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Collaborative mental health care : changing the landscape of mental health care?

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List of Publications

This thesis

Van Orden, M., Hoffman, T., Haffmans, J., Spinhoven, P., & Hoencamp, E. (2009). Collaborative mental health care versus care as usual in a primary care setting: a randomized controlled trial. *Psychiatric Services*, 60(1), 74-79.

van Orden, M. L., Deen, M. L., Spinhoven, P., Haffmans, J., & Hoencamp, E. (2015). Five-year mental health care use by patients referred to collaborative care or to specialized care. *Psychiatric Services*, 66(8), 840-844.

van Orden, M., Leone, S., Haffmans, J., Spinhoven, P., & Hoencamp, E. (2017). Prediction of mental health services use one year after regular referral to specialized care versus referral to stepped collaborative care. *Community mental health journal*, 53(3), 316-323.

van Orden, M.L, Deen, M.L., Stant, A.D, Spinhoven, P., Haffmans, P.M.J. & Hoencamp, E. (submitted). Cost-effectiveness of collaborative care versus specialized care for common mental disorders.

van Orden, M.L., Deen, M.L., Spinhoven P., Tiemens, B.G, Haffmans, P.M.J.& Hoencamp, E. (submitted). The association of implementation factors with the uptake and utilization of blended collaborative mental health care: the importance of the organizational structure.

Other papers

Van Orden, M. L. (2002) Project 'Samenwerking huisartsen – GGZ Den Haag'. Een eerste evaluatie. *Epidemiologisch bulletin*, 37(2).

Van Orden, M.L., Roosenschoon, B., Polman, A. (2014) Onbewust bekwaam – Richtlijnengebruik getoetst. *Maandblad Geestelijke Volksgezondheid*, 69(06); 19-21.

van Orden, M., Smit, R., Velders, E., van de Ven, M., Vranckx, G., & van Weeghel, J. (2016). Uit het sociale isolement – De integratie van een sociale trainingstool in de reguliere zorg voor cliënten met ernstige psychiatrische aandoeningen. *Participatie en Herstel*; Vol. 2016, No. 1.

van Mens, K., Lokkerbol, J., Janssen, R., van Orden, M., Kloos, M., Tiemens, B. (submitted). A cost-utility analysis to evaluate a system change in mental healthcare in the Netherlands for patients with depression or anxiety.

Van Orden, M., den Hollander, N. (submitted). Herstelgerichte ‘blended’ cognitieve gedragstherapie voor cliënten met verslavingsproblematiek: kansen en uitdagingen.

Curriculum Vitae

Mirjam van Orden was born on the 13th of August 1976 in Leonberg, Germany. She completed her pre-university education in 1996 at the Hedwig-Dohm-Gymnasium in Stuttgart, Germany, and moved to the Netherlands to study psychology at the University of Amsterdam. She received her Master in 2001. She did a combined clinical/research internship at Parnassia in The Hague. She completed the research internship at the Parnassia Research Centre, where she participated in various ongoing studies, among which the evaluation of an outpatient treatment program for depressed patients. She completed her clinical internship at Parnassia's outpatient center.

Mirjam started her career in 2000 at the Parnassia Groep as a researcher and trainer. Since then she is involved in ongoing studies to investigate the feasibility, implementation and expediency of the collaborative care program and other research projects aimed to investigate and improve feasibility and quality of mental health care. Besides her research work she was involved with Routine Outcome Monitoring as a project manager (2009-2016) and a research coordinator of Indigo Parnassia Groep, a department of the Parnassia Groep, that provides mental health care in collaboration with general practitioners (2011-2016). In addition to her research work, she was a trainer in the Mini International Neuropsychiatric Interview from 2004 until 2015.

Currently, she works as a staff member for the Parnassia Academy and her main research focus is on the implementation and evaluation of digital care innovation.

Mirjam is married and has a son and a daughter.

Dankwoord

“Gut Ding will Weile haben” zouden ze in Duitsland zeggen. Het heeft me behoorlijk wat jaren gekost om dit proefschrift te voltooien. Op sommige momenten twijfelde ik zelfs of het ooit nog wel zou afkomen. Dan leek die spreekwoordelijke berg (werk) zo hoog en onbeklimbaar. Bijna onwerkelijk, maar oh zo goed voelde het dat je ineens kon zeggen dat je bezig bent met het schrijven van de inleiding de discussie, dat het manuscript af is en bij de leescommissie ligt, dat de leescommissie het manuscript positief heeft beoordeeld en uiteindelijk dat er een datum is.

“Gut Ding will Weile haben” Is dat altijd wel waar? Ik denk van niet. Het onderwerp van het proefschrift ‘Collaborative mental health care. Changing the landscape of mental health care?’ geeft wel aan dat er tijd voor nodig is om een landschap te zien veranderen en in kaart te brengen. Maar bij het werken aan dit proefschrift schoot ik soms door omstandigheden maar ook mijn eigen grenzen gewoon niet voldoende op. Inhoudelijk was het Huisartsenproject (HAP), later Huisartsenprogramma (ook HAP) dat vervolgens onderdeel werd van Indigo, een goede ontwikkeling. Het idee en de uitvoering klopten gewoon. Professionele hulpverlening in de leefomgeving van de cliënt in de vertrouwde omgeving van de huisarts, zonder wachttijden, geen drempels.

Felix Olthuis en Erik Hoencamp, de bedenkers van het oorspronkelijke Huisartsenproject, hebben mij op voordracht van Judith Haffmans het vertrouwen en de kans gegeven om het eerste evaluatieonderzoek van het Huisartsenprogramma uit te voeren en na afloop daarvan om door te gaan met dit promotieonderzoek. Veel huisartsen uit de Haagse regio waren enthousiast om aan het HAP deel te nemen. Daarvan hebben 27 de moeite genomen om te participeren in en bij te dragen aan de dataverzameling voor dit promotieonderzoek. Collega's van het HAP en later Indigo en hun management, directie en stafmedewerkers, die ervoor hebben gezorgd en er nog steeds voor zorgen, dat cliënten (bewezen) goede zorg krijgen. En uiteraard alle cliënten, die hebben geparticipeerd in dit onderzoek en bereid waren om mij en mijn onderzoeksassistente een jaar lang regelmatig te woord te staan en vragenlijsten in te vullen.

Een onderzoek voer je niet in je eentje uit. Promotoren Erik Hoencamp, Philip Spinhoven en co-promotor Judith Haffmans, met jullie specifieke deskundigheid, wederzijds respect en door jullie onaflatende steun en motivatie hebben jullie voor een belangrijk deel bijgedragen aan dit resultaat. Samen met mijn onderzoeksassistente Leonie Dijkhuizen heb ik destijds 165 deelnemers aan het onderzoek geïnterviewd. We waren in die tijd veel op pad en hebben veel indrukken opgedaan. Fijn dat je mijn paranimf wilde zijn, Leonie. Zonder de ondersteuning van eerst Tonko Hoffman en naderhand Mathijs Deen was de statistiek een nog grotere opgave geweest dan dat ze nu al was.

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Al deze bovengenoemde met naam of niet met naam genoemde collega's wil ik van harte bedanken voor hun bijdrage (direct of indirect) aan dit proefschrift.

Last but not least, ik ben ervan overtuigd dat dit proefschrift niet tot een succesvol einde was gekomen als er geen goede balans was geweest tussen werk en privé. Voor deze balans hebben jullie, familie, vrienden, maar vooral natuurlijk Tuncay, Sinan en Hannah gezorgd. Belangrijk om te weten en te ervaren dat je de ruimte krijgt van fijne mensen om je heen om jezelf te zijn en tot jezelf te komen en het werk even het werk te laten zijn.

“Gut ding will Weile haben.” In dit geval klopt het, vind ik.

