

# Community based mental health care

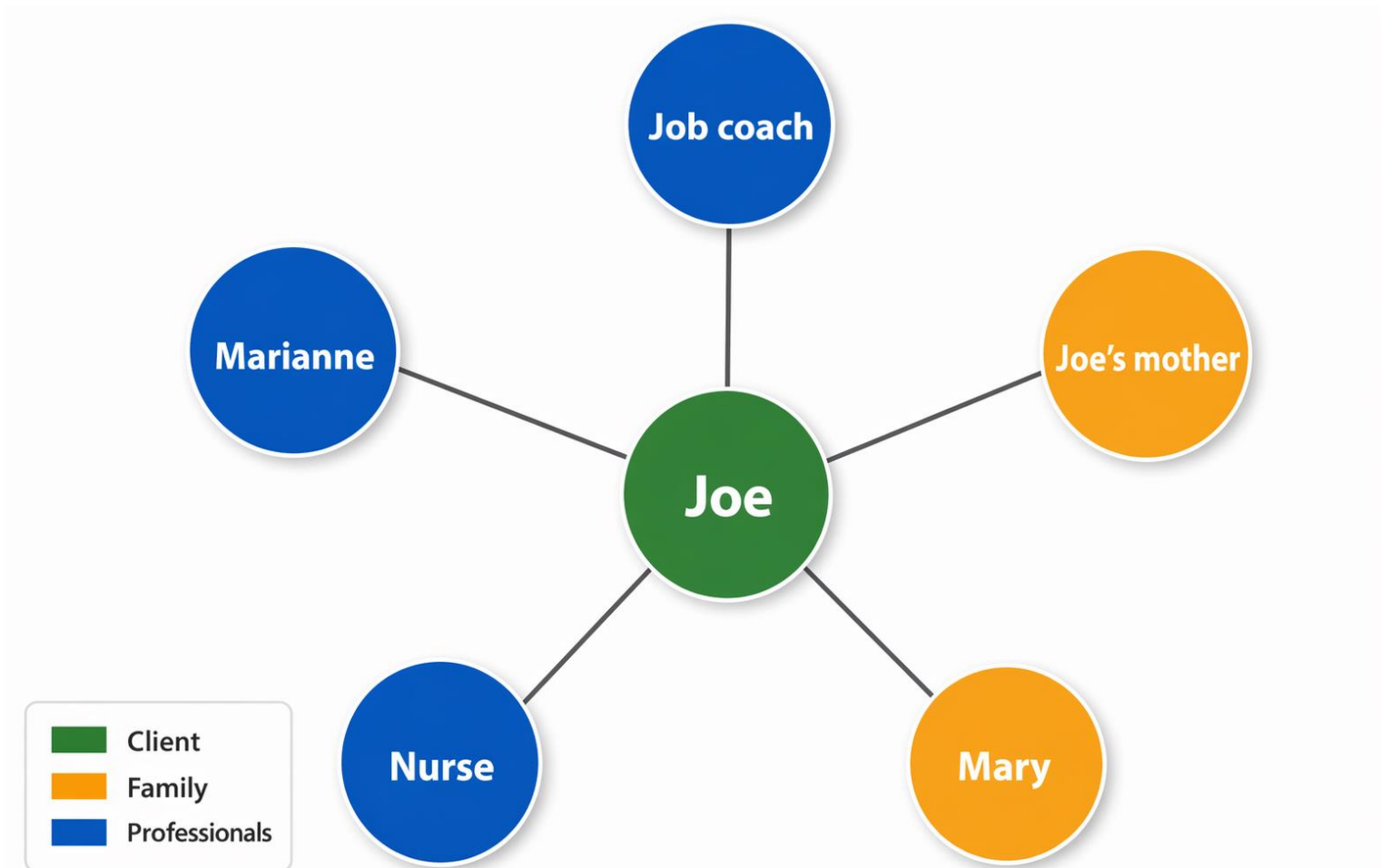
Resource-groups and addicton

17-06-2026



# Joe's resourcegroep

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Mary's story; what about you....

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# Treat the identified system, not the identified patient

- The social system often contributes to maintaining the addiction, driven by love for the person, but also by feelings of shame and fear regarding the situation (Mardani et al, 2023).
- We need to understand the psychological processes of codependent behaviour which leads to enabling substance use (Bacon et al., 2018).
- Ask, listen, ask, listen, ask, listen, ask, listen > recourse group model

# Resource group model;

## Phase 1 – Preparation

approach and motivate the client;  
explain the resource group;  
create a sociogram;  
nominate resource group members;  
get started:

## Phase 2 – Forming the Resource Group

contact and invite nominated members;  
conduct exploratory conversations.

## Phase 3 – Planning

plan the kick-off meeting;  
prepare the meeting;  
create the agenda;  
determine communication methods.

## Phase 4 – The Kick-off Meeting

discuss working methods, values, and  
confidentiality;  
make practical arrangements;  
ensure attendance of the regional support  
worker and care coordinator;  
discuss and refine the resource group plan;  
agree on actions related to the goals.

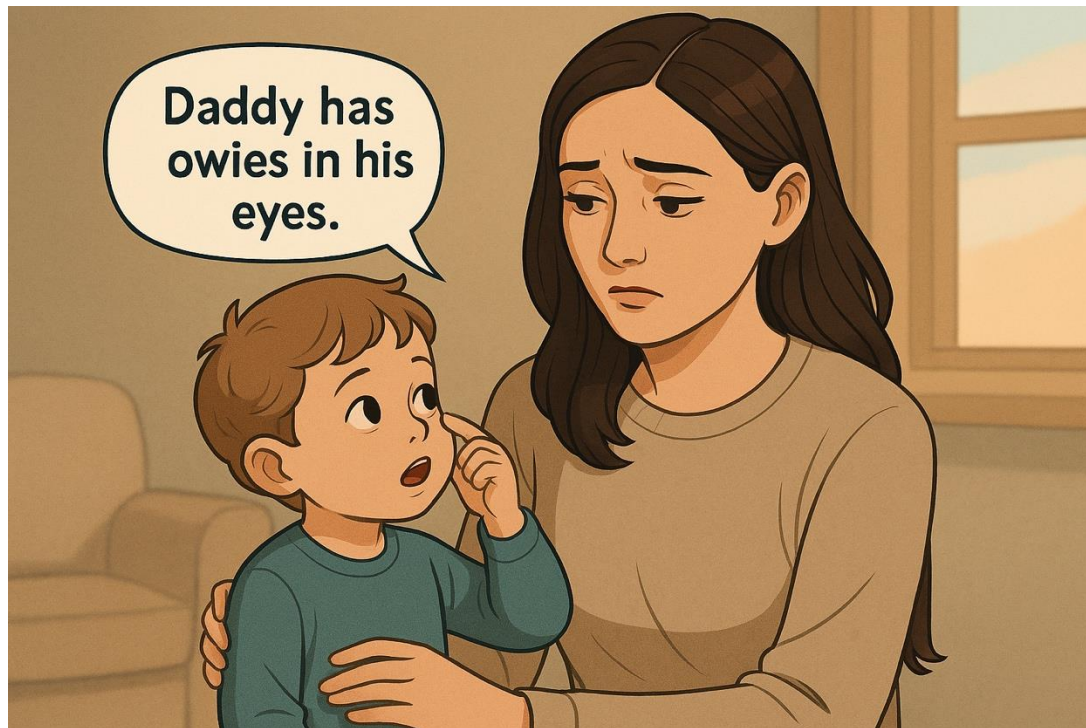
## Phase 5 – Follow-up Meetings

evaluate and adjust goals;  
discuss progress and working agreements;  
further develop the resource group plan;  
thematic meetings;  
determine and adjust meeting frequency;  
care coordinator attends when invited or  
indicated.

## Phase 6 – Reorientation

evaluate and adjust the group composition;  
discuss closure or handover;  
record agreements on scaling up in the resource  
group plan.

# It was quite a proces...



- Throughout this process, multiple interventions were implemented after phase 4, such as family psychoeducation, job coaching, debt counselling, and a support group for Mary.
- Within this model, it is essential that interventions are well timed and that professionals collaborate closely, in order to provide consistent and effective support to both the client and the system

# Better together



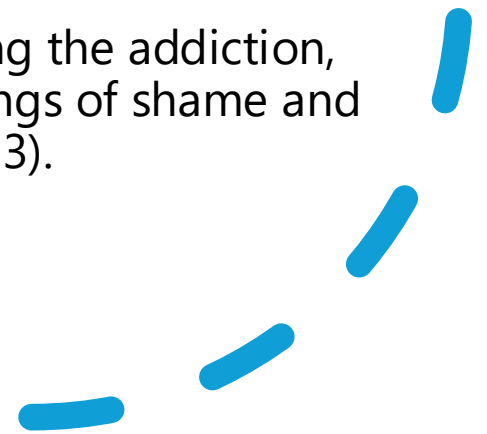
# Theoretical background and perspective on the role of and support for family members

The health of family members is directly related to the intensity of substance use or the addiction of their relative (Weisner et al., 2010).

To effectively treat addiction, it is also necessary to approach it as a family disease, to involve the family, and to start this process at an early stage (Neese, 2015).

Involving the social system in the treatment of clients within mental health care is of great value, and in addiction treatment even crucial. This often leads to better treatment outcomes (McCrary, 2004).

The social system often contributes to maintaining the addiction, driven by love for the person, but also by feelings of shame and fear regarding the situation (Mardani et al, 2023).



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Thank you so  
much fo your  
attention

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# References

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