

SUPPORTO E TRATTAMENTO INTENSIVO DOMICILIARE(STID) PER LA GESTIONE DELLA CRISI PSICHIATRICA

Intensive Home Treatment and Care in Psychiatric
Crisis

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PROJECT

CRISIS: an emotionally significant life event in a person's li

GOALS of the CRISIS TEAM PROJECT:

Quality improvement of crisis intervention

High intensity home care, treatment and support

Decrease of admission in 24 MHCs/Psychiatric Acute Service
(SPDC)

PROJECT

HYPOTHESIS:

Creation of a mobile crisis team for home support in Trieste could positively affect:

- Positive long-term outcomes
- Compliance and care continuity
- Improvement in collaboration with Emergency Agencies and the Police
- Users' better satisfaction of care interventions

STID: Intensive Home Treatment and Support

- The project started in October 2017
- Activity: Mon-Fri 8-20 /Sat-Sun 8-15
- Located inside General Hospital, close to SPDC
- Group of different professionals (13): 1 full time psychiatrist+ 2 part time psychiatrists, 1 trainee, 1 social worker (part-time) and 1 rehabilitation therapist (part-time), 6 nurses (3 permanent and 3 on rotation from MHCs, students)
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STID: Intensive Home Treatment and Support: Operational Policy

- Referrals from SPDC/MHCs/Emergency Agencies-----> socio-demographic and clinical assessment by team professionals
- Assessment required for each referrals (inclusion and exclusion criteria)
- After assessment-----> team discussion before taking in charge
- Every decision shared with the user, family and MHCs case manager-----> set up together a home treatment plan

STID: Intensive Home Treatment and Support: Inclusion Criteria

- Acute psychiatric symptoms, recently worsened
- Crisis in relationships/ serious social isolation
- Request for help in alarming situations in family/work contexts

STID: Intensive Home Treatment and Support: Exclusion criteria

- High suicidal risk
- High risk of aggressive behaviors
- Active substance abuse/withdrawal syndrome
- Delirium/dementia
- User's/family's refusal of this kind of intervention+
- No acute crisis situation
- No house available
- Involuntary treatment

STID: Intensive Home Treatment and Support Operational Policy

After inclusion in STID program:

- Clinical and social assessment fully completed
- Symptoms and functioning scale assessment (To-3 months-6 months)
- At discharge: STAR-P/CSQ-8 (users' satisfaction evaluation of the Service)

STID: Intensive Home Treatment and Support: Interventions

- Continuous assessment and global management of the crisis
- Daily life support
- Individual/family psychological and psychoeducational support
- Taking care of users' and family's needs
- Physical health monitoring (connection with Gps/Hospital/Community Health Care Districts)
- Support for pharmacological therapy (compliance, side effects monitoring, evolution of symptoms)
- Involvement in residential projects (admission in group apartments, Recovery House; project follow up)
- Involvement in social experiences, sports, cultural activities

STID: Intensive Home Treatment and Support Evolution and Discharge

- Daily load: 4-5 to 10 people in charge
- Duration of STID admission: from 3 weeks to a maximum of 3 months
- Discharge program is shared with user together with family/MHCs case manager
- Progressive decrease of frequency and intensity of home visits with a stronger involvement of MHCs

STID: Intensive Home Treatment and Support

Our experience so far

- Average duration of STID admission: 33,5 days
- Average number of home visits: 21,9
- 3 MONTHS FOLLOW UP
- 41 users carry on their therapeutic projects with MHCs/Addiction Service
- 3 users not more in charge of MHC
- 13 users were subsequently admitted in MHCs for relapse
- 1 user in jail
- 2 users died

STID: Intensive Home Treatment and Support Economical Consequences

MHCs/SPDC ADMISSIONS

DAYS OF HOSPITALIZATION COMPARISON 2016 – 2017 - 2018

2016	2761	1751	2750	1897	9159	
2017	2655	1813	2132	1309	7909	
2018	1649				1649	
Variazione percentuale	-38%	4%	-22%	-31%	-14%	

STID: Intensive Home Treatment and Support

INVOLUNTARY TREATMENTS

DAYS OF HOSPITALIZATION COMPARISON 2016 – 2017 - 2018

2016	78	87	118	83	366	
2017	193	71	49	57	370	
2018	35				35	
Variazione percentuale	-82%	-18%	-58%	-31%	1%	

STID: Intensive Home Treatment and Support Conclusions

- Rapid assessment with defined criteria
- Rapid admission to the therapeutic program
- Reasonable collaboration with MHC/family and other Service
- Severe mental suffering oriented Service