

European guideline for target group oriented psychosocial aftercare-Implementation **EUTOPIA-IP**

Beneficiary:
City of Cologne, major

Partners:

Centre of Psychotraumatology, Alexianer-Hospital Krefeld, Germany

Impact - Dutch knowledge & advice centre for post-disaster psychosocial care, The Netherlands

Charles University in Prague, Faculty of Arts, Czech Republic

Sociedad Española de Psicotraumatología y Estrés Traumático (SEPET), Madrid, Spain

Public Health Department, City of Düsseldorf

Who are we?

- City of Cologne, Office of International Affairs
- Center of Psychotraumatology, Krefeld
- Impact, Amsterdam
- Charles University, Prague
- Sociedad Española de Psicotraumatología y Estrés Traumático (SEPET), Madrid
- City of Düsseldorf, Public Health Department





Objective of EUTOPA

The project aims at a standardization of psychosocial aftercare in case of disasters as well as at the development of an European network based on current findings in psychotraumatology.

Time Course of Traumatic Stress

How can we improve the psychosocial aftercare for people affected by disasters?
How can we prevent a traumatic process and support recovery?

Pre-traumatic Outline

Life History

Situational Components

Traumatic Situation
e.g. disaster



Coping Strategies, Effects

Shock

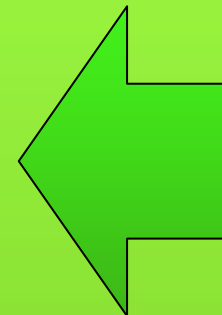
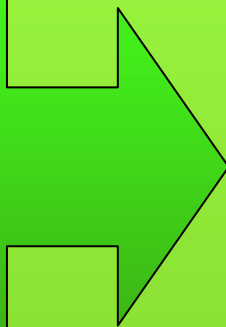
Traumatic Reaction

Traumatic Process

Recovery






Target
Group
Intervention
Programme
TGIP
(2000-2008)



**Multidisciplinary
guideline**

SEPET+D





Results of EUTOPA

- ✓ Consensus process of the IMPACT Guidelines and translation to French, German, English and Spanish.
- ✓ Adaption of the TGIP to big damage situations and publishing of the manuals in English, French, German and Spanish.
- ✓ Establishing a pan-European network in psychosocial care by the conduction of two international Conferences (EUTOPA I/ II) in Cologne and Amsterdam.
- ✓ Establishing an internet-platform www.eutopa-info.eu

The objectives for EUTOPA-Implementation are

- ✓ *Guideline:* Developing a guideline for psycho social care of uniformed services on the basis of the IMPACT guideline for early psychosocial interventions (Early Intervention).
- ✓ *TGIP-Rehabilitation.* Integration of *return-to-work programmes* for *disability management* for survivors and uniformed services (Long-term Intervention).
- ✓ *Training and Practice:* Training of different vocational groups in TGIP (uniformed services, social workers and mental health professionals).
- ✓ *Evaluation:* Evaluation of the Application of EUTOPA on the broke down of the Historical Archive of the city of Cologne on the third of March 2009.
- ✓ *Conference/ Network:* Consolidation of the European network for psycho-social crisis management.



impact

Landelijk kennis & adviescentrum
psychosociale zorg na rampen

European implementation of
guidelines for early psychosocial interventions
among uniformed services
(police, firefighters, ambulance, defense)

Magda Rooze

Why these guidelines?



- Uniformed aid workers are repeatedly exposed to potentially shocking events
- Organisations are legally, economically and morally obliged to ensure adequate (after)care for their employees

Why these guidelines?

- PTSD more prevalent in
uniformed aid workers than in
general population
- Need for multidisciplinary
approach
 - Differences between
professional aid organisations
 - Differences within
organisations between regions
 - **Differences between
European countries?**



Dutch guidelines → EUTOPA-IP

- **Current development**
 - Systematic literature search
 - Including Dutch Guideline for Early Interventions after disasters, terrorism and other shocking events (EUTOPA)
 - Best practices
 - Using focus groups, interviews
 - Consensus
 - Steering group and project group with national experts
- **European implementation**
 - Extend literature search and include documented local practices
 - Two-day seminar in Amsterdam on the results
 - Preamble (in English, Spanish and German) on the implementation of the guidelines in Europe

Dutch guidelines → EUTOPA-IP

- **Extend literature search**
 - Systematic literature research using Medline, Embase, Psycinfo, Pilots
 - Including 'local' publications, describing documented best practices
- Overview of available literature

Dutch guidelines → EUTOPA-IP

- **Two-day seminar in Amsterdam on the results**
 - Discussion on the results from the literature research
 - Including findings from the Dutch guideline process
 - Both scientific and ‘in-field’ experts
- Overview on consensus among experts and pitfalls of a European implementation

Dutch guidelines → EUTOPA-IP

- **Documentation with an overview of results**
 - Report of results from the literature research and the seminar
 - Translation of the report in Spanish, English and German
- Preamble on the implementation of the guidelines in Europe (in English, Spanish and German)

TGIP- Rehabilitation

Task E

- ✓ **Action and means:** Development of a TGIP manual for psycho-social care of uniformed services that is based on the ICF standardization
- ✓ **Expected results:** A manual of TGIP-Rehabilitation, which will serve as a framework for Disability Management for stress response syndromes.

What is Target Group Intervention Programme (TGIP)?

Training and Practice

Task F

- ✓ **Action and means:** Different vocational groups such as mental health professionals, fire brigades, social workers and officials responsible for disability management will be trained in Early Interventions, Psychotraumatology, and TGIP-Rehabilitation.
- ✓ **Expected results:** Improve knowledge and best practice by training for uniformed services, social workers and mental health professionals in TGIP.

Evaluation of Intervention

Task H

- ✓ **Action and means:** The Psycho-Social-Service Team of the fire-brigade of Cologne conducted parts of TGIP after the broke down of the Historical Archive of the City of Cologne.
- ✓ **Expected results:** Deliver a report on the assessment of EUTOPA in the disaster management after the broke down of the Historical Archive.

Consolidation of networking

Task G

✓ Action and means:

Conference EUTOPA III
publish digital newsletter

✓ Expected results:

Improve and continue networking



Conference Cologne 2011