

# 3rd European Congress on Assertive Outreach REACHING OUT TOGETHER

24-26 June 2015 - Oslo, Norway

Come to Oslo for the greatest European event on community mental health, integrated care and assertive outreach

- More than 400 participants, 165 presentations
- Join the new European network for assertive outreach
- User representatives can apply for reduced fee



Co-arranged with  
12th Conference of The Nordic Clinical Case Management Network  
2015 Conference of National Centre for Dual Diagnosis in  
collaboration with other Scandinavian dual diagnosis networks



Venue: Oslo Congress Centre

## Welcome to the 3rd European Congress on Assertive Outreach REACHING OUT TOGETHER

Assertive outreach is done by teams or services to reach persons with severe mental illness who are not themselves able to seek help. The aim is to support the person in fulfilling their goals, coping with the illness and achieving recovery and a meaningful life in the community. The person and his network are the key collaborators for the services.

The aim of the Third European Congress on Assertive Outreach is to let us all share how we may be REACHING OUT TOGETHER to fulfill these goals, and to inspire us to continue developing assertive ways of working towards recovery. The congress is also the 12th Conference of The Nordic Clinical Case Management Network and the 2015 Conference of the National Centre for Dual Diagnosis in collaboration with other Scandinavian dual diagnosis networks.

**Welcome to a great event in Oslo in June 2015!**

**TORLEIF RUUD**  
Chair for the  
organizing  
committee

**NIELS MULDER**  
President of  
the European  
Assertive Outreach  
Foundation (EAOF)

**IAN DAWSON**  
The Nordic Clinical  
Case Management  
Network

**ANNE LANDHEIM**  
The National Centre  
for Dual Diagnosis

### OTHER COLLABORATING ORGANIZATIONS IN NORWAY

- Mental Health Norway
- Akershus University Hospital
- The Hospital Innlandet
- The Norwegian Directorate of Health

### IMPORTANT DATES

- Registration is open on [www.eaof.org](http://www.eaof.org)
- Deadline for submission of abstracts is January 31st 2015

### CO-ARRANGED WITH

- 12th Conference of The Nordic Clinical Case Management Network
- 2015 Conference of National Centre for Dual Diagnosis in collaboration with other Scandinavian dual diagnosis networks

## Keynote speakers



**ARNHILD LAUVENG, Norway, Clinical Psychologist/PhD student**

**The key in reaching out is reaching in**

Arnhild Lauveng is a specialist in clinical community psychology, and a PhD student at Akershus University Hospital. She is an active lecturer, and has received several prizes. She has written eleven books. The first two, *My road back from Schizophrenia* (translated to 12 languages) and *Useless like a rose*, are based on her own experience of having been diagnosed with schizophrenia.



**MIKE SLADE, UNITED KINGDOM, Professor/psychologist**

**Integrating recovery and evidence based treatment?**

Mike is a Professor of Health Services Research at the Institute of Psychiatry, King's College London, and a Consultant Clinical Psychologist in South London. His main research interests are recovery-focused and outcome-focused mental health services, user involvement in and influence on mental health services, wellbeing in psychosis. See [researchintorecovery.com](http://researchintorecovery.com).



**ROBERT E DRAKE, United States, Professor/psychiatrist**

**Assertive outreach for people with co-occurring disorders**

Robert Drake is Professor of Psychiatry, Community and Family Medicine, and Health Policy and Clinical Practice at the Geisel School of Medicine at Dartmouth and the former Director of the Dartmouth Psychiatric Research Center. He has worked with conceptualization, development, evaluation, and dissemination of evidence-based practices, including IPS, integrated dual disorders treatment, and other models. He has conducted numerous randomized controlled trials and has extensively reviewed the psychiatric rehabilitation literature.



**MIRELLA RUGGERI, Italy, Professor/psychiatrist**

**A psychiatric (outpatient) care system with no beds: eutopia or a challenge?**

Mirella Ruggeri is Professor in Psychiatry at the University of Verona, Head of the Section of Psychiatry and Director of the Department of Mental Health in Verona. Her research interests include epidemiological and social Psychiatry, mental health service evaluation, assessment of the relative role of environmental and biological and clinical predictors in determining the outcome of psychiatric disorders, and the effectiveness of innovative psychosocial interventions



**DIANA ROSE, United Kingdom, Professor**

**Service user specialists as experts, - what do we know?**

Diana Rose is a social scientist and mental health service user. This 'double identity' enables her to put the voice and perspective of service users into all aspects of the research she carries out. She was recently made Professor of User-Led Research at the Institute of Psychiatry, Psychology & Neuroscience at King's College London.



**MERETE NORDENTOFT, Denmark, Professor/psychiatrist**

**Assertive outreach: Evidence and implementation.**

Merete Nordentoft is professor in Psychiatry at University of Copenhagen. She is President of International Early Psychosis Association. She has been principal investigator for many trials investigating effect of psychosocial interventions, most famous is the OPUS trial, which tried out specialised assertive intervention in early phases of psychosis and proved that it was cheaper and better than standard treatment.



**MARJAN TER AVEST, Netherlands**

**Reaching out together for more than survival**

Marjan ter Avest is Director of the National Mental Health Care Association (LPGGz) since 2007. Previously she has worked as, among others, Head of Projects at the Rehabilitation Foundation and Director of the National Support Center for Client Councils. Marjan ter Avest holds a degree in physiotherapy as well as social sciences, with a focus on organisation and policy in (public) healthcare.



**TORLEIF RUUD, Norway, Professor/psychiatrist**

**Norwegian ACT teams and users after 2 years (1)**

Torleif Ruud is head of the R&D Department for Mental Health at Akershus University Hospital and Professor at the Clinic for Health Services Research and Psychiatry, Institute of Clinical Medicine, University of Oslo. His main research areas are mental health services, community psychiatry, quality and outcome of services, user experiences, acute treatment, crisis resolution teams and assertive outreach.



**SILJE MACK, Norway/Netherlands**

**Experiences of reaching out from DD**

Silje Mack is a freelance writer and journalist from Oslo. She has struggled with dual diagnosis from a young age, and lived in over ten different institutions before the age of 18. Today she lives and works in The Netherlands, and is currently writing her autobiography.



**ANNE LANDHEIM, Norway, Research leader, The National Centre for Dual Diagnosis**

**Norwegian ACT teams and users after 2 years (2)**

Anne Landheim is working as a research leader at the Norwegian National Advisory Unit on Concurrent Substance Abuse and Mental Health Disorders. She has been doing research for several years in the field on dual disorders. She has been one of the leaders at the evaluation of the Norwegian ACT-teams.



**MARTIN LAMBERT, Germany, Prof. Dr. med., Center for Health Care Research (chcr):**

**Integrated care in severe psychotic disorders the Hamburg model**

Professor Lambert is Professor of Psychiatry at the Department of Psychiatry and Psychotherapy at the University Medical Center Hamburg-Eppendorf where he heads the Psychosis Centre including Integrated Care and the Early Detection and Intervention Centre. He is the Deputy Speaker of the Hamburg Mental Health Network. His current research interests includes integrated care, first-episode psychosis, remission and recovery, quality of life and subjective wellbeing.



**NIELS MULDER, Netherlands, Professor/psychiatrist.**

**Key issues in assertive outreach in Europe in 2015**

Prof. Dr. C.L. Mulder is a psychiatrist and professor of public mental health. He is program leader of the Epidemiological and Social Research institute at Erasmus University Medical Centre, department of psychiatry, psychiatrist and teacher at BavoEuropoort/Parnassia psychiatric institute. He is involved in research projects concerning help seeking behaviour, motivation and compliance, emergency psychiatry, victimisation, assertive outreach, compliance, and coercion and regularly publishes (inter)national scientific articles and books on these matters.



**LARS LINDERØTH, Psychiatrist**

**Challenges establishing and sustaining assertive outreach for dual disorders**

Lars Linderøth is a psychiatrist and has been working with assertive outreach addressing severe mental illness and/or severe addiction, major disability and a weak or non-existing contact with public treatment services, in different settings since 1995 in Oslo and rural areas of Norway as well. He is now working in the C-Flex team in the municipality of Bærum, just outside of Oslo.

## Committies

### LOCAL ORGANIZING COMMITTEE

Torleif Ruud, chairman, Akershus University Hospital  
Dagfinn Bjørgen, Mental Health Norway  
Ian Dawson, The Nordic Clinical Case Management Network  
Anne Landheim, The National Centre for Dual Diagnosis  
Birgit Rød, Moss ACT team  
Kaja Sillerud, The Norwegian Directorate of Health  
Lisbeth Slyngstad, Ålesund municipality  
Gaute Strand, National Centre for Primary Mental Health Care  
Lise Aasmundstad, Rehabiløten

### INTERNATIONAL ORGANIZING COMMITTEE

Ms. M. Overdijk  
Ms. M. van Putten  
Mr. F. Koops  
Prof.dr. M. Lambert  
Prof.dr. C.L. (Niels) Mulder

### CONGRESS ORGANISER

Congress-Conference AS,  
Oslo, Norway  
eaof@ccnorway.no

### EAOF SCIENTIFIC COMMITTEE

Prof. dr. T. Burns, UK  
Dr. H. Kroon, The Netherlands  
Prof. dr. C.L. Mulder, The Netherlands (chair)  
Prof. dr. M. Nordentoft, Denmark  
Prof. dr. S. Priebe, UK  
Prof. dr. J. van Os, The Netherlands  
Prof. dr. G. Pieters, Belgium  
Prof. dr. W. Rössler, Switzerland  
Prof. dr. Torleif Ruud, Norway  
Prof. dr. H.J. Salize, Germany  
Drs. R. van Veldhuizen, The Netherlands  
Prof. dr. J. Wancata, Austria  
Dr. Juan José Martínez Jambrina, Spain  
M. Firn, UK  
Dr. R. Mezzina, Italy  
C. Sixbey, ACTA, USA

### THE CONGRESS OFFERS A REDUCED CONGRESS REGISTRATION FEE FOR 40 PARTICIPANTS FROM SERVICE USER ORGANIZATIONS IN EUROPE.

The reduced fee is NOK 2750.

Application must be sent by email to [ecaο-users@ccnorway.no](mailto:ecaο-users@ccnorway.no) from user organizations in European countries. Each organization may apply for reduced congress fee for up to two persons. The application must contain the name and contact information for the persons and a paragraph giving the reason why this person should attend the congress. The applications will be assessed by the chairman and two service user representatives in the local organizing committee. Distribution on countries and types of organizations and will be taken into consideration in the decision on who is given a reduced congress fee.

## Meetings regarding EAOF network and consensus document

The European Assertive Outreach Foundation EAOF has the aim to set up a European network to help ensure that the most vulnerable citizens in our communities, people with severe mental illness (SMI), receive the highest possible quality of care. During the last six years we have been successful in developing this network by organizing every two years our European congress to deal with all the developments in assertive outreach on an international level.

We think it is now time to take our initiative one or maybe two steps further. We are planning to work together with people from our network on developing a consensus document to describe the current evidence and best practices of the best possible care for people with SMI. We want to establish a network of institutes and organizations with whom we will work on spreading the values of this document throughout Europe and maybe even around the world. This will be a network on Assertive Outreach and Community Care for people with SMI. The consensus document can be used as a standard for regions to organize the care for people with SMI. The standard will not only direct the mental health care but also the support on recovery, housing and work. The standard will also have guidelines on how to organize and implement this care to ensure sustainable mental health care for people with SMI.

The EAOF is currently working on a starting document for this initiative. We will be organizing two meetings in Oslo to discuss the initiative and to already gather some input for the consensus document or some topics we need to further discuss in our network. We hereby invite you to take part in these sessions in Oslo. The sessions will probably be held during breakfast in the Hotel Radisson Blu Plaza. The results of the meetings will be presented at the closing ceremony of the congress in Oslo. We will then let you know how we will proceed with this initiative.

If you want to join the breakfast sessions in Oslo, please write an email to [moverdijk@eaof.org](mailto:moverdijk@eaof.org)

## Themes for parallel sessions (workshops and symposia)

### SERVICE USER AND CARER PERSPECTIVES

- Service user experiences with assertive outreach
- Experiences of carers/relatives with assertive outreach
- User specialists as experts and team members
- Working together with service users and carers
- Working with families
- Working together towards recovery

### RECOVERY

- Recovery and preferences of service users
- Recovery: a personal journey
- IPS and supported employment as means towards recovery
- Interventions to support independent living
- Interventions to support developments of personal goals

### SERVICE MODELS

- Different service delivery models in cities and rural areas
- Acute and long term assertive outreach
- The evidence of assertive outreach
- Experiences working in assertive outreach
- Team work in assertive outreach
- Role of team leaders, leadership
- The cultural aspects in assertive outreach
- Working with model fidelity
- Assertive outreach for special populations

### INTERVENTIONS AND QUALITY OF CARE

- Implementation of evidence based treatments
- Quality of assertive outreach
- Experiences working with evidence based treatments
- Working with medication
- Assertive outreach in acute crisis
- Development and use of plans for crisis prevention
- Clinical issues in assertive outreach
- Social work in assertive outreach
- Treatment of trauma in assertive outreach
- Working with treatment plans, individually adjusted treatment
- Interventions for reducing admissions
- Coercion and assertive outreach
- Assessing risk of violence in assertive outreach

- Preventing and handling violence in assertive outreach
- Experiences and challenges of doing assertive outreach over many years
- Importance of hope and endurance
- How to contribute to and support hope
- When do we stop trying to reach a person
- Is "treatment resistant" something that exists
- Keeping optimism in treatment – why and how
- Offence of personal integrity
- Experiences with e-health interventions and IT/internet

### CONTINUITY OF CARE AND COLLABORATION WITH OTHER SERVICES

- Experiences of health workers and collaborating services
- Continuity of Care
- Integration between health and housing, housing first
- Collaboration between primary care and mental health care
- Combining competences to help people with complex needs
- Integration of social work and psychiatric treatment
- Reducing poverty and financial burden

### ASSERTIVE OUTREACH FOR PERSONS WITH DUAL DISORDERS

- Assessment of substance use problems
- Integrated treatment for mental problems and drug problems
- Assertive outreach in different stages of motivation for change
- Using motivational interviewing in assertive outreach
- Working with family when mental problems and drug problems

### Outcome and effect of assertive outreach

- What are important outcomes of assertive outreach
- Criteria for readiness for discharge from assertive outreach
- Processes in discharge preparation and management
- Enduring effects of assertive outreach after discharge

### INTENSIVE CASE MANAGEMENT

## Structure of the program

	Wednesday 24 June	Thursday 25 June	Friday 26 June
09:00		Plenary session 2	
09:30			Parallell sessions
10:00			
10:30	Break		
11:00		Parallell sessions	Break
11:30			
12:00			Plenary session 4 and closing
12:30			
13:00		Lunch and posters	
13:30			
14:00			
14:30	Opening and plenary session 1	Plenary session 3	
15:00			
15:30			
16:00	Break	Break	
16:30	Parallell sessions	Parallell sessions	
17:00			
17:30			
18:00			
18:30			
19:00		Boat tour dinner	
19:30			
20:00			
20:30			
22:00	Reception in Oslo City Hall		



## Social program

### RECEPTION IN OSLO CITY HALL

**Wednesday 24 June 20:30 - 22:00 hrs**

All delegates and Accompanying persons are cordially invited by the Mayor of Oslo to a reception in the magnificent Oslo City Hall. Some snacks and wine will be served. The reception will be included in the registration fee.

### BOAT TOUR DINNER

**Thursday 25 June 19:00 - 23:00 hrs.**

Explore the beautiful Oslo Fjord from the deck of an old schooner! On Thursday all delegates and accompanying persons are invited to join on a Boat Tour. The boats will anchor in calm bay where a nice meal will be served. The 25 June is one off the longest day of the year, when the sun hardly sets.

**Price NOK 700. (This boat trip is partly sponsored by the congress.)**



### OSLO

Oslo, the capital city of Norway, is situated in the heart of Scandinavia. The city is surrounded by magnificent scenery, from its fjord to forested hills. Oslo has also been the home of landmark cultural figures, such as Edvard Munch, Gustav Vigeland, Thor Heyerdahl and Henrik Ibsen, each of whom is celebrated by a popular museum in the city. Oslo offers a unique combination of natural beauty, culture and history, which makes it a perfect setting for exciting social activities. Besides being the city where the Nobel Peace Prize is awarded each year, Norway's largest university as well as several renowned research centres are Oslo highlights.

This city is a great destination for those who enjoy outdoor activities. Even in the city centre, the nearest park is never more than a few blocks away. A ten-minute boat ride from the centre takes you to lovely beaches on islands in the Oslo Fjord. Oslo offers everything you would expect from a capital, it has an abundance of attractions, shopping opportunities, a flourishing cultural life, and choice of restaurants that are almost unparalleled in Scandinavia. Enjoy the long summer evenings on one off the many sidewalk cafés in the city centre or by the harbour.

## Registration and hotel reservations



Hotelreservations can be made when you register for the congress. **List of hotels - see below.**

### REGISTRATION FEE

Congress fee: NOK 4.600  
On-Site fee from 15 June: NOK 5.000  
Boat trip on 25 June: NOK 700

## Contact

For any questions regarding registration and hotel booking, please contact our PCO.  
Congress-Conference AS • Tel: +47-22561930 • [eaof@ccnorway.no](mailto:eaof@ccnorway.no)

## Venue:

Oslo Congress Centre

## List of hotels

All rates are per night for one person and include breakfast and taxes.



### RADISSON BLU PLAZA HOTEL

Radisson Blu Plaza Hotel is a 4 star full service hotel located downtown Oslo, next to the main railway station (Oslo S), where the airport train arrives. The hotel offers conference facilities, bars and restaurants, parking facilities close by, porter service etc.

**Standard single room NOK 1.495**  
**Street address: Sonja Henies plass 3**



### CLARION ROYAL CHRISTIANIA HOTEL

Clarion Royal Christiania Hotel is a full service hotel situated in the centre Oslo city, close to the main railway station (Oslo S). 532 modern rooms, a bar and restaurant creates a dynamic venue in the heart of the city. The hotel also offers a newly renovated pool & fitness area.

**Standard single room NOK 980**  
**Street address: Biskop Gunnerus' gate 3**



### THON HOTEL MUNCH

This bed and breakfast hotel is situated a short 500 metres walk to Karl Johan, as well as easy walking distance to public transportation, airport shuttle bus and a vast variety of shops, restaurants, museums and theatres. The hotel has a total of 180 comfortable rooms all functionally equipped.

**Standard single room NOK 995**  
**Street address: Munchs gate 5**

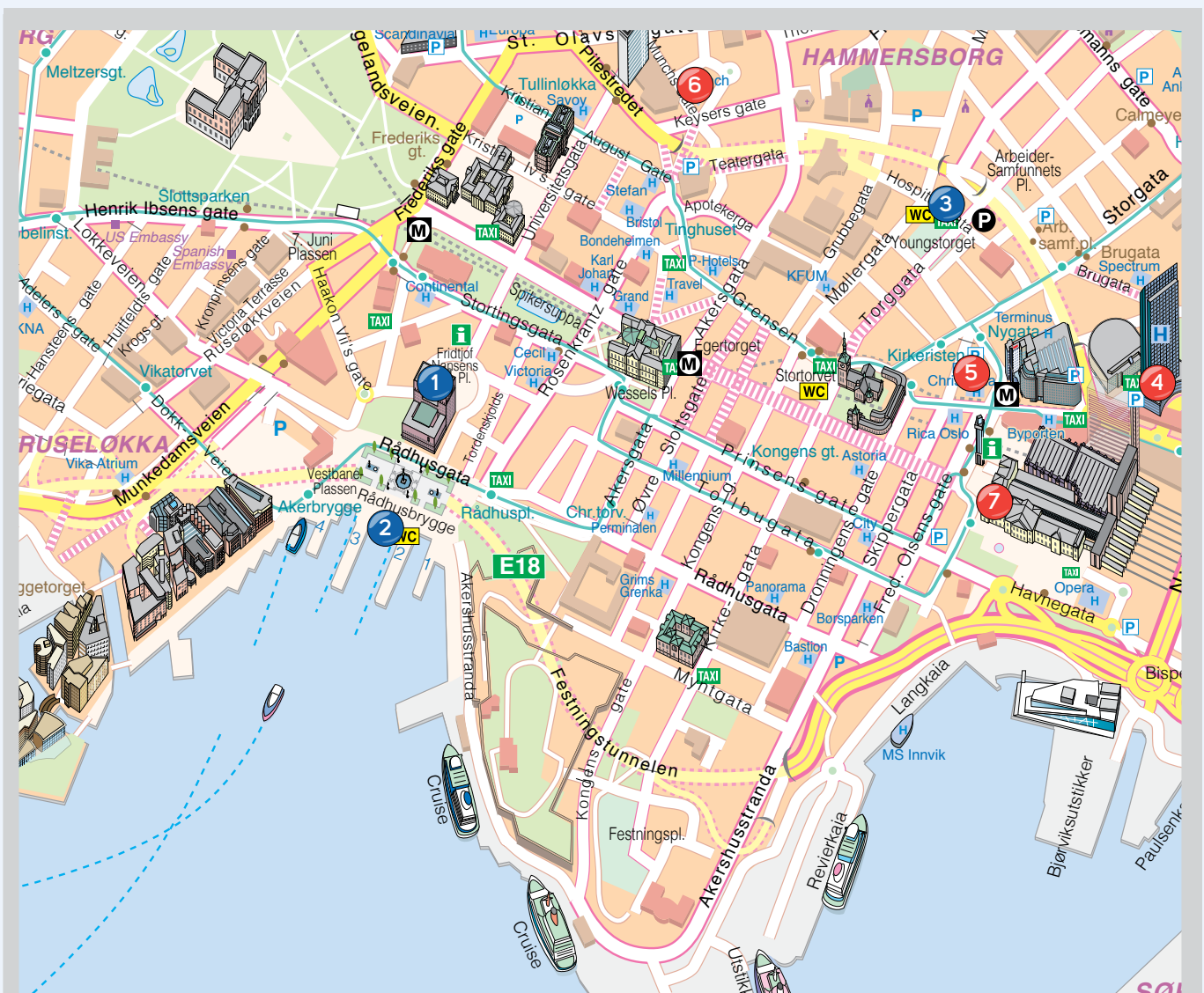


### COMFORT HOTEL GRAND CENTRAL

It is one of the most centrally located hotels in Oslo – just 3 minutes walk from the airport express train and main railway station Oslo S. Oslo city centre is placed outside the door.

The interior is inspired by modern art and most rooms are unique. The hotel offers a compact training suite which is well equipped and open 24/7.

**Standard single room NOK 990**  
**Street address: Jernbanetorget 1**



## MAP OF OSLO

- ① Oslo City Hall    ② Boat Departure    ③ Oslo Kongressenter (congress venue)
- ④ Radisson Blu Plaza Hotel    ⑤ Clarion Royal Christiania Hotel    ⑥ Thon Hotel Munch
- ⑦ Comfort Hotel Grand Central