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Let us start the transformation process –
a practical view





REGION

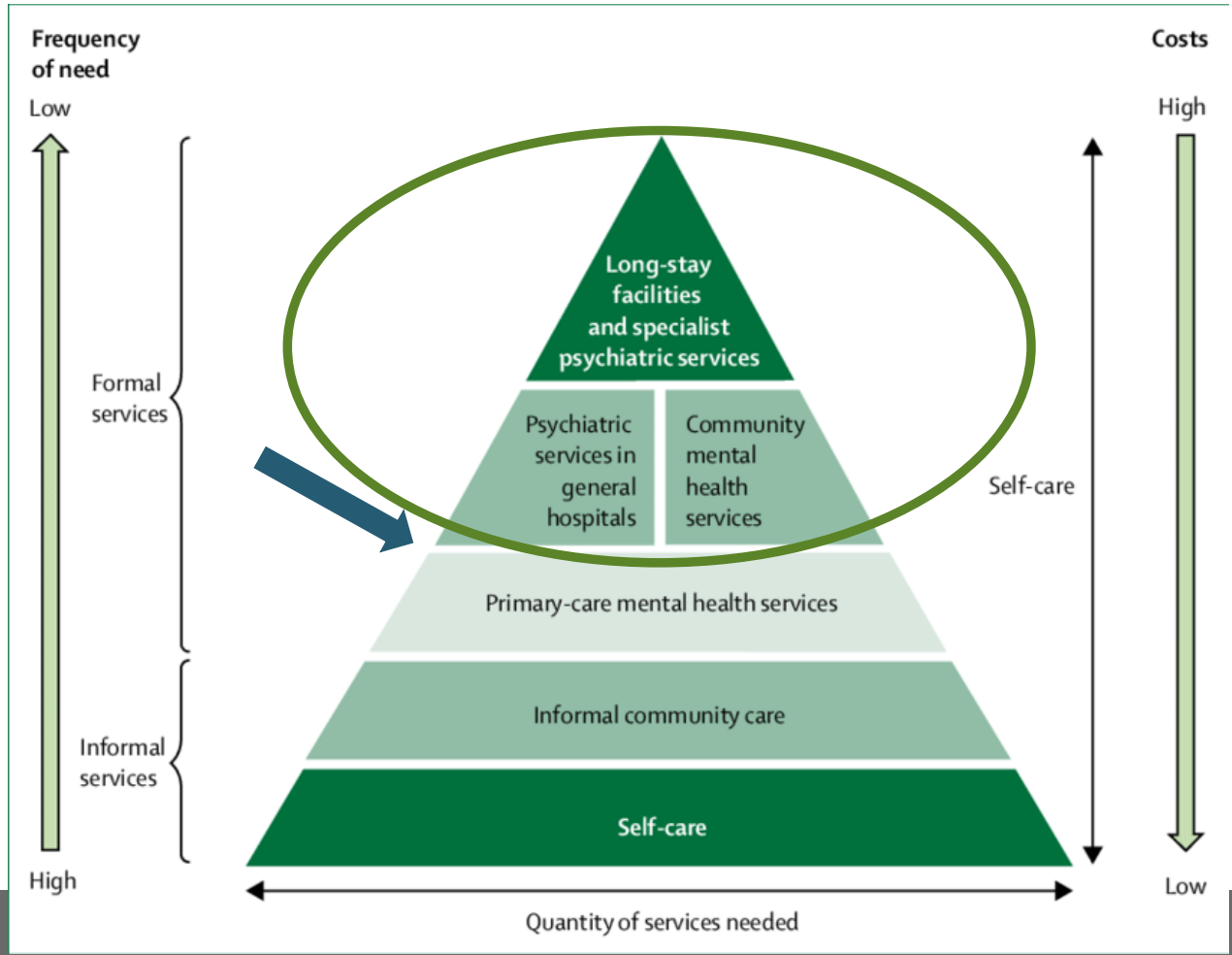
Roadmap for mental health (III): Let us start the transformation process – a practical view

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Mental Health Services

Mental Health Centre Sct. Hans



The WHO pyramid model of an optimal mix of services for mental health (WHO: Mental Health Policy and Service Guidance Package, 2003)



The Danish Healthcare System

The healthcare system operates across three political and administrative levels:

- Parliament/central government – legislate, regulate, coordinate, provide advice and establish goals for national health policy
- 5 regions – responsible for hospitals and general practitioners. Are financed by government and municipalities
- 98 municipalities – primary care services and social services
- The Danish healthcare system is universal and based on the principles of free and equal access to healthcare for all citizens



Development of the psychiatric hospital system (adult psychiatry)

Year	Number of beds
1976	11.000
2003	3.676
2010	2.945
2017	2.672

From 2008 to 2016

- The number of patients has increased by almost 30%
- Expenditure per patient has fallen by 11%
- Waiting time from referral to first contact has decreased from 33 to 21 days



‘We lift together’ – the (former) government’s vision for improvement of quality in mental health services - 2018

6 focus areas

- Reach more people with earlier and more easily accessible services
- Staff competencies are strengthened and used better
- The quality of services in social psychiatry is strengthened for the benefit of people with mental difficulties
- The most ill patients receive better and more intensive treatment
- Better coherence in the citizen’s mental health care pathway
- More research and innovation for the benefit of people with mental difficulties



Examples of specific initiatives in Denmark

F-ACT

according to Dutch model. A flexible task solution in community mental health services adapted to the individual patient's needs

Network meetings, stepped-care and The Patient's Team

with the patient as an active partner, the responsibility and division of tasks between different health services and across sectors (regions and municipalities) are agreed and coordinated

Recovery mentors or peer support workers

employees with user experience who share their knowledge and experiences with both patients and staff. They support patients in their recovery-process, and they support staff in supporting patients in their recovery-process



And some more examples

Support team for housing services

the psychiatric hospital supports the primary-care mental health services eg. in connection with medication, patient's deterioration in condition and education of staff

User-managed beds

patients have a contract with a ward to decide for themselves when they need to be admitted to the hospital

The psychiatric emergency service

psychiatrist or nurse move out and assist especially the police in emergency situations



The role of hospital psychiatry

- Equal, proactive and constructive partner for patients and other psychiatric stakeholders
- Admission should always be last choice, and because all other relevant interventions wasn't enough
- Hospitals need to let go of the lunatic asylum mindset – attitudes and behavior developed over centuries are not easy to let go
- Continue to contribute with new knowledge about mental illness and treatment and make this knowledge available to all stakeholders



Focus in the forensic mental health department

- Patient activities and forensic psychiatric rehabilitation for the life after hospitalization
- Involving patients directly in the development of forensic mental health service
- Introduce peer support workers in forensic mental health service - and make it work

IT IS ALL ABOUT TRUST



Contact informations

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THANK YOU FOR YOUR ATTENTION