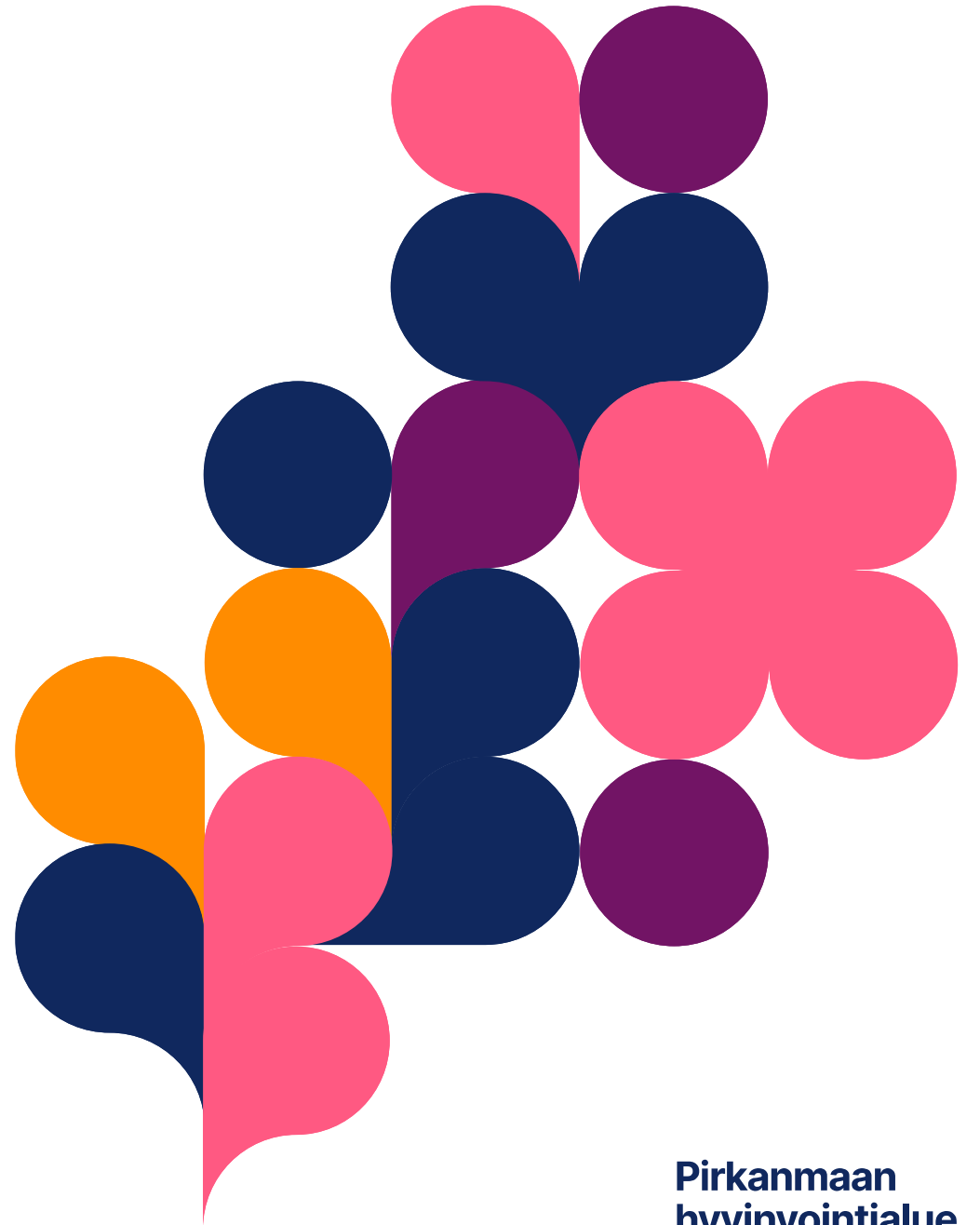


Pirkanmaa Wellbeing Services County, Mental Health and Substance Abuse Services

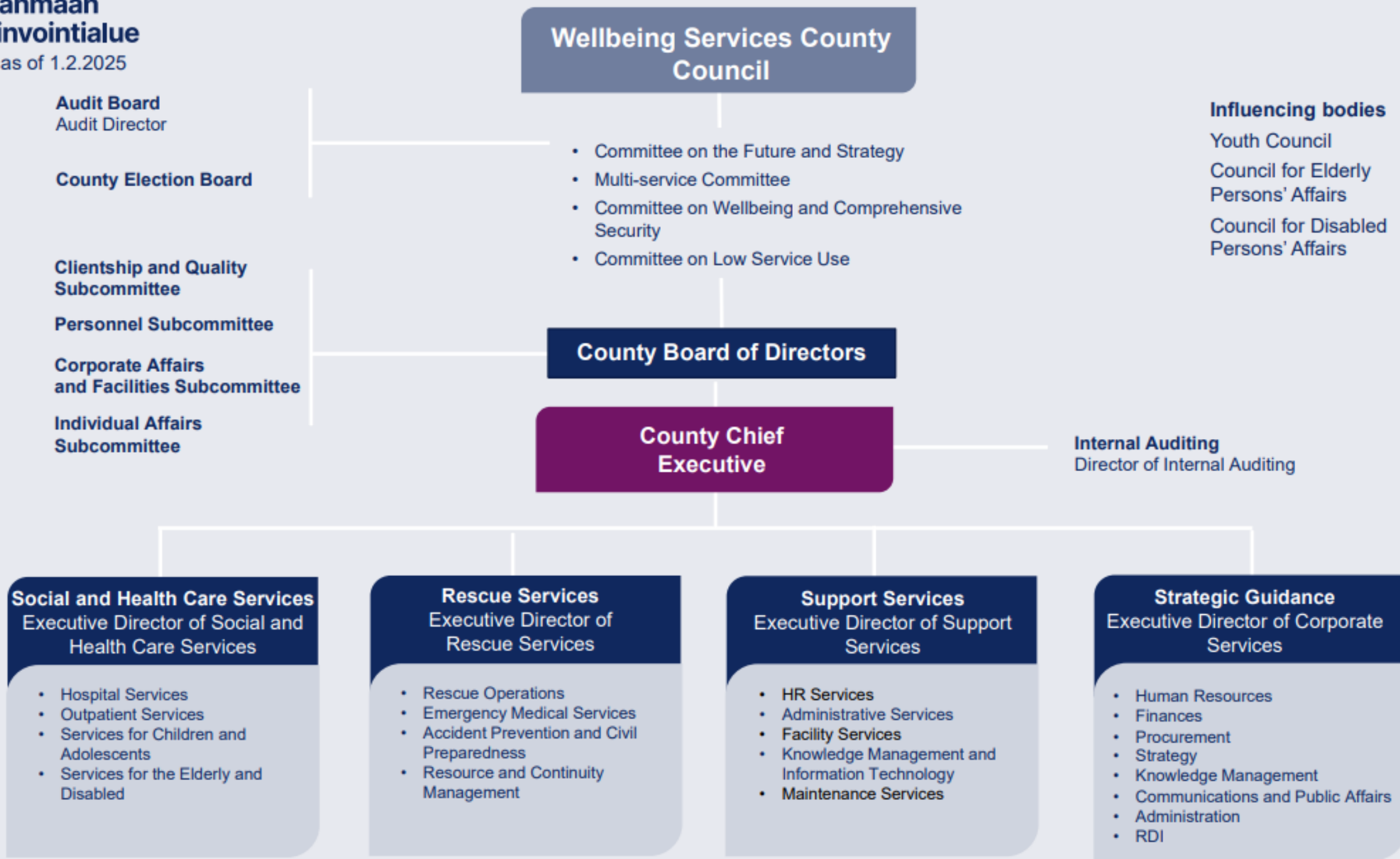
Kaija Saari

Service manager



Pirkanmaan hyvinvointialue

Valid as of 1.2.2025



Social and Health Services

Director of Social and Health Services
Taru Kuosmanen

Management
Support
Services

Outpatient Services

Service Director
Eeva Torppa-Saarinen

Hospital Services

Service Director
Markus Paananen

Services for children, adolescents, and families

Service Director
Titta Pelttari

Services for the elderly and disabled

Service Director
Päivi Tryki

Mental Health and Substance Abuse Services

Responsibility Area

Director: Kaisa Luoto

Chief Physican, Team of Consylting Psychiatrists:

Pihla Sassi

Chief Physican, Team of Addiction Medicine Physicians:

Sara Ashorn

Service Managers:

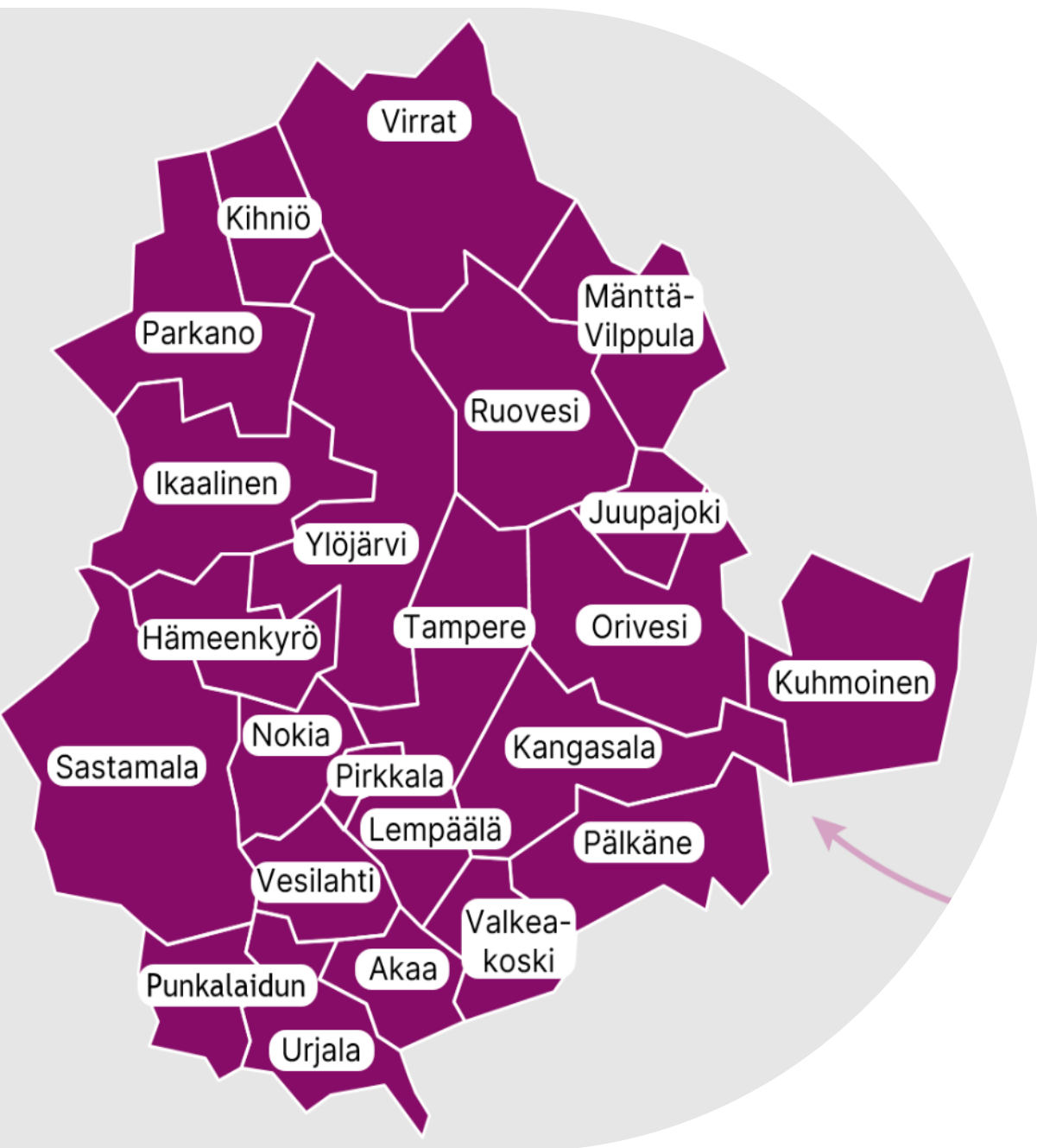
Marcel Mathier

Kaija Saari

Terhi Leskinen

Henri Sipilä

Mental health and substance abuse services are one of the nine areas of responsibility within outpatient services.



Mental health and substance abuse treatment teams operate at all health and social services centres

[\(\[Pirha.fi\]\(https://pirha.fi\)\)](https://pirha.fi) [Mental health and help with substance abuse problems - Pirha in English - pirha.fi](https://pirha.fi)

There are 20 health and social services centres in Pirkanmaa, offering a wide range of basic-level services. Services are organised from each centre according to need, including satellite locations and local service points.

At these centres, services include doctor and nurse appointments, physiotherapy, mental health and substance abuse services, dental care, and social services for working-age people.

Mental health and substance abuse issues should be addressed within basic services, just like any other health concern. Therefore, each centre has a MIEPA team consisting of nurses and psychologists.

The aim is to ensure that care for mental health and substance abuse issues at the basic level is smooth, patient-centred, and ensures continuity of care, while also integrating social and health services. In other words, providing exactly what is needed when challenges arise with mental health or substance use.

Mental health and substance abuse treatment teams (MIEPÄ) operate at all health and social services centres

- ❖ In the MIEPÄ -teams, mental health problems, substance use issues, and various behavioral addictions are treated when primary-level care is sufficient, but the specialized expertise of mental health and substance use professionals is required.
- ❖ General practitioners are involved in the treatment, and cooperation with social services professionals and other partner organizations is carried out when necessary.

Treatment period in the MIEPÄ team

- ❖ A goal-oriented care plan is developed for each patient in collaboration with the patient, and the plan is reviewed regularly.
- ❖ Treatment methods include, for example, guided self-care, motivational interviewing, supportive visits, brief cognitive therapy, short-term psychotherapy, or other treatments in line with clinical care recommendations.
- ❖ Care is provided through individual or group appointments.
- ❖ Services are offered both as in-person and remote appointments.
- ❖ For patients who require long-term support and care, treatment is planned individually and through a multidisciplinary approach.
- ❖ Needs-based pharmacological treatment for mental health and substance use disorders is provided.

How to access mental health and substance abuse services?

- ✓ A referral is not required
- ✓ It is recommended to fill in the Therapy Navigator to help assess your situation (terapianavigaattori.fi)

Self-initiated access to care

- ❖ Through your local health and social services center or the digital clinic
- ❖ Through the Young Adults Team (ages 18–22)
- ❖ Through the Happi Unit for people who use drugs
- ❖ Urgent matters → urgent care reception or emergency department

Access guided by a professional

- ❖ A healthcare professional from another Pirha unit or a partner organization can direct the patient directly to the mental health and substance use team at the local health and social services center
- ❖ A healthcare professional assesses the need for care and/or the need for further treatment

Basic-level services are organized in collaboration

Mental Health, Substance Abuse and Addiction Treatment in Outpatient Services

Responsibility Area: Outpatient services	Responsibility Area: Mental Health and Substance Use Services		Responsibility Area: Social Services
<p>Outpatient services provide care and follow-up when there is a clear and uncomplicated mental health or substance-use–related need, as well as support for recognizing and managing health and life-situation challenges.</p> <p>Patients treated in outpatient services are usually managed with brief interventions. Examples of methods include giving guidance, supported self-care, motivational interviewing, and short therapy. Assessment of alcohol use and brief interventions are carried out within reception services.</p> <p>Pirkanmaan hyvinvointialue</p>	<p>Mental health and substance use teams operate at every health and social services center together with reception services and also serve the wider area.</p> <p>The teams treat mental health, substance abuse, and addiction-related problems when reception services are not sufficient or when more specialized methods are needed.</p> <p>Key methods include, for example: Various therapies, Psychological interventions, Motivational interviewing, Structured treatment programs, Medication management, When needed, long-term follow-up and rehabilitation.</p> <p>Mental health and substance abuse treatment are carried out in an integrated manner.</p>	<p>Specialized addiction services include:</p> <ul style="list-style-type: none"> • Inpatient addiction treatment • Outpatient detoxification • Opioid substitution therapy • Addiction rehabilitation • Needle and syringe exchange services • Substance use assessment and specialist consultation • Client guidance and coordination of purchased services 	<p>Social services within outpatient care provide a limited range of social welfare support for clients with mental health, substance abuse, and addiction needs.</p> <p>Examples of services:</p> <ul style="list-style-type: none"> • Housing services • Employment support services • Social work related to substance abuse • Social and crisis services

Additionally, some shared teams provide services across the whole area

Remote team

- ❖ In the remote team, the patient's care is delivered entirely via remote connections.
- ❖ The care largely corresponds to that provided by the teams at social and healthcare centres.
- ❖ The patient's physician is the doctor from the patient's own social and healthcare centre.

Patients are referred to the remote team through the Miepä-teams, in the same way as to the teams at social and healthcare centres.

Short-term psychotherapy team

- ❖ The team provides short-term psychotherapeutic treatment (max 20 appointments) delivered by an authorised psychotherapist.
- ❖ Referral to short-term psychotherapy is possible when a sufficient assessment establishes the need for such treatment.

Young adults mental health and substance abuse team

- ❖ The team serves as a low-threshold contact point for young adults with mental health and/or substance abuse issues.
- ❖ Patients may contact the team by phone, via walk-in reception, or by completing the contact form at our website.
- ❖ After contact, an appointment is arranged either remotely or in person, and a professional develops a needs-based care pathway together with the patient.
- ❖ Care may continue either within the Young Adults Team or in another service.
- ❖ The initial assessment typically consists of one to three visits.

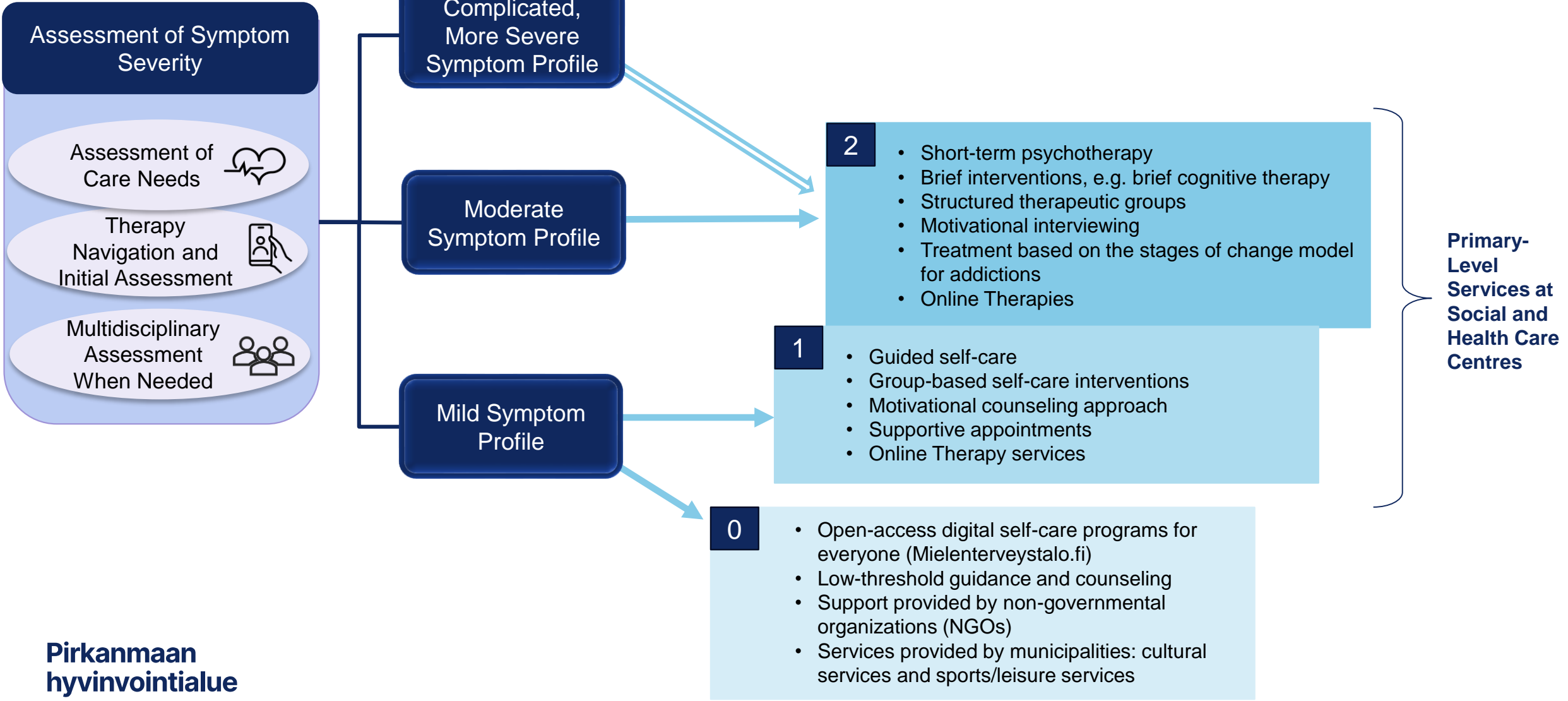
Rapid response team

- ❖ The team works in cooperation with primary-level urgent care clinics.
- ❖ In the urgent care team, the patient is treated over 1–3 visits, during which the patient's situation is assessed and a plan for further care is made.
- ❖ The urgent care team is also responsible for non-emergency crisis work throughout the Pirha area.

Referral occurs from primary-level urgent care clinics when the patient's situation requires more detailed assessment or rapid response and the patient does not yet have a treatment episode elsewhere.

Referrals for crisis work are made in a planned manner based on an assessment by Social Services and Crisis Emergency Services.

Psychosocial treatment options in primary care



Psychosocial treatment at primary-level services

The level of care is assessed individually, and the treatment method is selected in collaboration with the patient.

Care can also be provided outside mental health and substance abuse service teams.

The methods are an essential part of goal-oriented care and improve treatment effectiveness.

- ❖ Guided self-care
- ❖ motivational interviewing
- ❖ treatment according to the stages-of-change model
- ❖ online therapies
- ❖ brief cognitive therapy
- ❖ short-term psychotherapy
- ❖ structured therapeutic groups
- ❖ psychotherapy supported by Kela (the Social Insurance Institution of Finland).

Example

Diagnostic assessments and examinations in primary care

Diagnostic assessments and investigations can be carried out in primary care when:

Diagnosis can be made by a general practitioner with support from a consulting psychiatrist or addiction medicine specialist

A psychiatrist's specialist statement can be issued based on a single consultation

The diagnostic process does not require extensive multidisciplinary differential diagnostics

An assessment or targeted evaluation by a psychologist in mental health and substance abuse services is sufficient

Physician Services at the Primary Care Level



General practitioners in social and health centres provide care also for patients with mental health and substance use needs in primary care.



Physicians with special competence in addiction medicine, or those currently undertaking special qualification training, participate in the delivery of intensive substance abuse and addiction treatment.



A team of consulting psychiatrists supports general practitioners in patient diagnosis, treatment, and care planning.

Mental Health, Substance Use and Addiction Services Advisory Support

- Guidance is available via chat or phone on weekdays
- Chat and phone services are open Monday–Friday from 9:00 to 15:00
- The chat can be accessed via the pink chat bubble at the bottom of the pirha.fi website, telephone number: 040 840 4450
- The advisory service is available to adult residents of Pirkanmaa seeking help with mental health, substance use, or addiction-related issues
- Contacting the service is also possible anonymously
- The service is also intended for professionals
- Professionals may seek guidance on matters related to mental health, substance use, and addiction treatment

**Pirkanmaan
hyvinvointialue**

Where should you seek help?

If you are unsure, you can contact the advisory service.





Thank You!