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
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
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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