





Workshop **A Dutch view on addiction care**



Mental Health Exchange Programme -
Netherlands, 2nd wave

📅 25 November – 4 December 2025

📍 Utrecht, Netherlands
Utrecht UT, Netherlands

Welcome



Tjebbo Grijpma MBA 

Directeur bedrijfsvoering bij Amethist Verslavingszorg Flevoland



Teie Salomons · 1ste

Verpleegkundig specialist GGZ | MSc | Regiebehandelaar | hoofd
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Verslavingszorg

Teie Salomons

Advanced nurse practitioner
Head of treatment Amethist

Tjebbo Grijpma

Director of operations Amethist



Who are our visitors today?



We work for Amethist Flevoland

- Young organization founded in 2013
- Partnership between GGz Centraal and Tactus
- 125 employees
- Treating 1000 patiënten a year
- Care and Cure services paid for by health insurance and social support government



Amethyst is the name of a crystal used in Greek mythology as a stone against drunkenness and imparts calm and balance

What is special about working at Amethyst in Flevoland?



Almere (nr 8 biggest city NL)

- Developed as an overflow city for Amsterdam.
- **1976**: first residents.
- **2025**: over **220,000 inhabitants**
- Construction of Almere started on December 1, 1975. So yesterday Almere was 50 years old.





Mentimeter

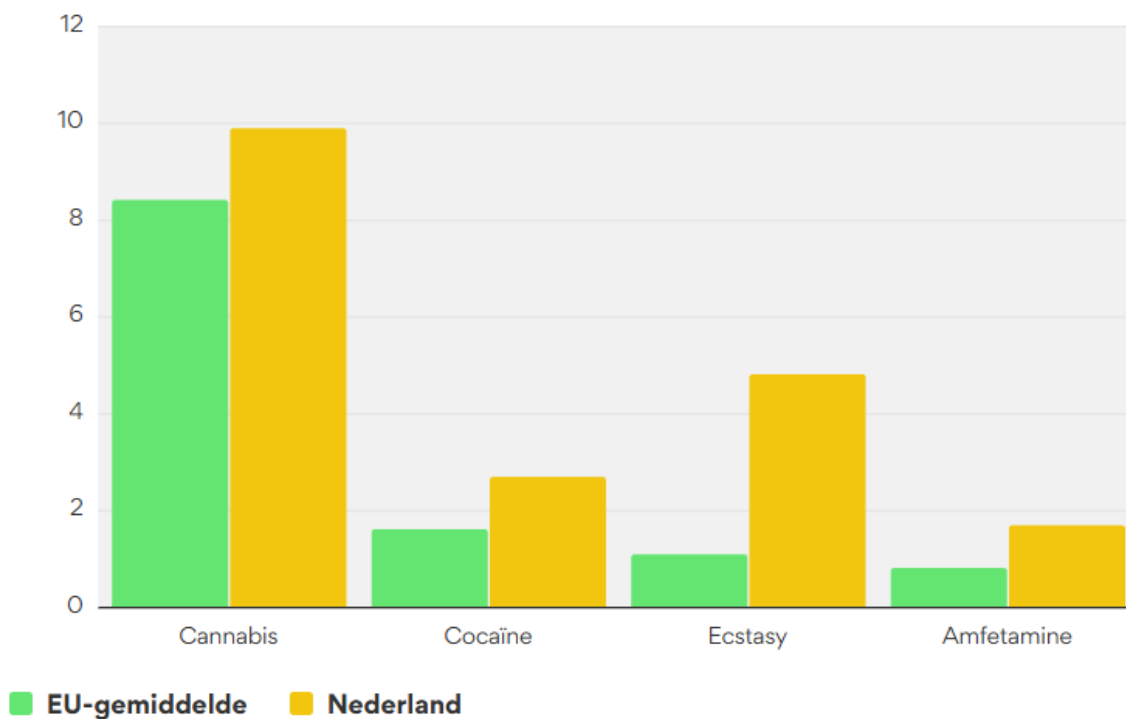
- Key features **in the Netherlands:**
- **Tolerance policy:** soft drugs like cannabis are tolerated under strict conditions.
- **Coffee shops:** licensed venues where cannabis can be purchased and consumed.
- **Amsterdam's reputation:** known for liberal attitudes toward recreational drug use.
- **Festival culture:** MDMA (ecstasy) and other party drugs are common at music festivals.
- **Harm reduction:** free drug testing services.



International comparison of Europe and the Netherlands

Internationale vergelijking

Gebruik van cannabis, cocaïne, ecstasy en amfetamine onder volwassenen (15-64 jaar) in de EU (gemiddelde, incl. Noorwegen en Turkije) en Nederland

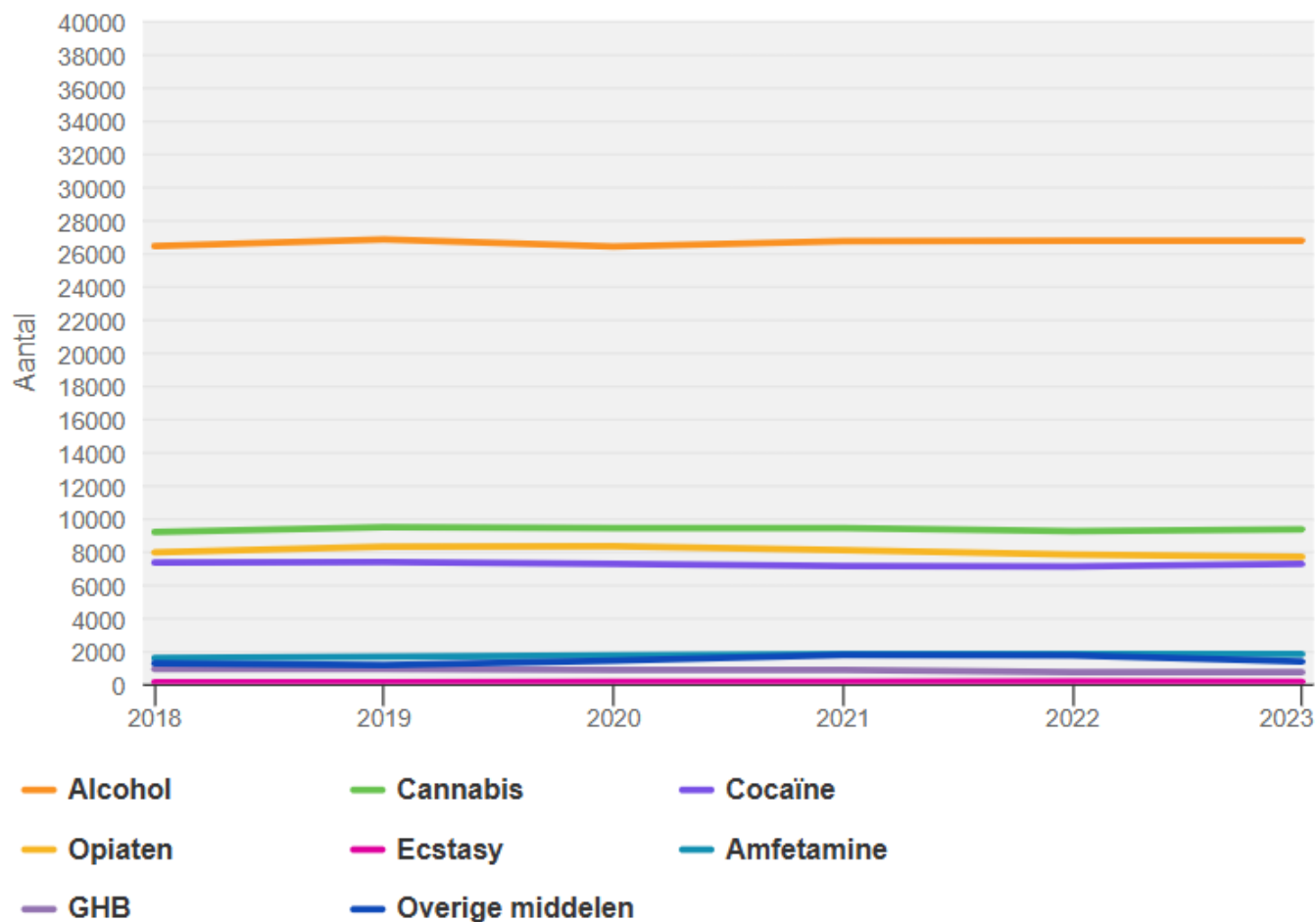


Bronnen: European Drug Report 2025, EUDA; Gezondheidsenquête/Leefstijlmonitor CBS in samenwerking met het RIVM en het Trimbos-instituut, 2023.

Number of clients in addiction care

Verslavingszorg

Aantal cliënten in de verslavingszorg



Back to Amethyst: work areas

- Almere is a large multicultural city
- We also work in areas where farmers and fishermen live – noordoostpolder
- Seasonal workers from various European countries





Outside the big cities:

- More alcohol problems
- More shame about problems
- More support system

- Big city Almere – Lelystad
- More designer drugs
- More crime
- More socialwork

More socialwork means



Location Schrijverstraat Almere city:

- Methadone posts
- Social activation
- Living room
- User areas/ user rooms (smoking heroin, weed, alcohol)
- We take patients off the streets
- Trying to get them into care



View on addiction



- Addiction is an illness
- Treatment consists of targetting multiple factors
- Social-biopsychological approach

Route to care



- Typically through a referral (GP, other specialised care)
- Intake, assesment, treatment
- Group therapy is the norm
- Care is covered by health insurance

Treatment in the Netherlands

- Two main treatments:
- 12-step program
- Cognitive behavioral therapy (CBT)



Our treatments:

CURE

CARE

Behandelfase

Toeleiden naar
zorg

Detoxificatie

Inzicht gevende
behandeling

Terugvalpreventie

Verslavings- behandeling

☐ Verslaving de Baas

☐ Ambulante detox
☐ Klinische detox

☐ Verslaving de Baas
☐ Dagbehandeling
☐ MDOD
☐ Seeking Safety
☐ ACT
☐ Themagroep (55+,
gokken,
seksverslaving)
☐ Klinische
behandeling (KB)¹

☐ Terugvalpreventie
☐ AA/NA

☐ MZU
☐ Rehabilitatie

Complementair behandelaanbod

☐ PMT
☐ ADHD coaching
☐ ERT individueel
☐ Kortdurend
systemisch
☐ Diagnostiek
psychodiagnostisch
☐ Diagnostiek
psychiatrisch
☐ CGT Insomnia
☐ COMET-zelfbeeld
☐ Schema therapie
☐ EMDR/Trauma
☐ Seeking Safety

☐ PMT
☐ ADHD coaching
☐ ERT individueel
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☐ Diagnostiek
psychiatrisch
☐ CGT Insomnia
☐ COMET-zelfbeeld
☐ Schema therapie
☐ EMDR/Trauma
☐ Farmacotherapie

Drugs Information and Monitoring System (DIMS)

- Testing service at 33 locations
- In 2024: 19.000 samples were brought
- Valuable information about developments, compositions and usage

Information like:

Cocaine in 2024

In 2024, 5.1% of submitted samples were sold as cocaine.

Risks

- Dependency
- Cardiovascular problems
- Damage to nasal mucosa
- Paranoia

Contains sometimes

- Procaine
- Levamisole
- Phenacetine
- Caffeine

Effects

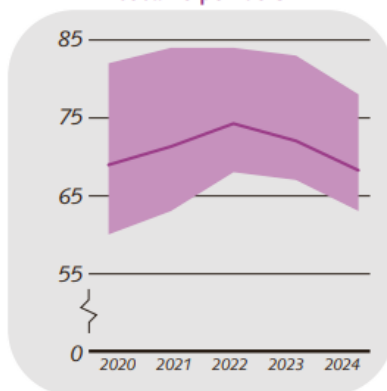
- Increased energy
- Confident feeling

Average price per gram:
€ 51.50.

Half of the submitted cocaine samples cost between 50 and 60 euro.



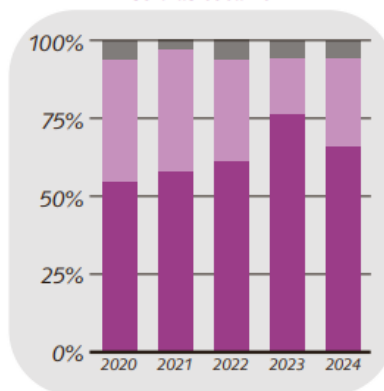
Cocaine content in cocaine powders



— Average cocaine content (%)
■ Cocaine content covering half of the cocaine powders (%)

The average cocaine content in 2024 is 68%.

Content of powders sold as cocaine



■ Only cocaine ■ Cocaine + adulteration ■ No cocaine

In 2024, 11.8% of the submitted cocaine samples contained procaine. Levamisole was found in 11.6% of the cocaine samples.

National Drug Monitor (NDM)

- Yearly updates about trends, markets and developments
- Extensive information about the usage
- Helps to predict what to expect



Home	Kerncijfers	Publicaties	Alcohol	Tabak	Cannabis	Ecstasy (MDMA)	Cocaïne		Lachgas	Ketamine
GHB	Psychedelica	NPS	Opioïden	Slaap- en kalmeringsmiddelen	ADHD-medicatie	Wetgeving, beleid en preventie	Drugs-criminaliteit	Middelengebruik en strafbaar gedrag	Bijlagen	Over NDM

7.0 Laatste feiten en trends

7.1 Over amfetamine

7.2 Gebruik: volwassenen

7.3 Gebruik: jongeren en jongvolwassenen

7.4 Problematisch gebruik

7.5 Gebruik: internationale vergelijking

7.6 Hulpvraag en incidenten

7.7 Ziekte en sterfte

7.8 Aanbod en markt

Download pdf.

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7.0 Laatste feiten en trends

Wijzigingsdatum: 12 | 11 | 2025

Volwassenen

Amfetaminegebruik in het laatste jaar (2023)



1,3%

Trend in amfetaminegebruik
onder volwassenen

1,0%

Amfetaminegebruik onder
volwassenen, naar leeftijdsgroep

1,6%



Developments

- New psychotropic drugs (NPS) are introduced at a high rate
- Increase in cocaine/crack usage
- Increase in vaping among young people
- Number of patients in addiction healthcare is stable

Care in networks

- Care for complex patients is usually delivered in networks
- Addiction, mental health, social problems, physical issues.
- Working closely with partners to provide optimum care

Current developments

- Therapy is usually provided in groups
- Online/E-health is on the rise
- New therapy methods: contingency management as one of the newer ones

Current developments (2)

- Fast increase of addiction healthcare organisations
- Often targetting low-complex patients
- The regular organisations see an increase of high complex patients

Peer support

- Addiction healthcare was one of the early adapters when it comes to peer support



- Most famous: Alcoholics anonymous (AA)
- Introduction of “experience experts”

Patient case



We see a 24 year old woman, referred by her GP with oxycodon abuse. Her parents kicked her out, she lives with friends, moving between houses. When you see her for for a first consultation, she tells of a past consisting of sexual abuse and repeated trauma, she has recurring nightmares and avoids certain locations. She feels depressed and has suicidal thoughts at times. Her drug use has caused her to lose her job as a medical secretary, after she was caught stealing medication. She has little to do during the day.

Her current oxycodon use is 140 mg spread out over the day, which she buys on the black market. She's motivated to quit using, but when she tried it herself, the withdrawal symptoms were so hard, she wasn't able to remain sober.



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