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How can we prevent chronicity of psychosis and other (severe) mental health problems? A consultation of experts in the Netherlands

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Learning Goal:

The objective of my presentation is to educate the participants about our research findings, and to start a discussion on how to prevent the negative consequences of psychosis and other severe mental health problems

Abstract Text:

How can we prevent the negative consequences (i.e. chronicity) of psychosis and other severe mental health problems? A consultation of Dutch experts

Background: In the Dutch action plan Crossing the bridge (2014) it has been proposed to realize 'a third less severe mental illness (SMI)'. To this end, in addition to the provision of recovery oriented care to people belonging to the SMI group, clients' problems should be prevented from becoming chronic. Objective: Research has been conducted into which mechanisms, according to Dutch experts, contribute to stagnated recovery processes and how chronicity can be prevented. Method: In a qualitative study, 34 experts from different subsectors of mental health care were interviewed. Results: The experts identified many factors that could stagnate the recovery of a mental illness. The improvement proposals differed widely, but there was consensus on some key principles for the prevention of chronicity. For example, everyone felt that practitioners should find a balance between providing good care and maintaining patients' own resources, encouraging patients' strengths, involving their social network in treatment, and helping to prevent loss of work, study and relationships. Conclusion: Many mental healthcare clients must receive integral care in an early stage in order to prevent far-reaching dependence on integrated care in a later stage. This requires that family members are fully involved and that there is effective cooperation across sectors.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**