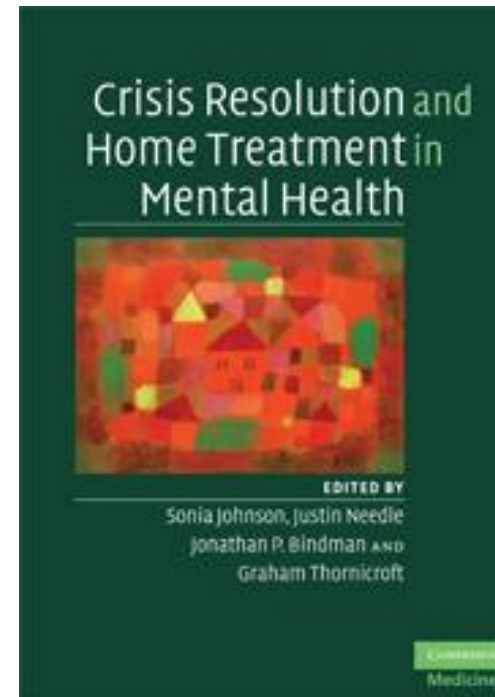


- Decrease in beds
- Decrease the risk of stigma
- Maintaining social roles
- Offer choice and uphold autonomy

# CRHT in England

- Compelling and successful way of working
- Shortening and preventing admissions
- Suits the ambition and vision of GGZ NHN
- Quality of care is central, with cost reduction as a bonus

→ visit England →  
start IHT at GGZ NHN (october 2011)



# Cornerstones of IHT

- Gatekeeping
- Rapid response time
- 24/7 availability
- Multidisciplinary
- Outreaching
- Involvement of family and carers
- Crisis involvement and liaison with further care



# Cornerstones: gate-keeping

- Requests for admission
- Pending mental health acts
- Assess **before** admission
- Decision making process
- Early discharge

# Cornerstones: Rapid response time

- IHT responds quickly to new referrals
- Immediate care is possible
- All new referrals are accepted
- Reserved time for new referrals on weekdays



# Cornerstones: 24/07 availability

- IHT teams up with a crisis team outside office hours
- Home treatment is available from 08.30 – 22.00

24/7

# Cornerstones: Multidisciplinary

- Psychiatrist (at least 1,0 fte)
- Doctor
- Social psychiatric nurses
- Psychiatric nurses
- Psychologist
- Social worker
- Peer worker
- Creative therapist

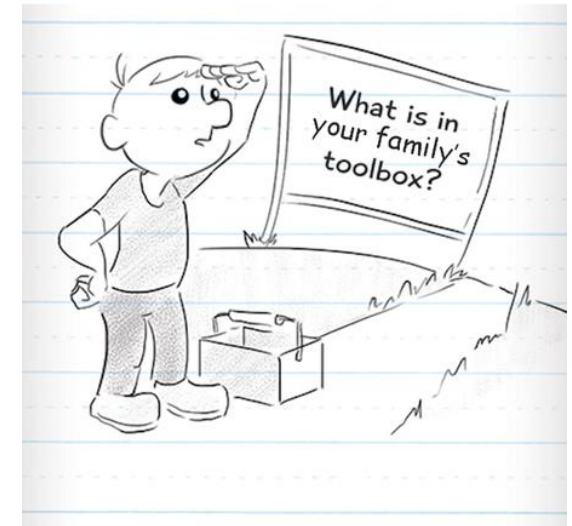
# Cornerstones: Outreaching

- Least restrictive care
- Treatment at home or at family accommodation
- Aim to see every patient in their home environment



# Cornerstones: involvement of family and carers

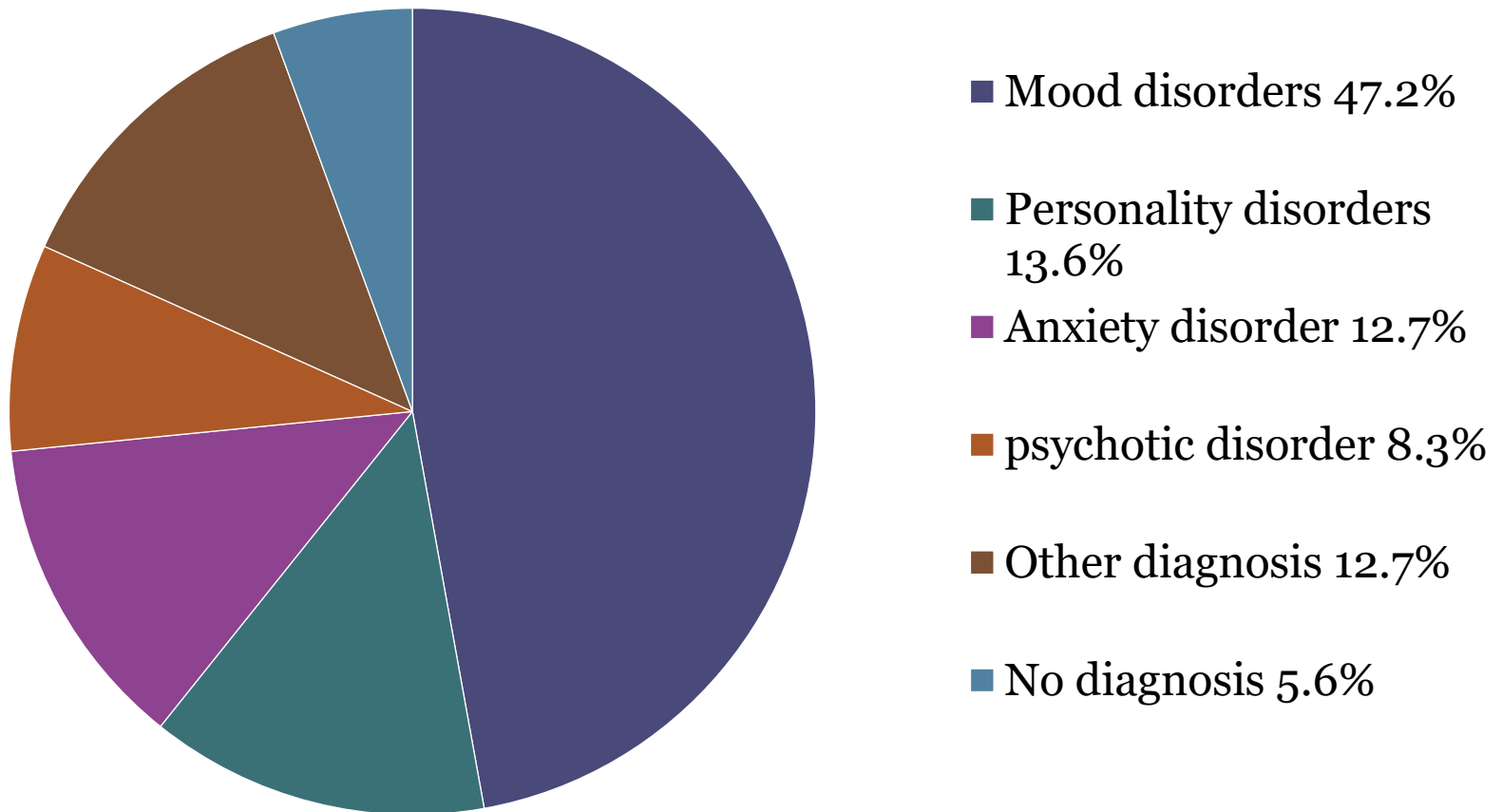
- Children
- Courses and support for family
- Family knows the patient
- Feedback
- Research



# Cornerstones: Crisis involvement and liaison with further care

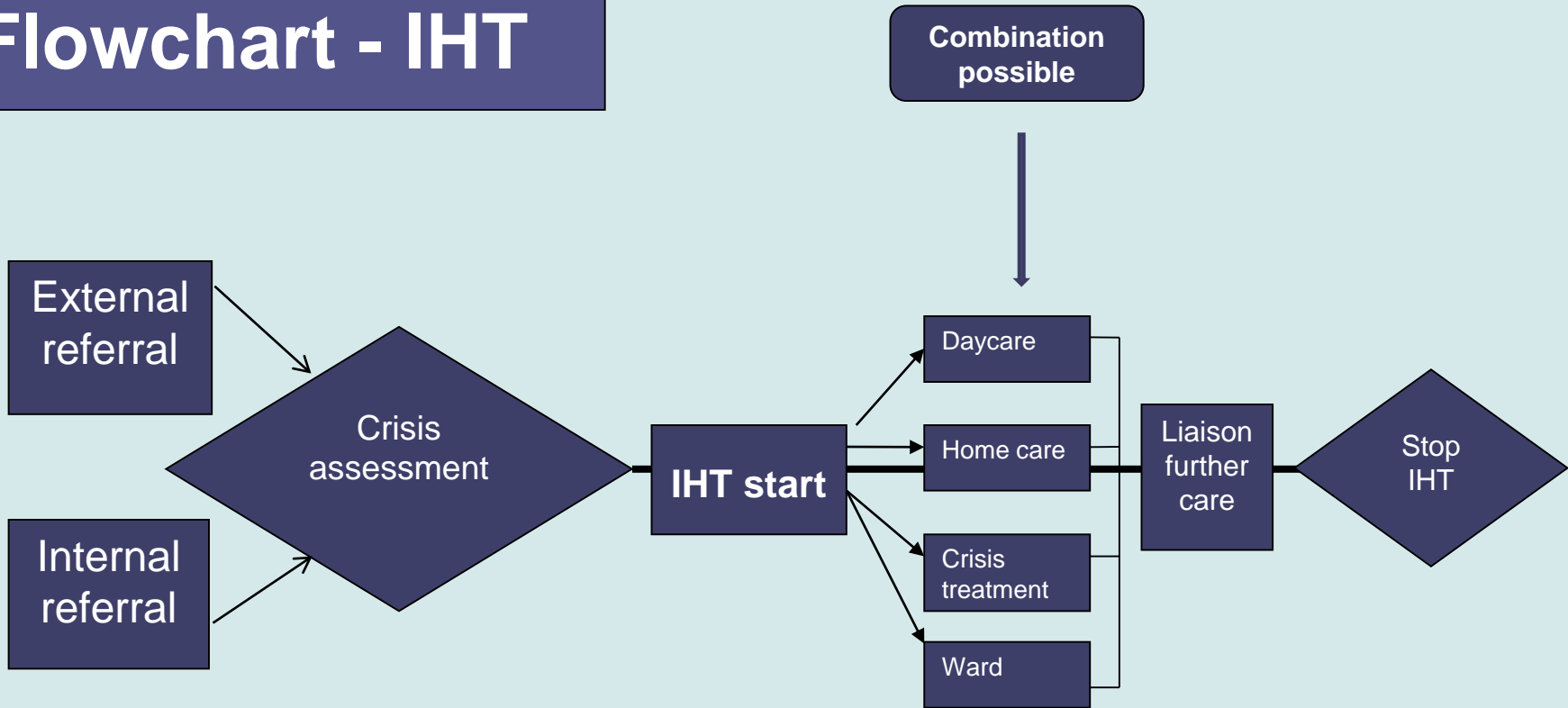
- Addition to existing care
- Integrated acute care with inpatient units
- Assessment and referral to specialised treatment
- Until the crisis is resolved

# Diagnosis (2013)





# Flowchart - IHT

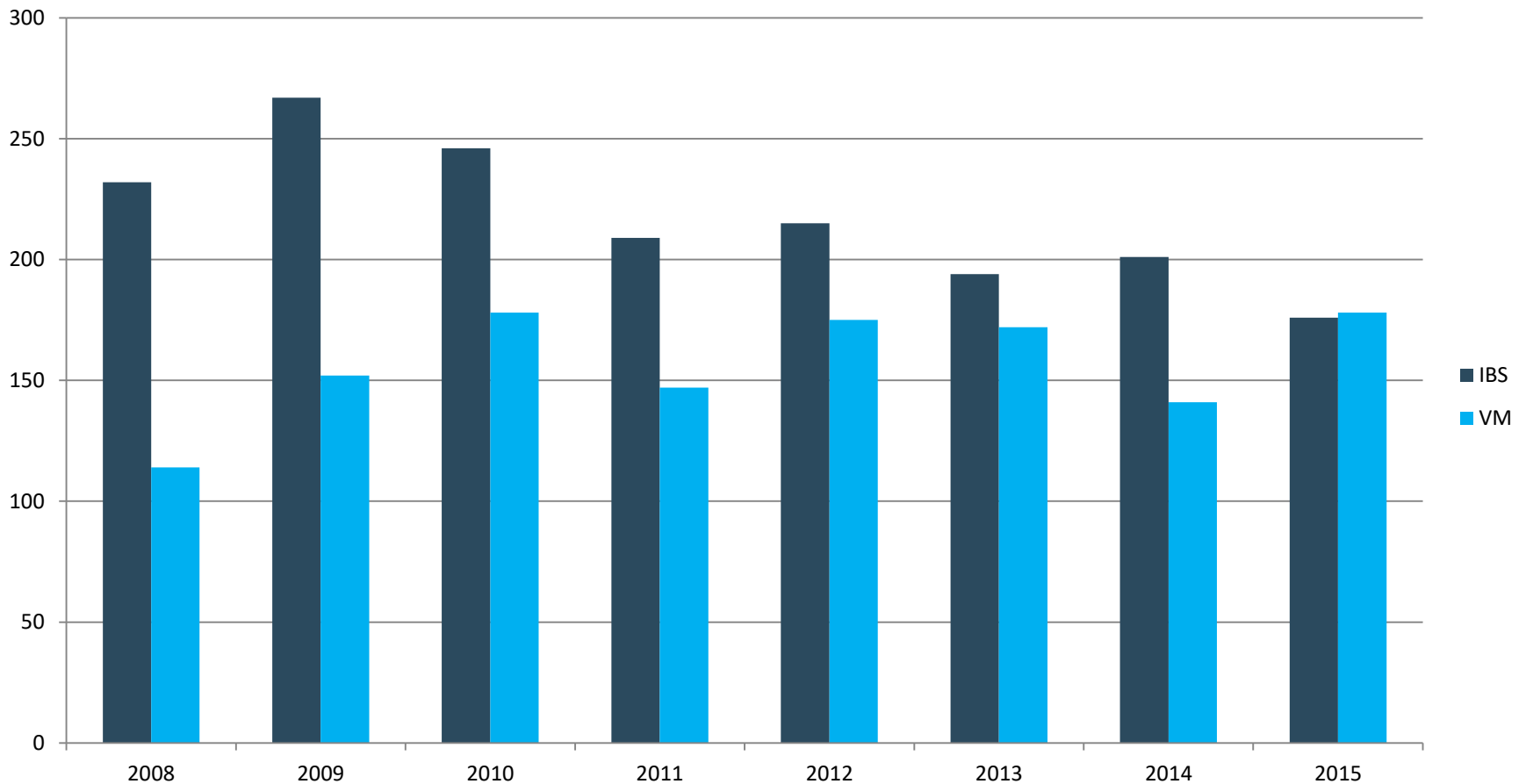


Continuous proces of evaluation of all involved carers

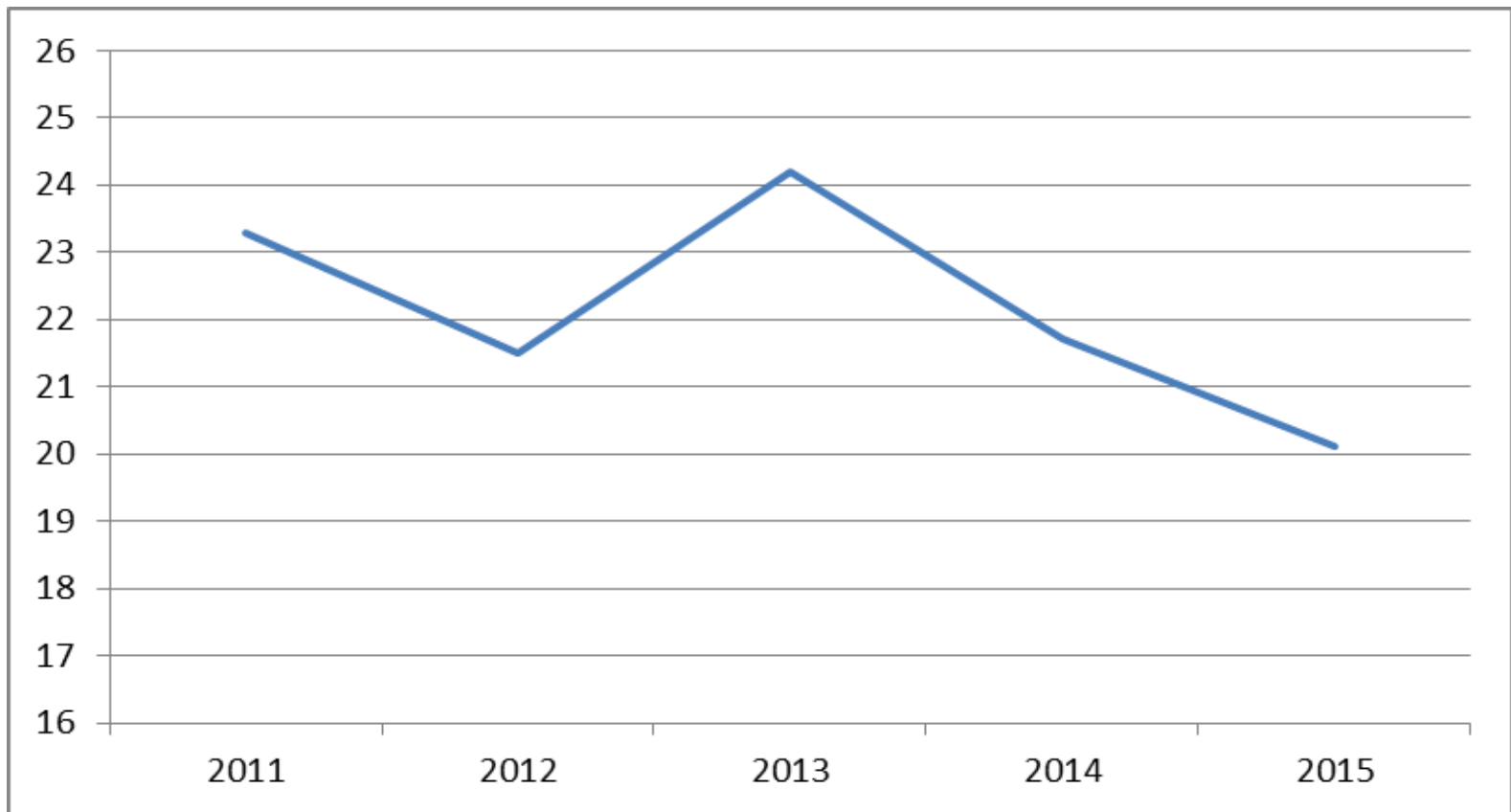
# IHT: Turnover 2014

- Approximately 250 patients receive IHT care per month
- New **external** referrals in 2014: 1456
- Average a month: 121
- Internal referrals for care upgrade not included in these numbers
- Closure IHT in 2014: 1437
- Average a month: 119

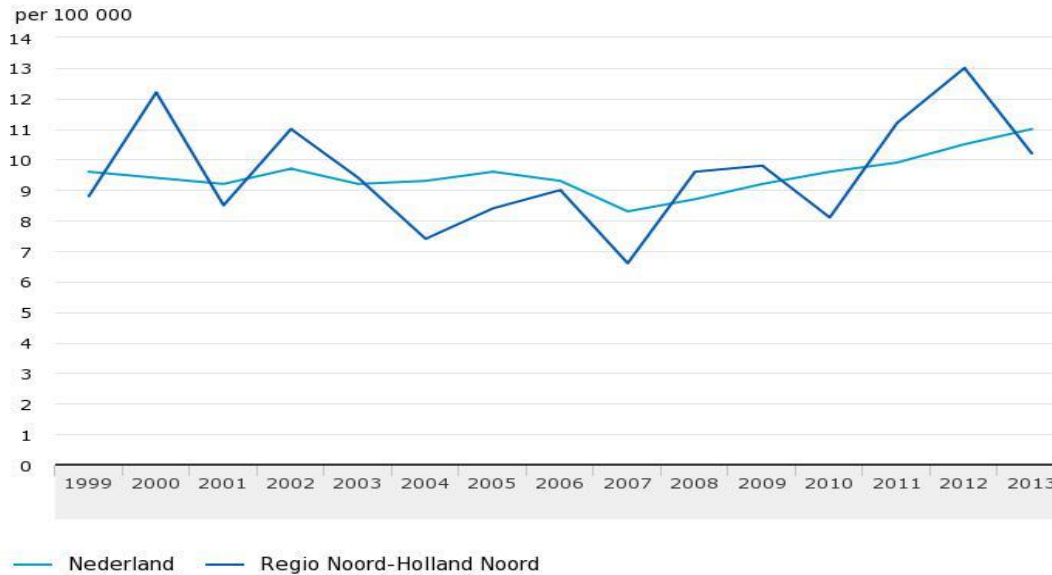
# Number of compulsory admissions GGZ-NHN



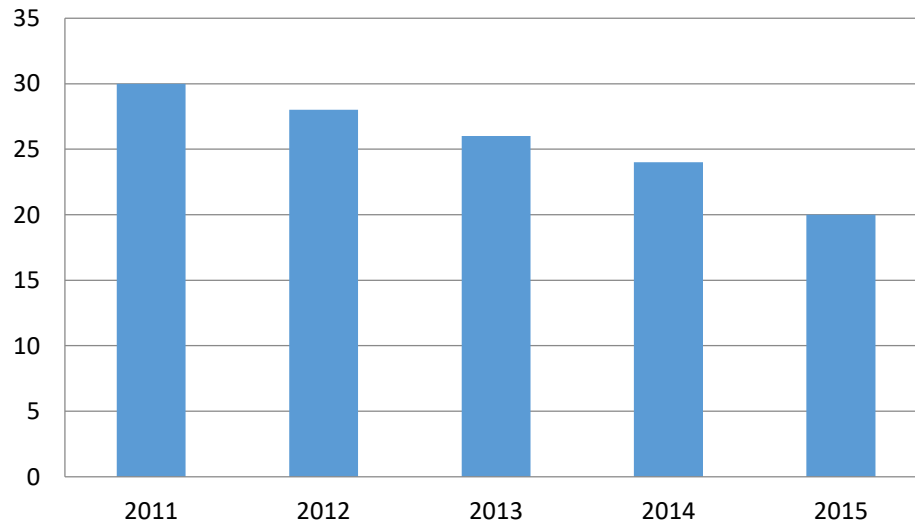
# Average duration of admissions (days) GGZ-NHN



Sterfte door zelfdoding in Noord-Holland Noord en Nederland



Mortality caused by suicide in the Netherlands and Noord-Holland-Noord (1999-2013)<sup>1</sup>



Number of suicides patients GGZ-NHN (9500 patients)

<sup>1</sup> Centraal Bureau voor de Statistiek, suïcide in Noord-Holland-Noord en Nederland, 1999-2013

# IHT works!

- Research has shown:
- A significant decrease in
  - symptoms
  - limitations
  - behavioural problems
  - social problems
  - needs
- Family feels less burdened

# IHT Works!

- Positive effects on
  - Availability of therapist/practitioner.
  - Feeling informed (treatment and medication)
  - Feeling respected
  - Harmonisation of care
  - Receiving the requested care
  - End of care

# Improvements

- Duration of maximum of 6 weeks > 80%
- Better referral (only “real crisis”)



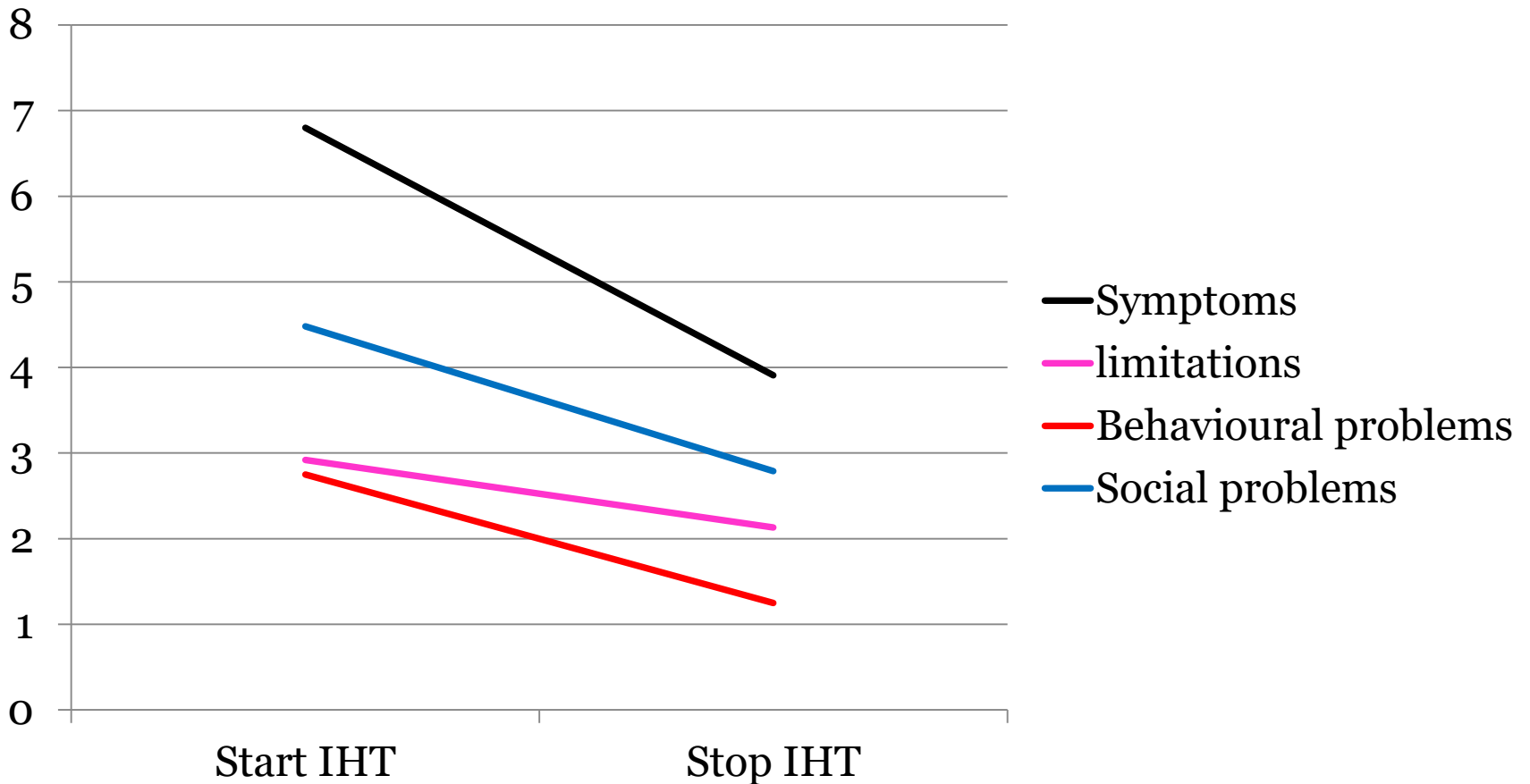
# Take home message

- IHT works!
  - Dramatically decrease of number of beds
  - No increase in suicides
  - No increase in compulsory admissions
  - Duration of admissions
  - Satisfied patients

# Discussion

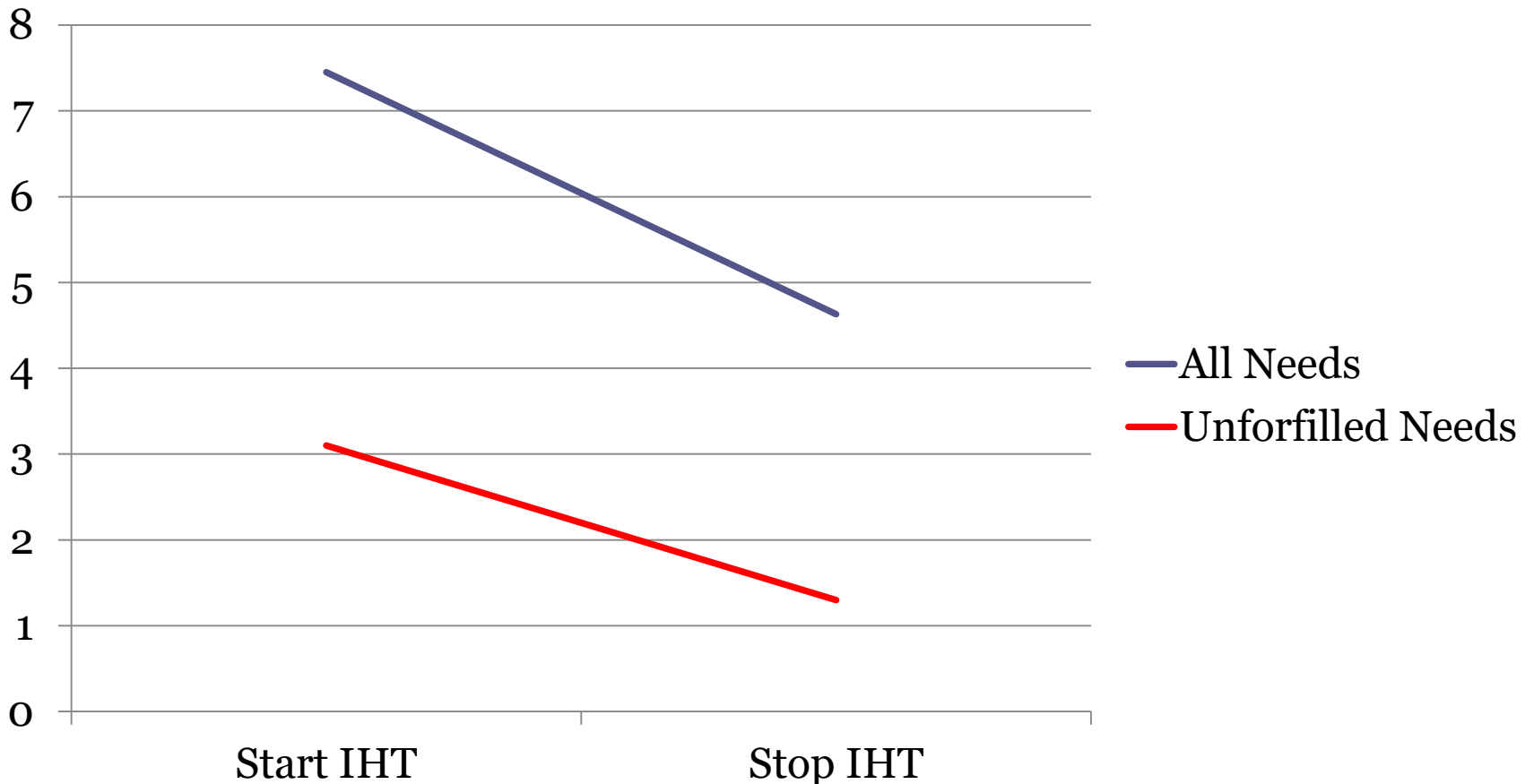


# IHT, results HONOS



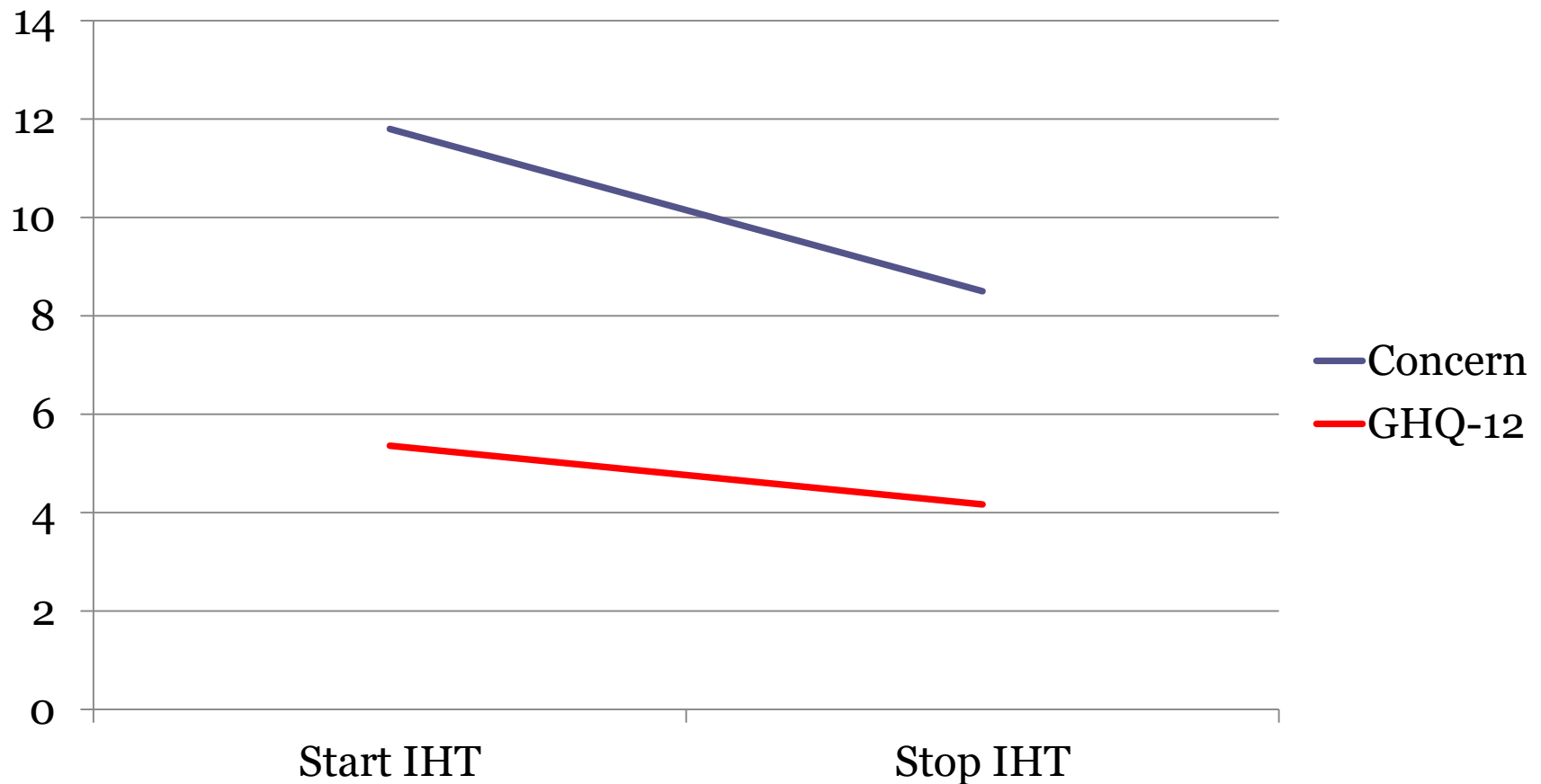
# IHT, Result CANSAS.

Camberwell Assessment of Need Short Appraisal Schedule.



Source: Intensive Home Treatment, an observational study of clinical functioning of clients and their appreciation of the care given by IHT. Engelsbel 2013

# IHT, result Family



# IHT result Questionnaire %

