

pro mente Upper Austria

SPAZ pro mente

DSA Birgit Dürk

SPAZ pro mente OÖ

Is an co-operation between pro mente and the psychiatric hospitals or psychiatric departments in Upper Austria.

We are located in

- Linz
- Steyr
- Vöcklabruck
- Wels

Each of the outpatient centers is individually structured and adapted to the needs of the respective region.

SPAZ pro mente

We see ourselves as the interface between inpatient and outpatient psychosocial services

- 1) An easy and unbureaucratic contact point for acute treatments
- 2) First point of contact, immediate psychosocial counselling and crisis support
- 3) We try to provide the best possible network inside and outside the hospital
- 3) We are a multiprofessional team with a very broad range of counselling services, which enables us to respond individually to most of all our clients' needs.

Our offer is:

- Unbureaucratic
easy to participate
- Free of charge
- Flexible (4 appointments, more or less possible if required)
- Even after the counselling is over, patients can contact us again if they get worse or have some questions.
- Possibility to work with interpreters (either present in person or video interpreting)

Target group

- Acutely mentally ill people
- Chronically mentally ill people
- People in psychosocial crises
- People in the early stages of a mental illness

Age group

Adults from 18 – 70 years

Our Offer

- Clearing
- Psychoeducation
- Crisis intervention
- Psychosocial counselling
- Onward placement/bridging
- Counselling for relatives
- Social work

We offer 4 appointments of 60 minutes each

Our goals – our benefits

- Patients are given a prompt appointment with us by their doctor
- Avoiding chronification „Those who help quickly help twice“.
- We offer a save place to talk about things.
- Good experiences with us as motivation to seek further help outside the hospital
- Precise clearing and targeted referral also relieves the burden on extramural services and shortens waiting lists.

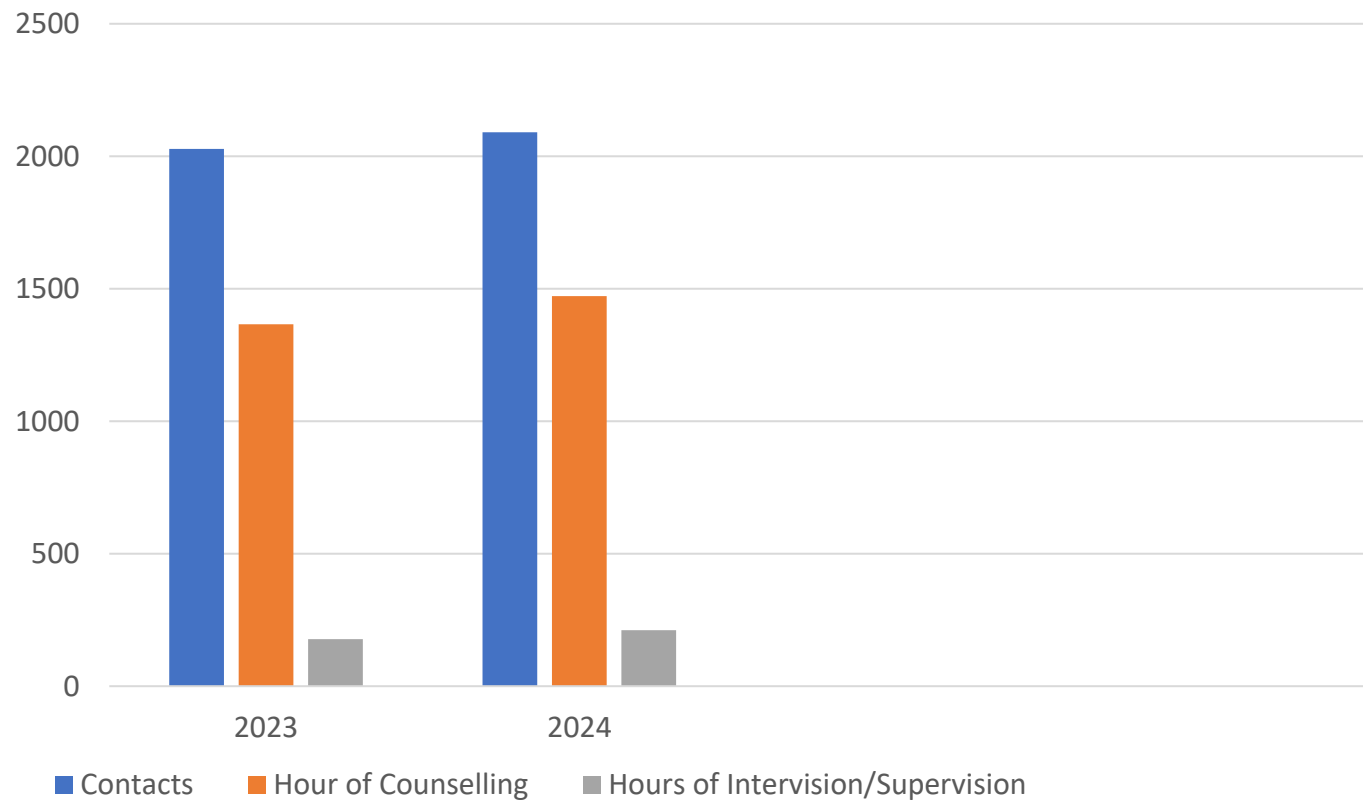
Our goal – our benefit

- Detailed psychoeducation reduces shame, gives hope and insight: „Mental disorders are real disorders that can be cured and have nothing to do with weakness“
- Relieving realisation: „I´m not alone with this illness, many people feel the same way as I do. And it´s not my fault“
- The strategies developed with us for everyday life can help immediately.
- Strengthening the ability to act.

Our goals – our benefits

- Daily intervision with our psychiatrists and immediate reaction if things go worse.
- Prevention of inpatient treatments
- We are well networked within and outside the hospital, which enables us to provide the best treatment for our patients

Numbers/Data/Facts



Fact sheet

- Social psychiatric outpatient centers pay off structurally and financially 50% cost savings compared to inpatient stays

My personal motivation

- The work is varied, no two days are the same, no two patients are the same.
- We are a great team.
- The cooperation between the hospital and pro mente Upper Austria is very good.
- Pro mente Upper Austria and the KUK Neuromed Campus, 2 systems, many challenges.
- The feedback of our patients is very positive.
- After 26 years of psychosocial counselling, I am still curious about our patients and look forward to helping them to find solutions to their problems.

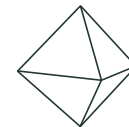
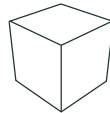
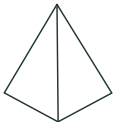
Thank you for listening!
Good bye!

SPAZ

Social Psychiatric Outpatient Center



Christoph Wöger-Winkler



SPAZ - Functions and Goals

- No beds, emergency and follow-up clinic
- Support in acute crisis situations
- 24/7 operation, core hours: Mon-Fri 07:30-15:00
- Care by a multi-professional team

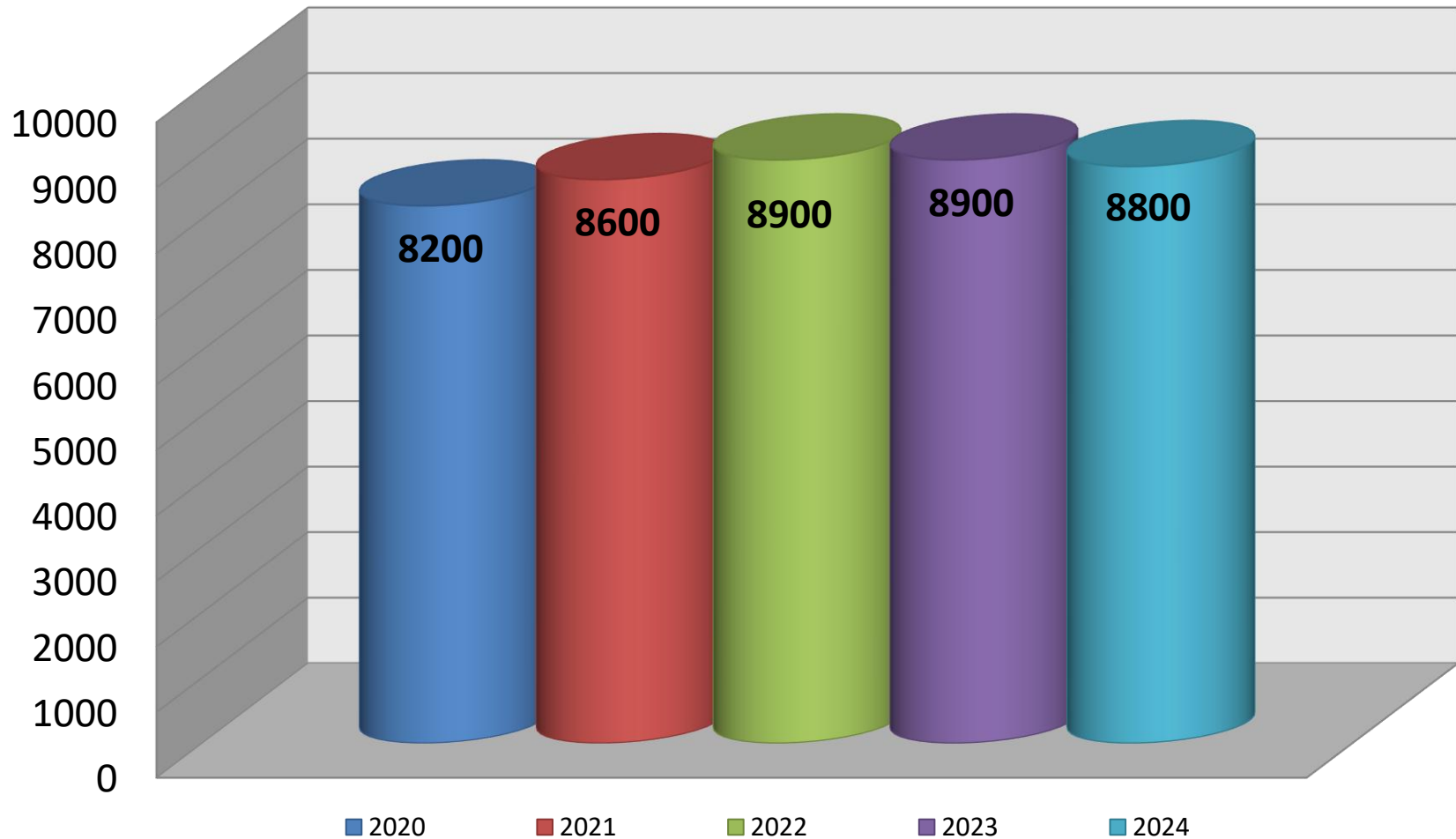
SPAZ – Patient Care

- General psychiatry (18-70 years)
- Support by psychotherapists and social workers from Pro Mente OÖ
- Care also outside core hours for other psychiatric specialtie

SPAZ — Regional Responsibility

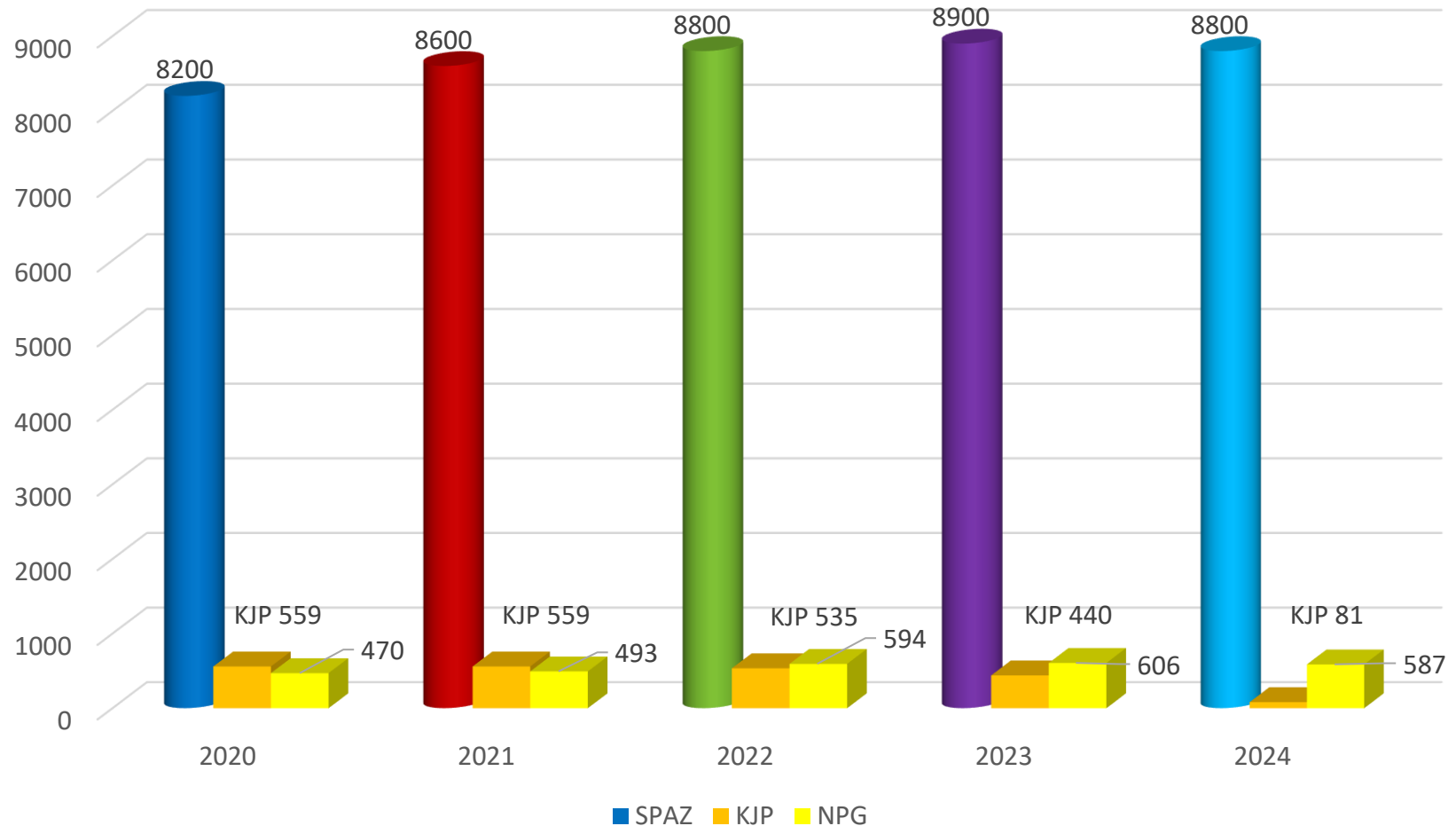
- Responsible for Upper Austria North and the city of Linz
- Serving around 620,000 residents
- About 10,000 patients treated annually

SPAZ - Patient frequency 2020 - 2024

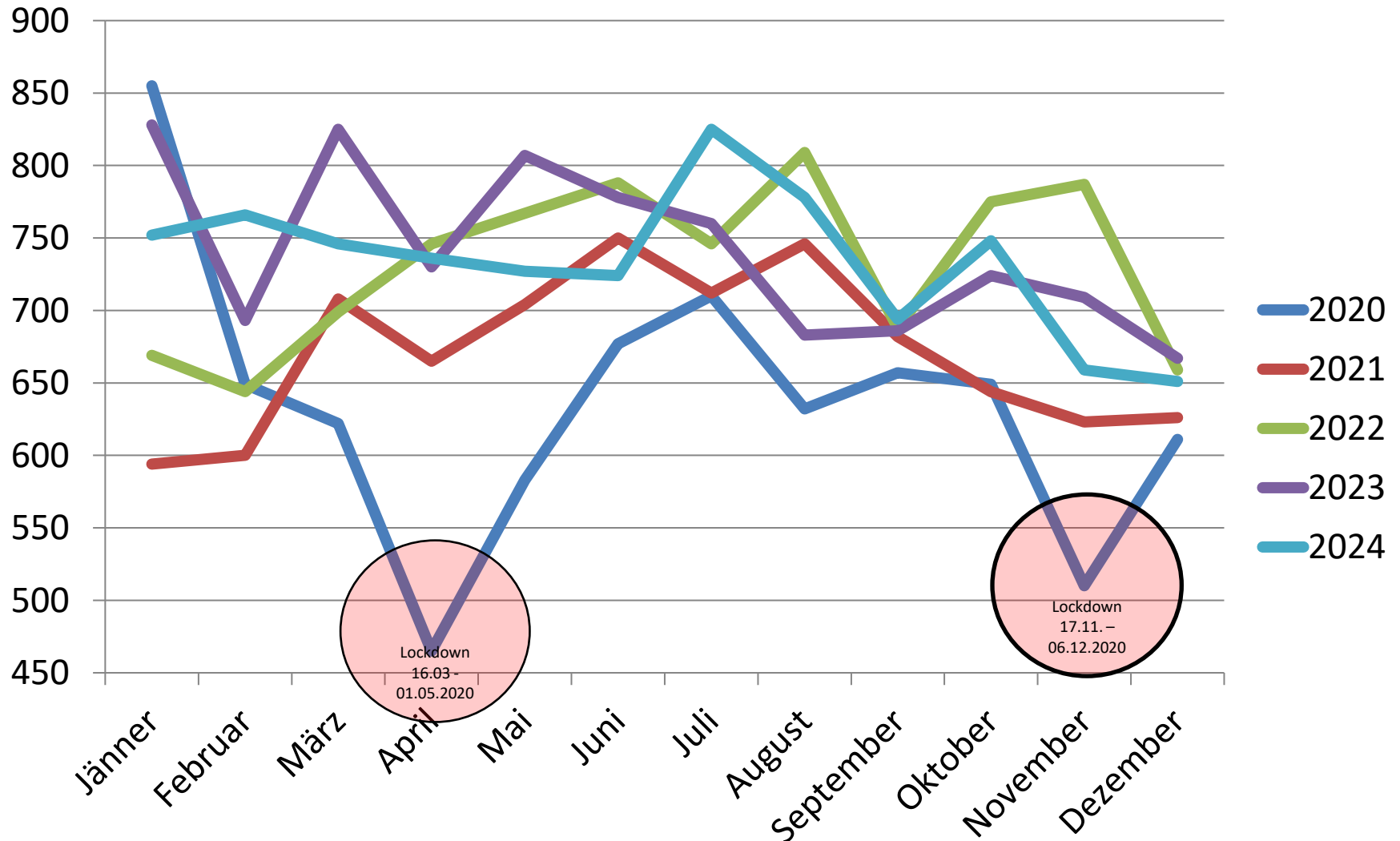


SPAZ - Patient frequency 2020 – 2024 with KJP and NPG

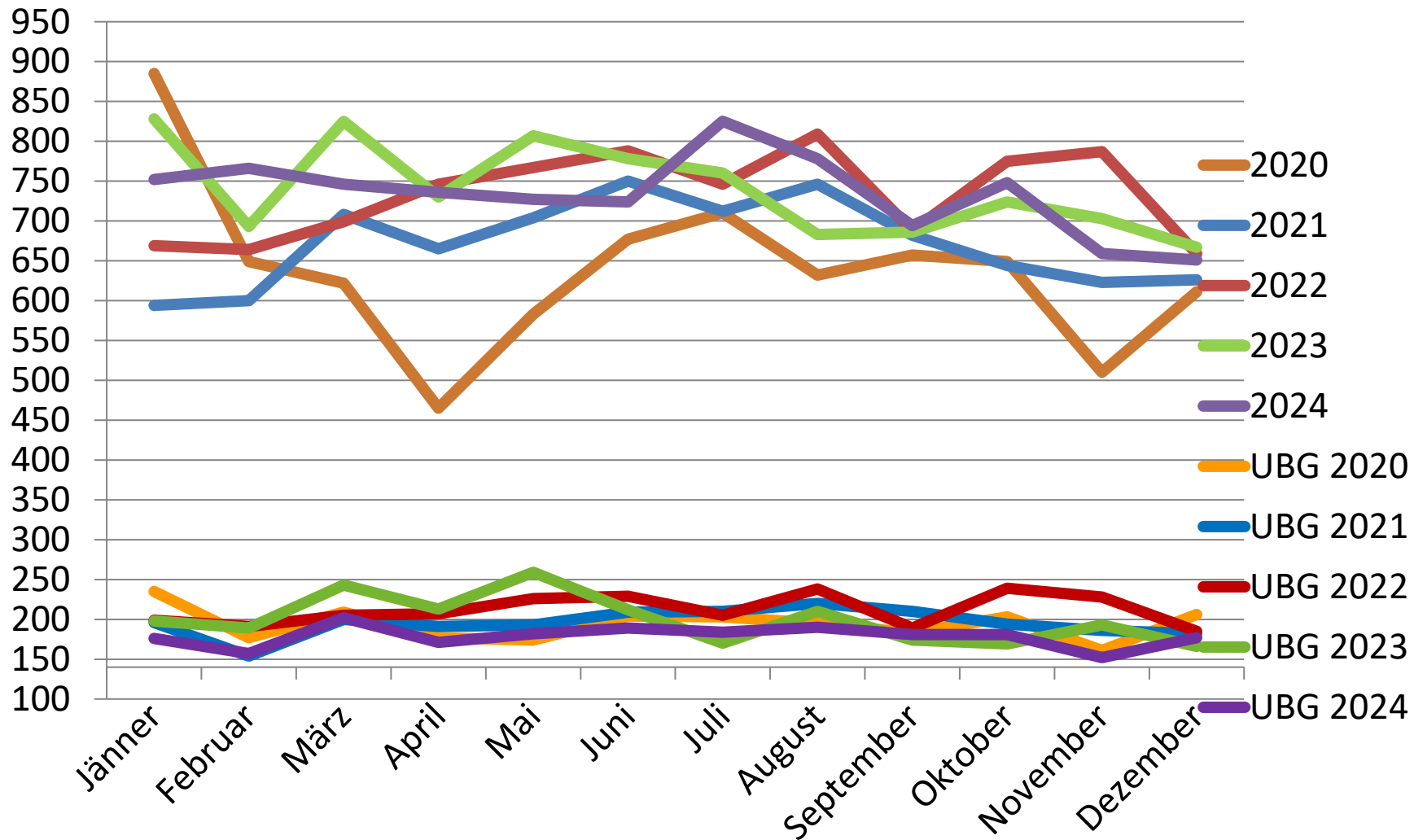
SPAZ - FREQUENZEN



PATIENT FREQUENCY – by Month – 2020 - 2024



SPAZ – Patient Frequency by Month & admission to a closed ward



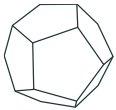
SPAZ – Admission Procedure

- First contact by a nurse
- Diagnostic and therapeutic clarification by a doctor
- Emergency admissions often by police

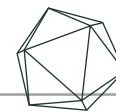
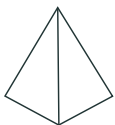
SPAZ – Emergency Management

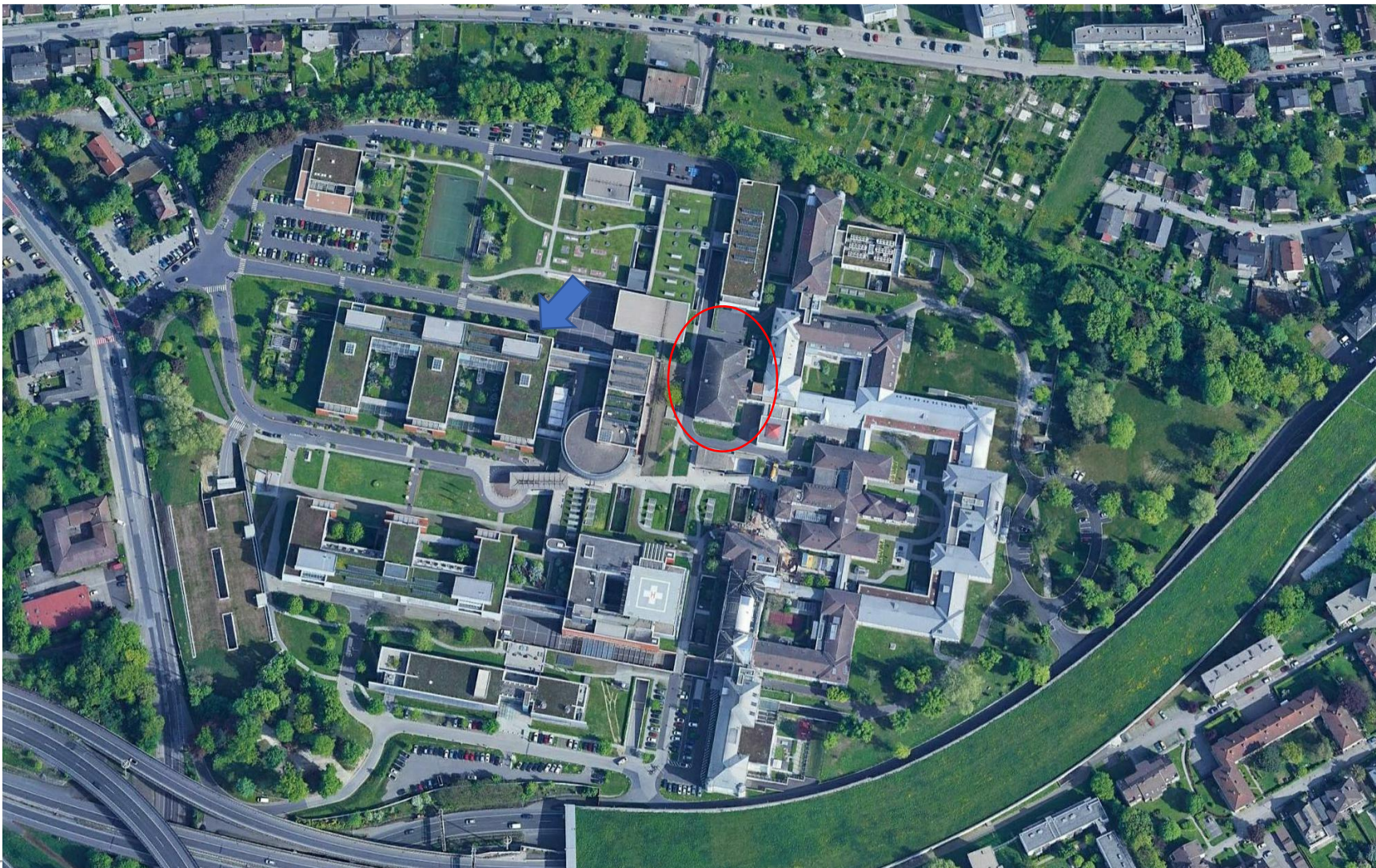
- Principle "Worst come – First served"
- Regular training by in-house de-escalation trainer

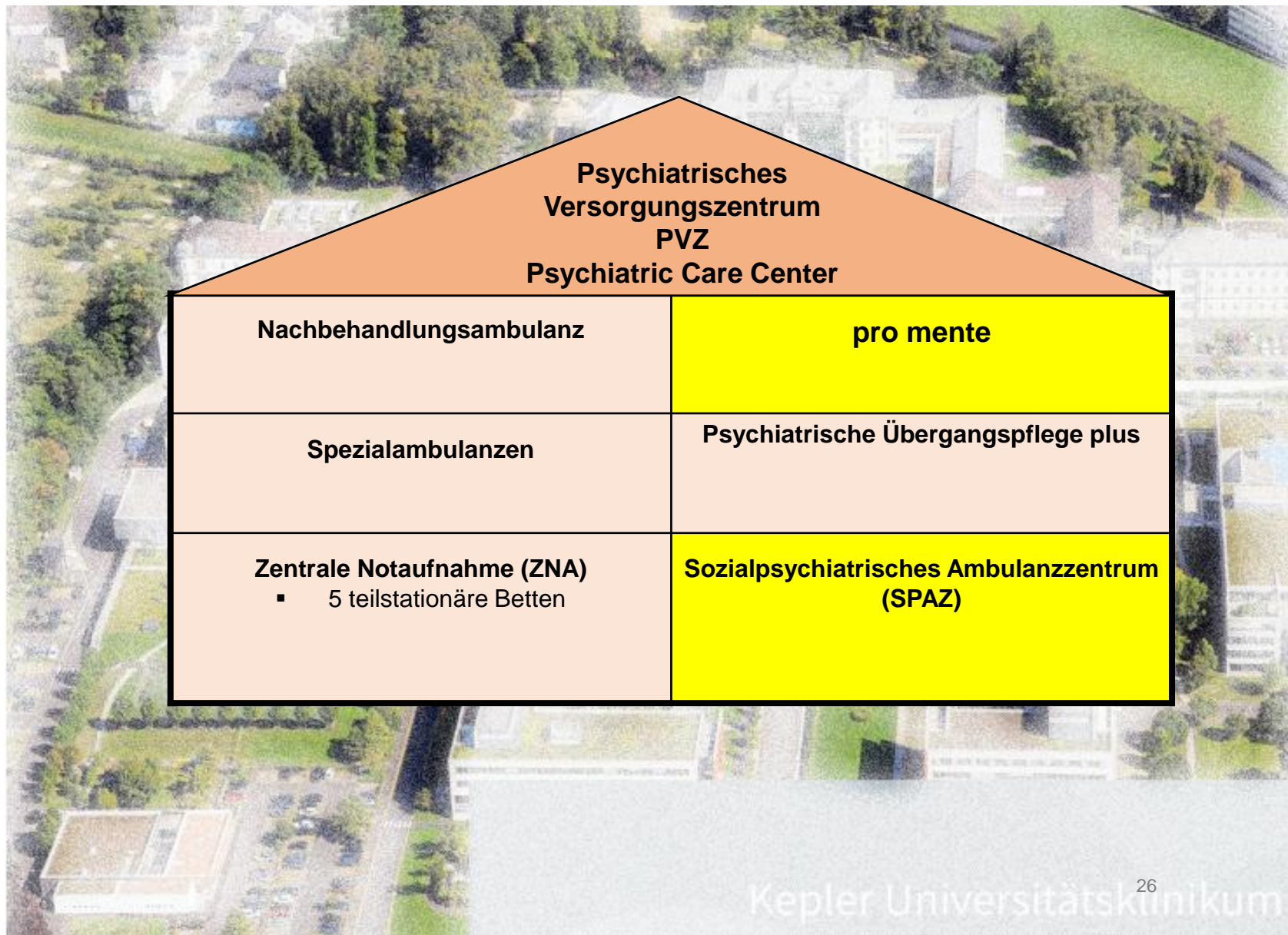
PSYCHIATRISCHES VERSORGUNGS ZENTRUM P V Z



Psychiatric
Care
Center







Kepler Universitätsklinikum

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PVZ – Introduction

- Developed to meet increasing demands
- Specialized care as a university clinic
- Establishment of special outpatient clinics and ZNA

PVZ – Special Outpatient Clinics

- Intercultural Clinic
- Affective Disorders
- Personality Disorders/Chronic Suicidality
- Pre- and Postnatal Psychiatry
- ADHD and Autism Spectrum Disorder Clinic

PVZ – Central Emergency Room (ZNA)

- Admission when inpatient treatment is unclear
 - Individual care plan within 36 hours
 - Reduction of inpatient admissions
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- Goals of ZNA
 - Reduction of inpatient admissions
 - Avoidance of overcrowded beds
 - Efficient cooperation with SPAZ and outpatient clinics

PVZ – Psychiatric Transitional Care

- Support after inpatient stay
 - Promotion of independence
 - Avoidance of readmissions
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- Goals of Transitional Care
 - Outpatient care before inpatient admission
 - Promotion of psychological stability
 - Integration of coping strategies
 - Crisis prevention

PVZ NEUBAU



