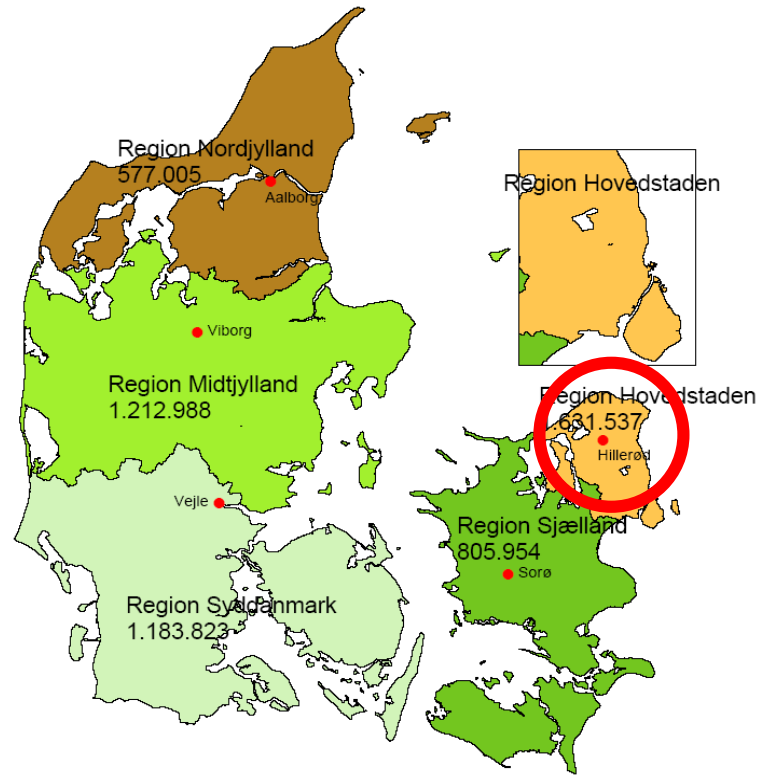


Mental Health Services in the Capital Region of Denmark

Implementing F-ACT - forever

Region Hovedstadens Psykiatri Administrationen



Denmark have 43.560 km² and 5,7 millioner inhabitants

The Nederlands have 41.543 km² and 17,2 millioner inhabitants

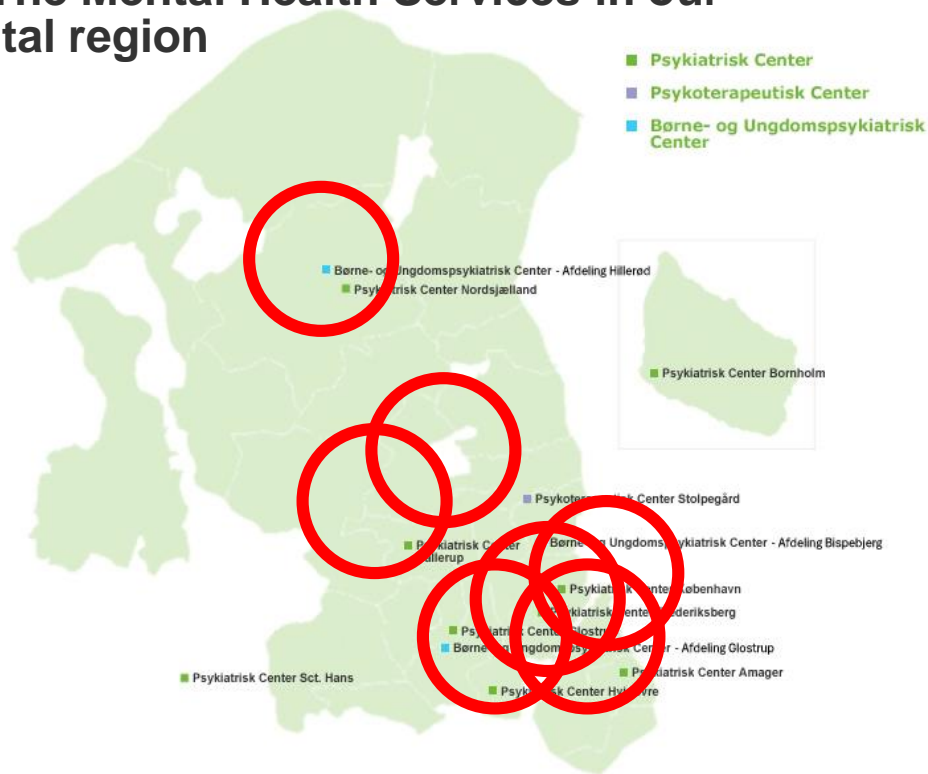
Organization of The Mental Health Services in our region – the capital region

9 Mental Health Centres located around the region

- Provides mental health treatment to approx. 30 % of all the patients with mental illness in Denmark: approx. 42,000 patients
- Budget 2018: 2,9 billion kr.
- About 5,000 staff

Two medical specialities:

- Psychiatry
- Child and Adolescent Psychiatry



Evaluation of the effectiveness and implementation of Flexible Assertive Community Treatment (F-ACT) in Denmark

A two year follow-up quasi-experimental controlled study

Camilla Munch Nielsen, Carsten Hjorthøj, Merete Nordentoft
Copenhagen University Hospital, Mental Health Center Copenhagen

Effect evaluation:

Design: Quasi-experimental controlled study evaluating the effectiveness of treatment in F-ACT teams compared with Assertive Community Treatment (ACT) and standard Community Mental Health Treatment

Objectives: To evaluate the effectiveness of F-ACT in regard to mental health care use, drop-outs, social and clinical outcomes.

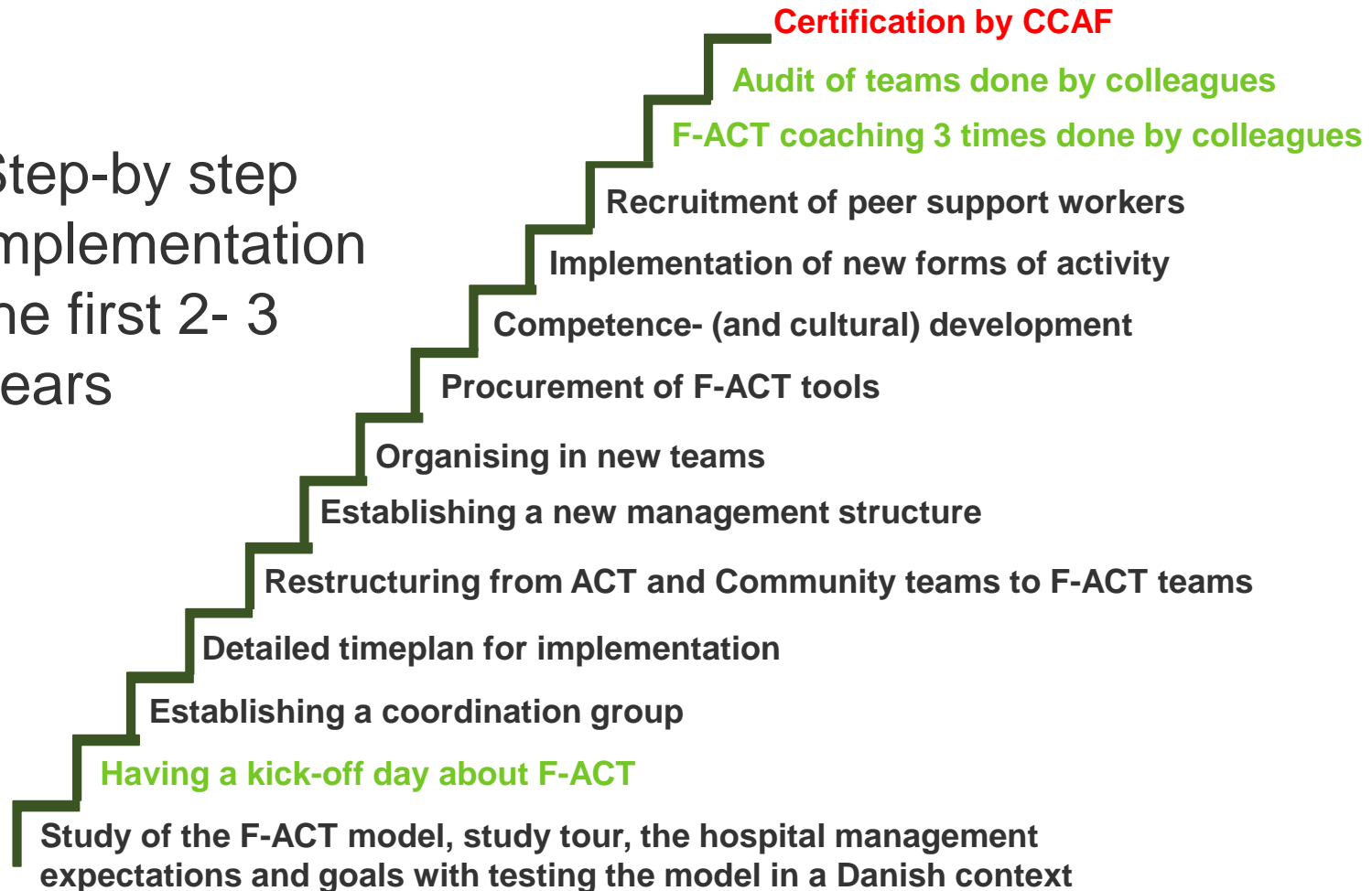
Implementation evaluation:

Objectives:

- To evaluate the use of the F-ACT board: The number of patients on the board, the duration of each F-ACT period and criteria for admission and discharge from the F-ACT board will be calculated.
- To explore enablers and barriers to implementation and adjustments of the F-ACT model in Denmark – a qualitative study.
- To explore patient experience of treatment in F-ACT - a qualitative study



Step-by step implementation the first 2- 3 years



Let's

**Fouten zijn
kansen
om iets
te leren.**

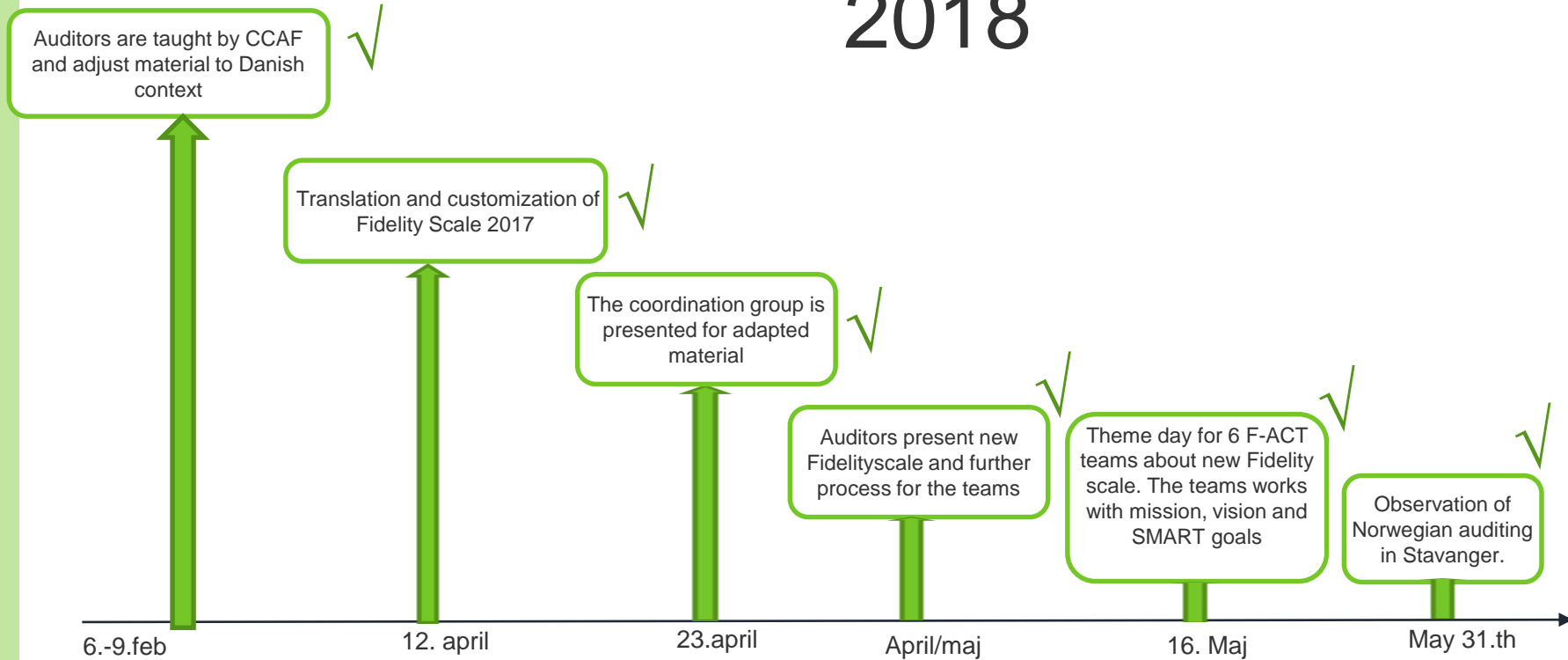
at be?

Schedule for upcoming auditing and certification for Danish F-ACT teams 2018- 2019

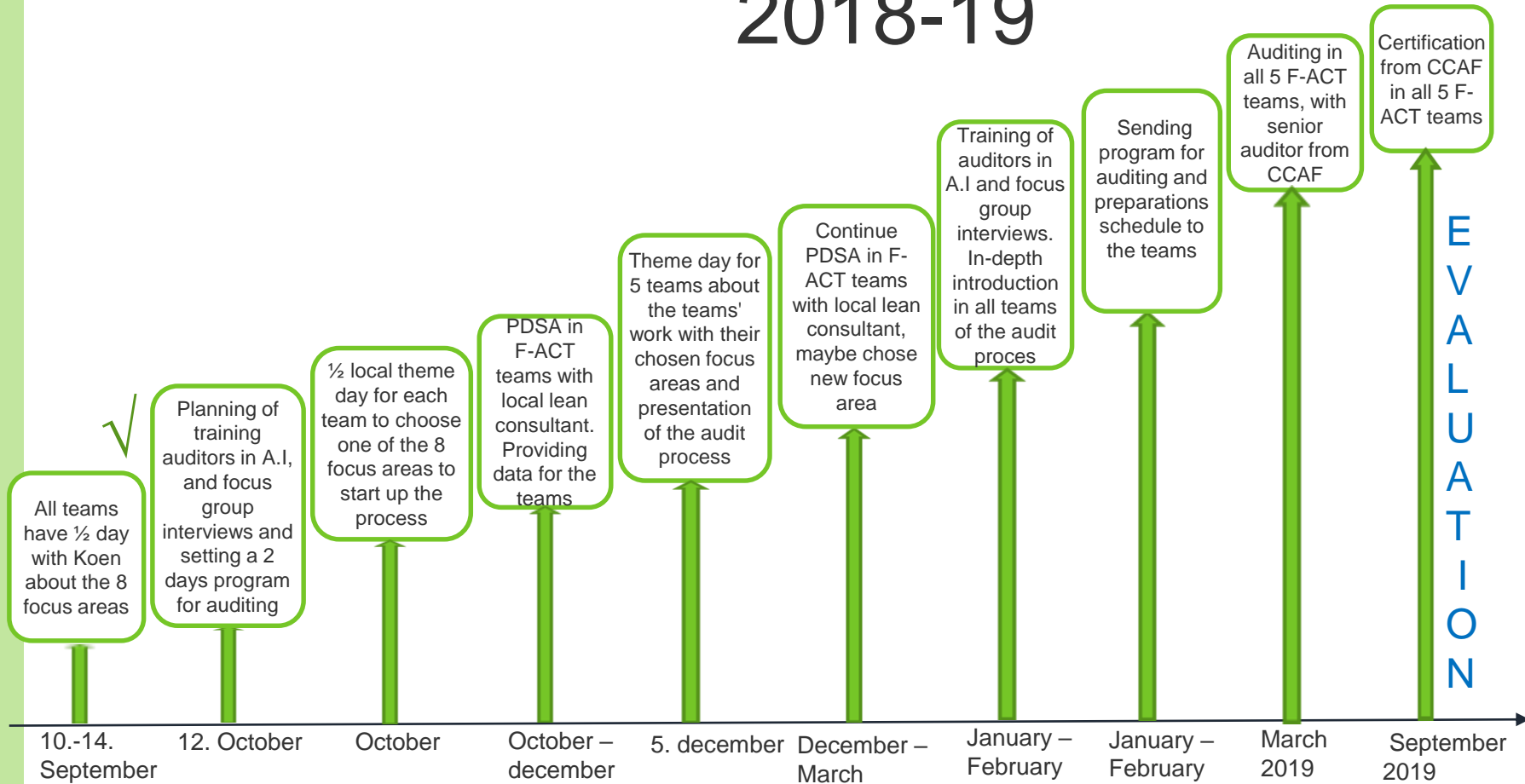
Audits and certification by CCAF

- Translation of the fidelity scale, making it fit to a Danish context
- Training in auditing from the CCAF
- Exchange of methods, goals, workflows between the teams
- Using the first Fidelityscale in new F-ACT teams for the first 2-3 years to understand the model and to adjust the organization
- Then using Fidelityscale from 2017 to do audits ourselves and then certification by the CCAF
- Audit as a benchmark before certification

2018



2018-19



Ongoing audit every 2-3 years in all teams

- As a service for the teams to help them keep on working with improvement within the 8 focusareas
- Organized by staff functions
- Done by colleagues from other F-ACT teams
- The score is for the teams to compare themselves and to see the development
- The feedback is to set new goals

After 2 ½ years with F-ACT:

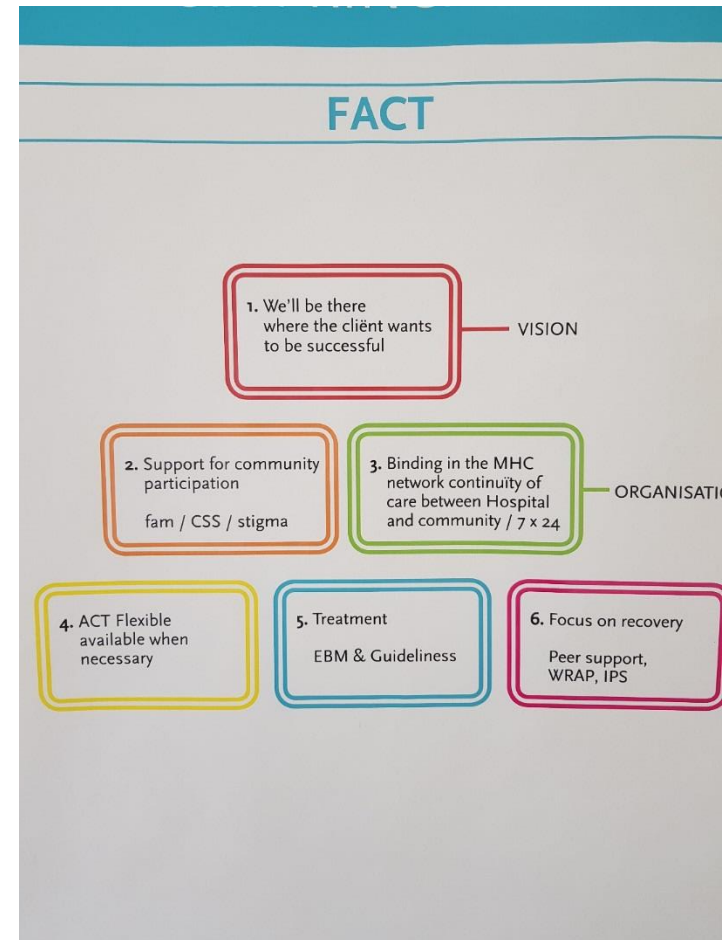
F-ACT basic works in all teams

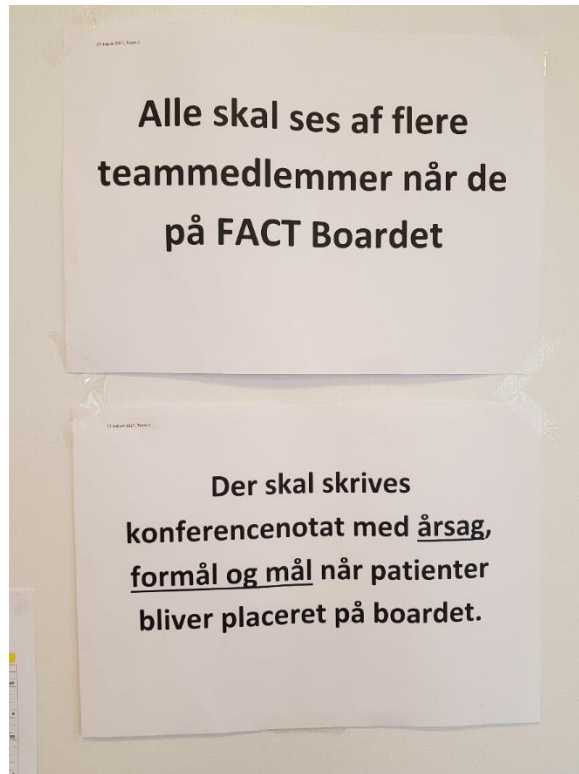
The teams are different:

One team has a lot of ACT cowboys

One team is really good at treatment
in stabil periods

One team just started with a
recoveryboard once a week



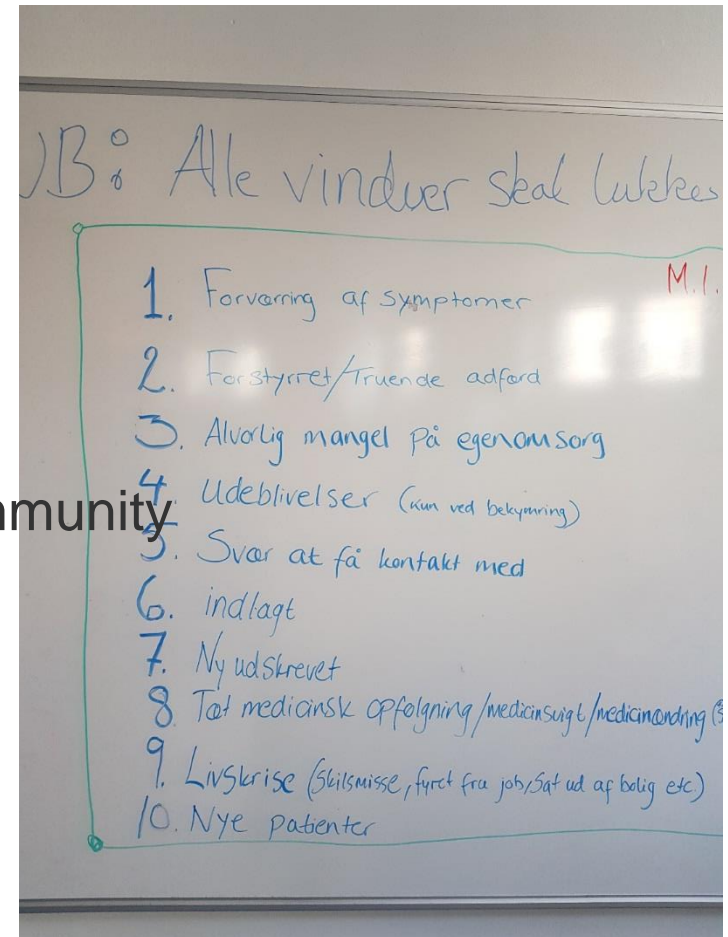


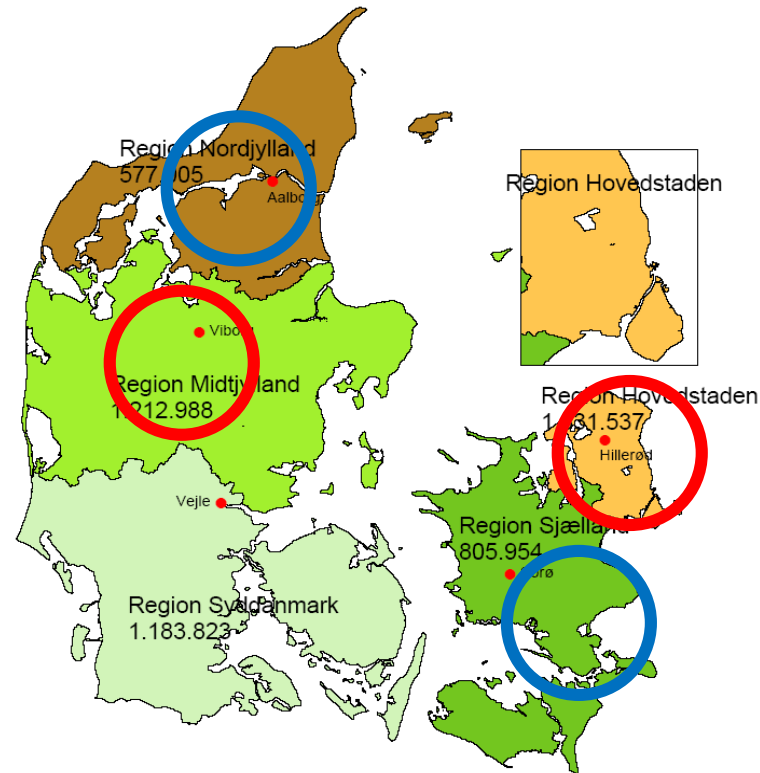
Focus on:

- Intervention
- Clients wishes and goals
- Shared caseload
- Quality of treatment
- Doing weird stuff

What are we aiming for:

- Client choose casemanager
- Personal skills and recruiting
- Transmural cooperation with inbeds
- Transmural cooperation with the community
- National F-ACT





F-ACT forever national?



Any questions?