On the road to recovery for people in need of intensive long-term psychiatric care

Lisette van der Meer1,2*, Tom van Mierlo3, Yolande Voskes4, Bram Berkvens5, Bert Stavenuiter6, Jaap van Weeghel7,8

1 Department of Rehabilitation, Lentia Psychiatric Institute, Zuidlaren, The Netherlands
2 University of Groningen, University Medical Center Groningen, Rob Giel Research Center, Groningen, The Netherlands
3 Breburg Psychiatric Institute, Etten-Leur, The Netherlands
4 VU University Medical Center, Amsterdam, The Netherlands
5 Breburg Psychiatric Institute, Tilburg, The Netherlands
6 Ypsilon family association, The Hague, The Netherlands
7 Parnassia Group, Dijk en Duin Mental Health Center, Castricum, the Netherlands
8 Department of TRANZO, Tilburg School of Social and Behavioral Sciences, Tilburg University, The Netherlands

* l.vandermeer@lentis.nl

**References**
Taylor et al (2005) Bmc Psychiatry

Background
The Netherlands is entering a period in which major transitions are taking place in the care of people with (serious) mental illness (SMI). The current initiative termed “Active Recovery Triad” aims at improving the mental health care for those patients who have been considered the “permanent” residents of psychiatric hospitals (about 7% of the SMI population in the Netherlands; van Hoof et al., 2015). Research shows that hospitalizing patients makes them more care dependent and less autonomous (van der Gulden et al., 2014). Moreover, patient outcomes are better when they live in society instead of separated from the society (Taylor et al., 2009). This group of patients has benefited little from all the innovations in mental health care that have been introduced in the past decades. But not only patients, also their carers and the mental health workers in this long-term protective care are in need of renewal and momentum to improve the quality of care. Importantly, the triad patient, family (or resource group) and professional is the explicit framework for this new model of psychiatric care.

Assessing the effects of ART
To assess the effects of ART, a monitoring instrument was developed by which institutions and/or departments can monitor to which extent the ART model is implemented. Moreover, we aim to assess the relationship between implementation success and psychosocial variables.

**Figure 1.** ART: the model

**New perspective; empowerment; recovery**

**Assessing the effects of ART**
To assess the effects of ART, a monitoring instrument was developed by which institutions and/or departments can monitor to which extent the ART model is implemented. Moreover, we aim to assess the relationship between implementation success and psychosocial variables.