ADULTS' MENTAL HEALTH SERVICES — STEPPED MODEL

ASSESSMENT OF CARE NEED

- Multidisciplinary working group in health and social services centre
- Opportunity for making appointments directly with health professionals

PSYCHOLOGIST

DOCTOR

PUBLIC HEALTH NURSE

REGISTERED NURSE

SPECIALIZED PSYCHIATRIC CARE

Outpatient and ward treatment, psychotherapy

REHABILITATIVE PSYCHOTHERAPY

If work or study capacity is threatened

- PSYCHOTHERAPIST

MORE DEMANDING BRIEF PSYCHOSOCIAL INTERVENTIONS

E.g. crisis and trauma work

- PSYCHOLOGIST

BRIEF PSYCHOTHERAPY

- PSYCHOTHERAPIST

BRIEF PSYCHOSOCIAL INTERVENTIONS

E.g. symptom-focused treatments

- REGISTERED NURSE SPECIALIZED IN MENTAL HEALTH AND SUBSTANCE ABUSE
- PUBLIC HEALTH NURSE
- PSYCHOLOGIST

PRIMARY-LEVEL SUPPORT

E.g., follow-up appointments after a brief intervention

- REGISTERED NURSE SPECIALIZED IN MENTAL HEALTH AND SUBSTANCE ABUSE
- PUBLIC HEALTH NURSE
- PSYCHOLOGIST

SELF-HELP PROGRAMMES, INTERNET-DELIVERED THERAPIES

Start of treatment within a month of the identification of need

IN ADDITION, THE FOLLOWING MUST BE INCLUDED

In line with the client's overall need

- Medication alongside psychosocial care
- Social welfare services
- Child and family services
- Third-sector services, such as peer support and support for families