



OPPSØKENDE  
BEHANDLINGTEAM  
STAVANGER



Stavanger Universitetssjukehus  
Helse Stavanger HF  
Psykiatrisk klinikk



STAVANGER KOMMUNE

# OBS – Assertive outreach team Stavanger, Norway

Assertive outreach treatment of  
patients with severe mental illness and drug  
dependence



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# Background of the Norwegian society

- Population 4.6 mill.
- 431 municipalities
- 19 county municipalities
- 3 levels of government



# Norwegian Housing Policy

- Main ideology that everybody should own their own home
- The public rental sector is very modest
- 96 per cent of Norwegian homes are privately owned.
- 23 per cent of the households are renting their homes.



# Social situation

- 40% are homeless
- 90% use illegal drugs  
(opiates, amphetamines, benzodiazepines)



# Assertive outreach

- The team shares values as hospitality and the necessity of building relationships on trust and commitment
- Most of the treatment outside service setting
- Flexibility, close monitoring of medication
- The whole team takes on responsibility of the relationship to the patient
- All team members should know all active patients



# Treatment goal

- Increasing patient competence in using ordinary helping system
- Increasing system competence towards the patient group



# Problems related to diagnosis

- An ongoing under-estimation of psychotic disorders among drug-users.
- A "moralistic" and excluding attitude in psychiatric units towards persons that use illegal drugs. The consequence being that users of illegal drugs are superficially understood and diagnosed in psychiatric units.



# Solutions related to diagnosis

- An ongoing evaluation during continuous treatment, staying with the patient in shifting life situations
- The staff takes position as spokesman for the patient and cooperates closely with family, friends, other teams and institutions
- A better understanding of problems and diagnosis will hopefully follow

