



















National Research project (Be)Leef in de wijk

Believe in community // live/experience in community

Background

- 1. (Mental) Health care is changing from institute towards community
- 2. Also for people with MID
- Searching for best care for people with MID (Mental health/ ID care → FACT, community teams, etc.)
- 4. Reduce clinical treatment and re-admission, where possible

Arts therapists "We see good results of therapy for people with MID. How they can go with this flow of change and be part of community treatment teams?"







Research project - (Be)Leef in de wijk

- Research project with several national partners
- 2 years. started 1-1-2015
- Project structure;
 - Project group: teachers, researchers, students
 - Steering board: managers,
 - Scientific advisory board

- Targetgroup:
 - Art therapists working with people with mild intellectual disabilities (MID)













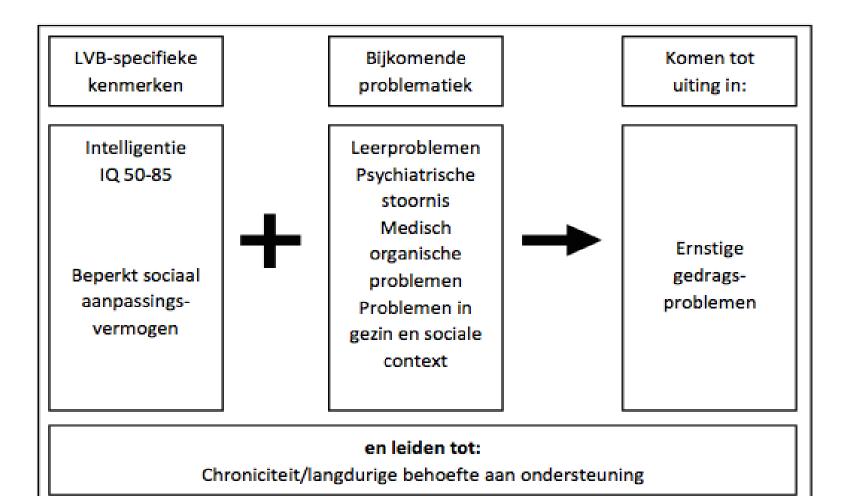






People with Mild ID

Characteristics, associated problems and consequences







stress





People with mild ID

- four times more likely to develop psychopathology (Dekker et. Al. 2006
- More stress experience
- ■55.000 of Dutch population has an IQ of 55-70 (Ras et al. 201
- ■1.3 million of Dutch population has an IQ 70-85 (Ras et.al., 2010)
- ■40% of repeat offenders has MID (IJzelendoorn, 2012)





Arts therapy and People with MID

- Arts therapy are consistent with 'healthy side'
- Provides a direct appeal to the experience
- Cognitive disabilities -> increases stress experience
- Arts therapy reduces stress
- Indication areas art therapy: emotion regulation, stress regulation, aggression regulation.
- Focus on doing





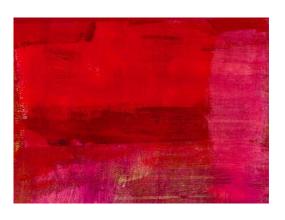
Gericht op "doen" lijkt het juist bij mensen met een LVB mogelijk om gedragsen/of psychiatrische problemen te verminderen, als aanvulling op de zorg en ondersteuning van andere professionals





Research questions

- Which therapeutic principles, which seems to be meaningfull for people with MID, can be deployed into the home environment of people with MID
- 2. How can a referral / treatment route, based on these principles, be developed in and around (treatment) teams in community?
- 3. What is the effect of the use of the referral route?





Expected results

 Overview of indications for arts therapies and interventions especially for people with MID (in community)



- Community based referral route for arts therapy
 - When?
 - Which?
 - Hows
 - Which conditions?
 - **—**



Method

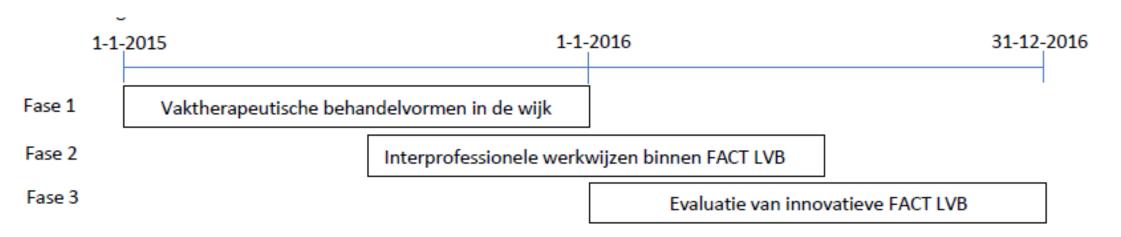


3 fases

Fase 1: art therapy treatment for people with MID

Fase 2: interdisciplinary strategies in community

Fase 3: Evaluation





Fase 1



Aim:

To gain insight into therapeutic principles and interventions, which are meaningfull for people with MID:

Focus groups with arts therapists (3 organisations/ different therapists):

Main question:

- Which indication domains especially for arts therapy and people with MID
- Which therapeutic principles en interventions seems to be meaningfull for people with MID
- and can be deployed into the home environment of people with MID

stabilisatie (rust) arousal 2) PSYCHO trauma en angst zucht (verslaving) 1) BIO spanning zucht (verslaving) stress identiteitsontwikkeling (zelfbewustwording) indicatie gebieden zelfbewustwording is basis van alles samenwerken 3) SOCIAAL contact maken (met anderen) leren omgaan met (jezelf) en anderen interactie met anderen sociale vaardigheden jezelf positioneren voor je eigen mening opkomen omgaan met moeilijke/ stressvolle situaties grensen in contact herkennen (meer) open staan voor anderen sociaal wenselijk gedrag anti-sociaal gedrag conflicthantering in leefomgeving

agressieregulatie zelfbeeld zelfreflectie bewust keuzes leren maken zelfvertrouwen assertiviteit grip op jezelf eigen mening vormen eigen regie versterken ego versterken gevoelsbeleving werken aan grenzen overlevingsmechanismen behandelmotivatie

Fase 2 & 3

Fase 2

Fase 3



Aim:

To develop a referral route for treatment in community

Method:

- Interviews with several professionals
 - When indicate arts therapy?
 - What conditions are needed?
- Develop treatment route

Aim:

To evaluate the use of the route

Method:

- Implement the route in (FACT) teams
- Indicate and apply therapy
- Interviews