Phase-specific Treatment Indication
In Integrated Care Systems -- Beyond Crisis Management

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ECAO 2015
Oslo
‘positive health’

is the dynamic ability of people to adapt and manage their own well-being (realize personal goals), despite physical, emotional and social challenges in life

Machteld Huber, 2014
more than crisis intervention

- user initiation
- collaborative care
- recovery focus

- personal recovery
- psychiatric treatment

- social participation

- participation work/friends
- social economy
- anti stigma
- IPS/RG/Housing First

- optimal psychiatric
- somatic psychological
- treatment transmuraal

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health care as ‘enhancer’
(in a phasic process towards resilience)

• phases: speeding up, slowing down, stagnations, recovery, relapse or a slip;
• meaning: stagnation can be a moment of growth (an incubation) and result in sensitive moments (*tipping points*) for (faster) improvement (or crisis)
• but also: periods without therapeutic input (moratoria) can improve autonomy (which is difficult to realize with a professional who is continually present).
parallel & phase specific care

- prodrome
- psychiatric treatment history
- symptomatic recovery
- functional recovery
- personal recovery
- episode
- recovery
- time
from diagnostics to care...

for whom?
what?
and when?
(the forgotten question)

“Well, yes, we could fix it in Photoshop, but your arm would still be broken.”
in search of ‘push-button’ interventions

assessment
e.g. you are...
depressed

paranoia
hallucination
anxiety
depression

disorganisation

predicted outcome

medication
psychotherapy
(one size fits all)

....

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optimizing

reliability

validity

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changing the interventions to fit more people
Mental Health ‘algoritmic’ thinking

ineffective
(and logical nonsense)

Desperate junkies search for an alleged “needle in the haystack.”
how do we optimize the traffic flow to avoid a traffic jam?
… And that, in simple terms, is how you improve the traffic flow at the crossroad.”
optimal algorithm or dynamic optimization?
therapy optimization: iterative process
(personalized medicine)

Delespaul, 1981
therapy optimization:
iterative process
(personalized medicine)

≠ (only) to match therapy to the person
= to match therapy to the person in time and in context

Delespaul, 1981
Let's talk about how it was the past week. What are you doing all day long?

doctor, I am not able to do anything. I don't leave my house, I don't see anyone the whole week on...
‘a film of the daily life’
the other 23(\textdegree)24) hours
Experience Sampling Method
(°1982: paper & pencil)
PsyMate™ App (2015)
(iPhone/Android)
personalizing & recontextualizing
(psychology: normal psychological processes)

$B \sim f(P, E)$

behavior

person

environment

cognitions

genes

accumulated coping schemes

stressors circumstances

emotions

build up vulnerabilities

build up resilience

perception

(positive psychology)

behavior
focus on change over time

deVries (1997) Recontextualizing Psychiatry
functional treatment
“You have to learn about thousands of diseases, but I only have to focus on fixing what’s wrong with ME! Now which one of us do you think is the expert?”
Username: hulpverlener@mondriaan.eu
Password: ........
Subject: client/geheime tijdelijke clientcode
Login
‘grillige’ lijnen
collaborative