

CRISIS TEAM AND INTENSIVE HOME TREATMENT

The Crisis Team Experience in Trieste:

- New project developed in the **last two years** in the Mental Health Department of Trieste
- **Goal:** offering people a **therapeutic opportunity, alternative to night hospitality** at the 24hrs Mental Health Centers or admission at the Psychiatric Service of Diagnosis and Care, to manage psychiatric crisis

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Specific Goals

- To optimize reorganization of 24 hours MHC functions ---> focus on continuity of care**
- Improved quality of crisis intervention in Trieste, with a home-based approach, with high intensity, multidisciplinary home-treatment**
- Reduction of hospitality and admission rates in 24hrs Services**

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Multidisciplinary Team:

- Psychiatrist /Residents in Psychiatry
- 6 Nurses
- 2 Occupational therapists
- Students
- Part-time psychologist and social worker at the very beginning of the project

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Operational policy: assessment

Referrals from MHCs and PSDC

CRISIS CRITERIA:

- Acute psychiatric suffering, recently worsened***
- Crisis in relationships, severe social isolation and withdrawal***
- Frequent alarming situations in family, job, neighborhood contexts with Emergency Agencies interventions***
- After the assessment, any decision is being shared with the user, his/her family and professionals---> room for negotiation and discussion***

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Taking in charge and creation of a shared Therapeutic Project

- **Analysis of the person's vulnerability / fragility**, to define the **most suitable therapeutic-rehabilitation areas of intervention** (path of **awareness** and **optimization** of personal resources)
- **Sharing short and medium-term goals**, with a constant re-evaluation of the therapeutic pathway, with **reviews and updates** discussed during regular meetings with the person and the professionals involved in his/her project
- **Improvement in supporting social and community networks**

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TYPES OF INTERVENTIONS

- **Everyday life support**(self-care,basic needs, home- care)
- **Individual and family sessions** (open dialogue approach)
- **Physical health check-up and follow up** (connections with GPs / Local Health Districts / Hospitals)
- Support in **monitoring pharmacology and compliance**

CRISIS TEAM AND INTENSIVE HOME TREATMENT TYPES OF INTERVENTIONS

- **Access to supported house-projects :**
(Recovery House / Flat-groups)
- **Resocializing experiences,** going outs,
sports, cultural activities
- Mediation for **supported work projects**
(work grants, vocational training courses)
- **Continuity-care plan** with MHC
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INTENSIVE HOME VISITS

- **Frequency and intensity of home visits are agreed** at the beginning of the project by the person and all professionals involved (**up to 2/3 times a day, 7 days a week**)
- **Intensity, type of interventions and outcomes are personalized**, depending on individual characteristics and needs
- **Big opportunity to get in touch** immediately with family and life context
- **Wider view of needs/fragilities** ► **effective support because it is finalized**