



FOCUS

on Mental Health

 Trimbos
instituut

Netherlands Institute of
Mental Health and Addiction



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text Marjan Heuving

editorial Peter Stark, Anke Wammes, Laila Zaghdoudi (Communication & Marketing)

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Trimbos Institute

Da Costakade 45

3521 VS Utrecht

PO box 725

3500 AS Utrecht, The Netherlands

T +31 - 30 - 297 11 00

F +31 - 30 - 297 11 11

E info@trimbos.nl

I www.trimbos.nl

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Knowledge is to look ahead



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The Trimbos Institute is dedicated to actively applying knowledge and innovations to improve mental health in the Netherlands and abroad.

Trimbos Institute for you

Are you a health care or addiction care professional? The Trimbos Institute offers support and can help you increase your expertise. In addition, we provide information on mental health disorders, addiction, drugs and alcohol to clients and any other interested parties.



Trimbos Institute



Development of scientific knowledge and policy in the field of mental health care, alcohol and drugs

The Trimbos Institute is a knowledge institute for research into mental health, mental resilience and addiction. We implement the acquired knowledge in the practice of professionals in mental health care and addiction care. The Trimbos Institute is at the forefront of digitising knowledge development and knowledge transfer and extending the provision of care through the internet. This brochure outlines our activities, projects and products.

Our tasks

- To develop new treatment methods, to draw up guidelines and prevention programmes.
- To detect and monitor psychological problems and addiction problems.
- To research and evaluate mental health care and addiction care: organisation, accessibility, quality and effectiveness.
- To inform policy makers, politicians and professionals on the mental health of the Dutch population.
- To develop and set up courses and training programmes for professionals in mental health care and addiction care.
- To provide information on psychological issues, substance use and addiction.
- To organise national prevention campaigns.

From monitoring to organisation

The Trimbos Institute works by the Disease Management Model. This means we play a role in all fields and in the complete care chain. From monitoring, prevention, treatment and reintegration to quality and organisation of care. We are also involved in several international activities and projects.



Evaluation drug policy

In the summer of 2009, the Trimbos Institute and the WODC (Research and Documentation Centre of the Ministry of Justice) presented the *Evaluation of the Dutch National Drug Policy*. This evaluation of thirty years of Dutch drug policy was commissioned by the ministers of Health, Welfare and Sport (VWS), Justice, and the Interior, and is based on existing information sources like the National Drug Monitor that has been published annually since 1999.



NEMESIS-1 and NEMESIS-2

The NEMESIS study (*Netherlands Mental Health Survey and Incidence Study*) is the first national study into the mental health of the Dutch general public. It was carried out by the Trimbos Institute Epidemiology Programme from 1996 to 1999. Based on the NEMESIS data, over 170 publications, 20 reports and 20 thesis papers have appeared. In 2007, the field work for the second NEMESIS study started, the first results of which are expected to appear in 2009.

Monitoring



Basis for policy

Monitoring provides factual and current information in the fields of mental health care, mental resilience and addiction. This to support the policy making of government, parliament, national and local policymakers and professionals. Our knowledge is also available to the general public.

Projects and other activities:

- *NDM - National Drug Monitor*. Annual overview of current facts and figures on the use of drugs, alcohol and tobacco in the Netherlands.
- *DIMS - Drug Information and Monitoring System*. Monitors the market for recreational drugs in the Netherlands, analyses drug composition, observes trends and warns for public health risks.
- *Dutch National School Survey on substance use*. Four-yearly survey on smoking, drinking, drug use and gambling among Dutch school-goers aged 10 to 18.
- *HBSC Study - Health Behaviour in School-aged Children*. Four-yearly survey on health awareness, mental health, social integration and risk behaviour. Part of an international study.
- *MEMO - Mental health care Monitor older adults*. Annual overview of quality of mental health care for older adults.
- *NEMESIS-1 and NEMESIS-2*. Long-term studies into the health and well-being of the Dutch population.



Prevention



Prevention is better than cure

By prevention in mental health care we mean: our activities from the health care field for prevention or early detection of serious mental health problems. In the field of addiction, we take measures to avoid substance use, postpone the first instances of stimulant use, decrease stimulant consumption, and prevent problem use.

Projects and other activities:

- *Alcohol information* www.alcoholinfo.nl.
Drug information www.drugsinfo.nl.
Important channels for public information and centralization of up-to-date knowledge on alcohol and drugs.
- *The Healthy School and Drugs*. Prevention programme on alcohol, smoking and drugs for primary and secondary schools.
- *KOPP/KVO - Prevention for children of parents with psychological or addiction problems*. Broad range of courses and interventions through mental health services, both on location and on-line, aimed at children of parents with mental health and/or addiction problems. There is also a dedicated programme for the parents.
- *I.COM - Innovation Centre of Mental Health & Technology*. Thanks to the internet, more people with mental problems can be helped effectively. This applies especially to people with minor complaints. I.COM aims to improve the quality, accessibility and cost efficiency of care through the use of e-mental health.
- *Public Mental Health*. Provides an outline of interventions that have proven effective, develops standards for new treatment methods, investigates what is effective and sees to the implementation of these programmes.
- *Going out in clubs and pubs*. Collects and disseminates/implements state of the art knowledge about health and safety issues in nightlife settings by means of factsheets, bar staff training, small scale research/quick scans, advice.
- *Caregivers*. Development and research of interventions to support caregivers of people with dementia.
- *Life-review*. Broad range of courses and interventions concerning life-review aimed at older people with depressive symptoms, psychiatric disorders and older people living in long-term care facilities.

Mentaal Vitaal

Only 4000 people can be reached with existing depression prevention projects every year, while no less than 737,000 people feel downcast and run the risk of developing depression. In order to reach more people, the Trimbos Institute started the programme Mentaal Vitaal: Innovation Programme on Depression Prevention. With convenient portals on mental health, easily accessible websites and an online fitness module designed to reach more people.





Treatment



Scientifically proven effective

The Trimbos Institute develops new guidelines, protocols and interventions in the field of diagnostics and treatment of mental health disorders and does research into the (cost) efficiency of diagnostics and treatment of mental health disorders.

Projects and other activities:

- *GGz (Mental Health Care) Guidelines*. Guidelines for several mental disorders. Important tool for making the right diagnosis and choosing the best form of treatment.
- *Breakthrough Projects*. Method for letting professional caregivers work with the guidelines, implementing new procedures, and improving care.
- *Depression Initiative*. National programme with 30 mental health care institutes, 80 general practitioners' practices, the VU University Medical Center (VUmc), the EMGO institute and the iMTA dedicating themselves to better treatments for depression, led by the Trimbos Institute.
- *Global Diabetes and Depression Dialogue*: worldwide project in cooperation with the World Psychiatric Association focusing on research of people with diabetes and depression.

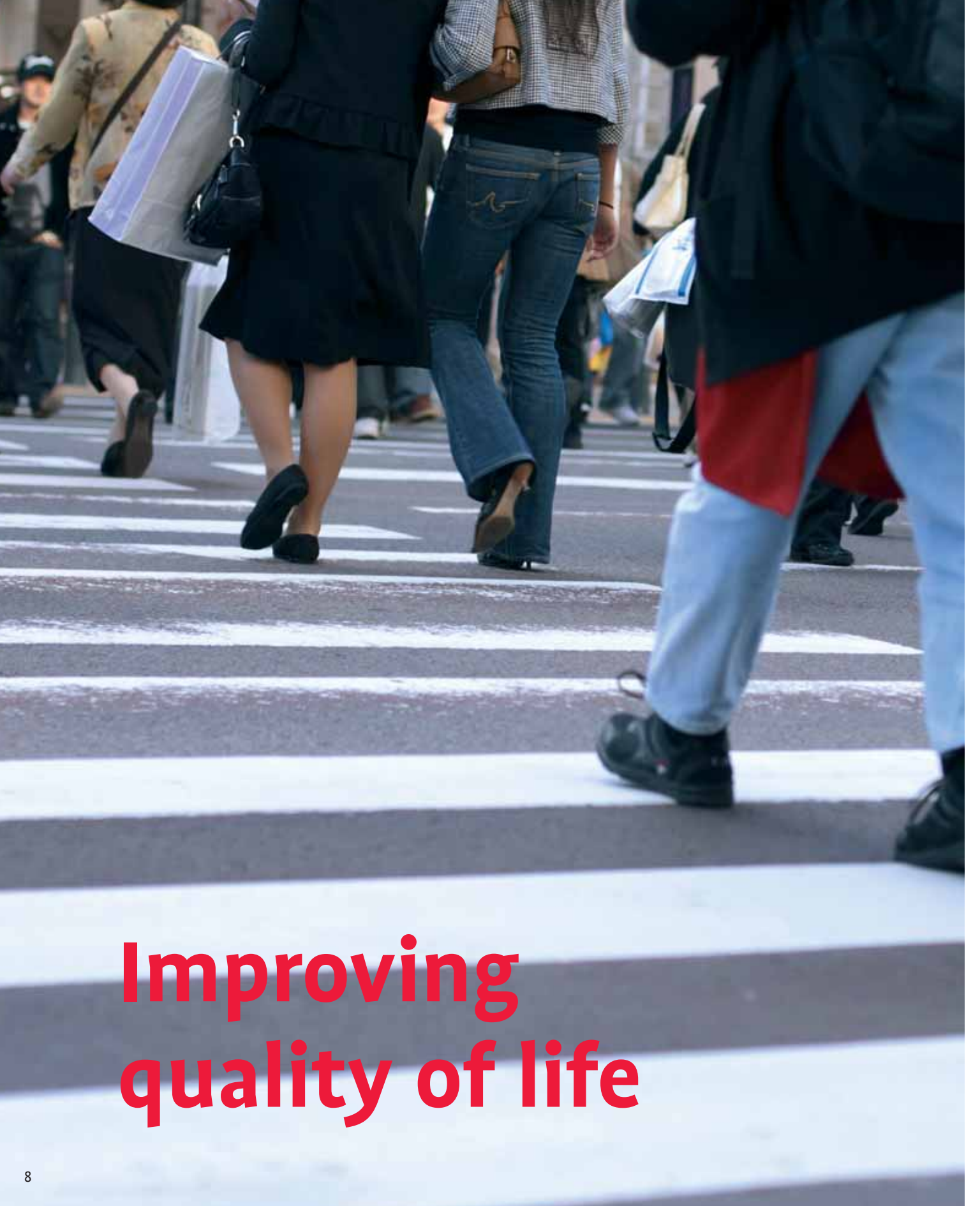
Ten years of GGz guidelines

Multidisciplinary mental health care guidelines for:

- anxiety disorders
- depression
- schizophrenia
- ADHD in children
- eating disorders
- somatophorm complaints and disorders
- personality disorders
- problem use of alcohol.

Additional guidelines for youth and older people have been achieved. Also there is a guideline for early psychosocial interventions following disasters, terrorism and other traumatic events.





Improving quality of life

Reintegration



The client is a person first and foremost

People with psychological or addiction problems often struggle with prejudices and stigma. The Trimbos Institute believes that people with a psychological or addiction problem should have the opportunity to live a normal life. Through practice-based research, development and rehabilitation projects and knowledge transfer we contribute to improve the image and role of people with mental health problems or addiction problems in society.

Projects and other activities:

- *MMO - Social Monitoring System*. Annual overview in figures of supply and demand in social support centres, including women's shelters.
- *Monitor Strategy Plan for Social Relief*. Project in Amsterdam, Rotterdam, Utrecht and The Hague that aims to improve the situation of the homeless and marginalised and to reduce the inconvenience this group causes to others.
- Study on social support centres (shelters for the homeless, women and general crisis centres), social addiction care for instance: easily accessible support centres, drug user rooms and public mental health care for instance: interference care and case management, notification centres.
- *SCION - impact research of employment rehabilitation Individual Placement and Support (IPS)*. A few years ago the American employment rehabilitation IPS was introduced in the Netherlands. This method promotes the reintegration of people by intensive support and the possibility to follow courses. This research is done in cooperation with the University of Groningen.

Recovery, Empowerment and experiential expertise

Recovery, Empowerment and Experiential Expertise (HEE) offers effective self-help methods and strategies for the mentally vulnerable. The HEE team consists of approximately 50 hands-on experts transferring their knowledge to others in order to prevent the marginalisation of people with mental limitations and help their empowerment.



Youth

Care for young people is continually in development and an important topic on the agenda. Social developments generate new issues in the field of parenting, care and education. The Trimbos Institute aims to make a relevant contribution to the development of high-quality care for young people. A selection from the supply for this group: the e-mental health projects stayinlove.nl, kopstoring.nl and gripopjedip.nl, research into the effectiveness of the educational programme Triple P, The Healthy School and Drugs, and the monitors HBSC and the Dutch National School Survey.

Older people

Knowledge development for the improvement of mental health care for older people and the translation of knowledge into policy and practice of care: these are the objectives of the Programme on Ageing. It's core themes are: dementia, depression and anxiety, chronic psychiatry, monitoring and development of interventions and measuring tools. Examples of projects are the development of the e-mental health intervention 'Mastery over dementia', the LAD-study on residential facilities for people with dementia, the course Searching for Meaning, palliative terminal care in mental health care and the use of GPS for people with dementia and their family caregivers.

Quality and organisation of care



Care can always be improved

The Trimbos Institute aims to improve the quality of mental health care and addiction care by translating knowledge into practice. This through the development of programmes and guidelines, with attention to client participation. We offer support with the implementation and evaluation.

Projects and other activities:

- *GGz Trend Report*. Annual overview of changes in the organisation, structure and financing of the mental health care institutions. Also provides information about access to care, use of care and developments in the field of quality and effectiveness of care.
- *CQ Index*. Measures clients' experiences with mental health care, for instance the short-term outpatient mental health care services. The CQ Index replaces the Client Valuation Thermometer.



result oriented | scientifically sound | cutting edge | practice driven



Assessing the global drug market

In 2008, the Trimbos Institute made an assessment of the development of the illegal, global drug market over the past decade, commissioned by the European Commission. This study also looked into the various effects of the drug policy of 18 countries. The study was performed in collaboration with RAND, a renowned American institute for policy analysis, and was presented in Brussels and Vienna in the spring of 2009. We know more about production, trafficking and sales of drugs, partly due to the market models that were used, and gained more insight in the impact of government policy.

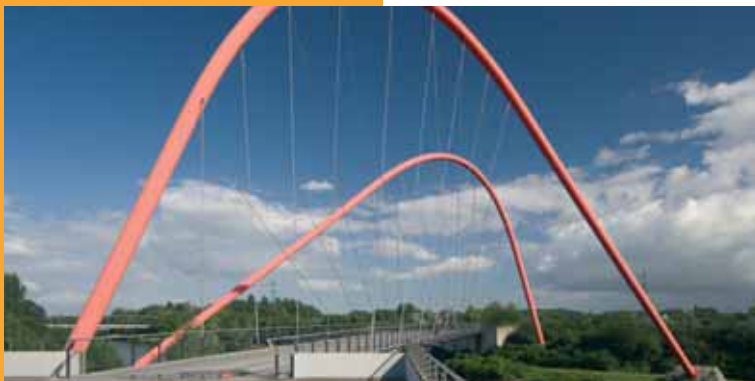
International cooperation

Sharing knowledge makes borders fade

Sharing and exchanging knowledge. These are the common denominators of the international projects and collaborations of the Trimbos Institute. As a partner of the World Health Organisation (WHO), we contribute to the international distribution of knowledge about mental health care.

International projects:

- In 2008 a new European framework for mental health care has been formulated in the European Pact for Mental Health and Well-being. The World Health Organisation published the report *Policies and Practices for Mental Health in Europe* which included an outline of policy and practice of mental health care in 42 European countries. The Trimbos Institute and the Ministry of Health, Welfare and Sport (VWS) provided the Dutch data for this report.
- Romania: advancement of mental health care and the social integration of people with mental disorders.
- Kosovo and Macedonia: projects in the field of drug prevention.
- Bulgaria: setting up a telephone drug helpline and an interactive, instructive website.
- Finland: an important partner in the further development of the e-mental health supply.
- ICASA: International Collaboration on ADHD and Substance Abuse. This international network of ADHD and addiction experts works on several studies for earlier detection and treatment of the combination ADHD and addiction.
- WHO: International dissemination of E-Mental Health.
- The Healthy Nightlife Toolbox: selection and dissemination of high quality interventions in nightlife settings, for local, regional and national policy makers and prevention workers in the EU.



About the Trimbos Institute



Netherlands Institute of Mental Health and Addiction

Working at the Trimbos Institute

Working at the Trimbos Institute means to have knowledge about mental health care and applying it in society. The Trimbos Institute is organised in 13 departments divided over 4 centres. In addition there are supporting services.

At the Trimbos Institute, over 250 passionate and devoted people work on about 300 project every year. They are dedicated to promoting health and quality of life for everyone with mental health problems or addiction problems. Common denominator of all programmes and activities is the collaboration with other knowledge institutes, universities, professional associations, professionals, clients' associations and other stakeholders. This involves people from different disciplines collaborating in varying project teams. Our multidisciplinary approach promotes innovative and custom-made thinking and a broad employability. We have an informal culture, leaving room for personal initiative.

Clients and financing

The Ministry of Health, Welfare and Sport (VWS) and the Netherlands Organisation for Health Research and Development (ZonMw) are our main clients. Many other organisations, however, find their way to the Trimbos Institute too, like mental health care institutions, health insurance companies, client organisations, the Netherlands Association for Mental Health Care (GGZ), local authorities, the MATRA programme of the Dutch Ministry of Foreign Affairs, the Dutch Ministry for Youth and Families, Senter, UNAIDS as well as European bodies.

Kees Trimbos

The Trimbos Institute takes its name from professor Kees Trimbos (1920 – 1988), psychiatrist and professor of preventive and social psychiatry, who as a neurologist worked in care and was involved in addiction care and outpatient mental health care for 20 years.

Trimbos Quarterly newsletter

Stay informed about the latest developments in the area of mental health care and addiction care. Register on www.trimbos.nl and receive Trimbos Quarterly, a digital newsletter with the latest information about depression, addiction, e-mental health and more know how.

For a free subscription to Trimbos Quarterly go to www.trimbos.nl

Websites Trimbos Institute

www.trimbos.nl
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www.cursusgeenpaniek.nl

www.depressie-initiatief.nl
www.collaborativecare.nl
www.nemesis.gfk.nl

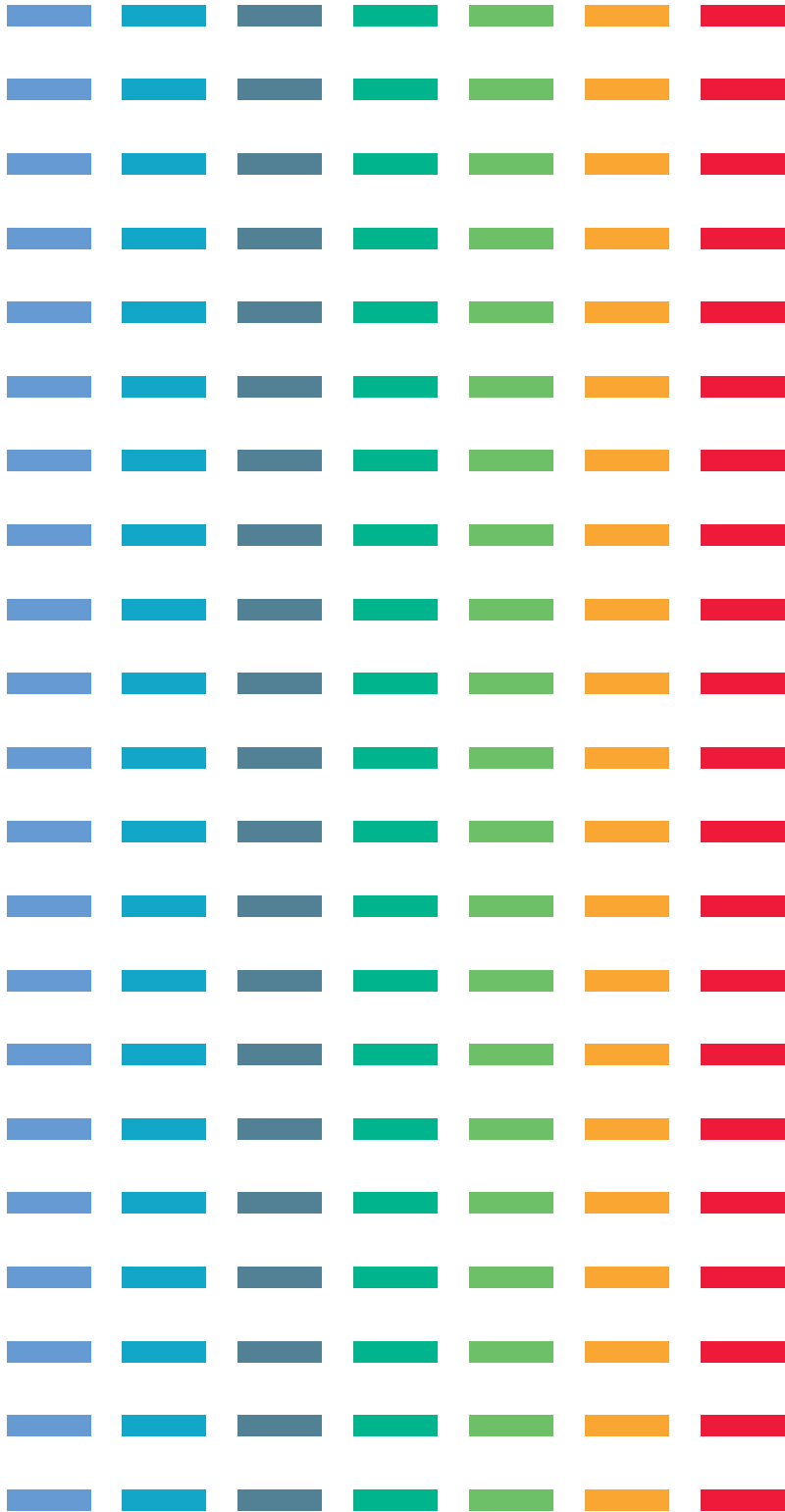
Collaboration websites

www.heeldemensheeldezorg.nl
www.kennisbeterdelen.nl
www.quidatabank.nl
www.kiesbeter.nl
www.dementiedebaas.nl
www.ggzrichtlijnen.nl
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www.trimbos.nl

The annual report is online available at
www.trimbos.nl/annualreport



Trimbos Institute
Da Costakade 45

PO box 725
3500 AS Utrecht
The Netherlands

T +31 - 30 - 297 11 00
F +31 - 30 - 297 11 11
E info@trimbos.nl
I www.trimbos.nl