



Experience Day 6: Healing Architecture and Mental Health (Slagelse Psychiatric Hospital)

Overview

Like many other countries, the life expectancy for people with mental illness in Denmark is 10-20 years shorter than the rest of the population. This is mainly related to poor diagnostics of physical diseases and unhealthy lifestyles.

Unlike other countries, it is legal to use mechanical restraints (belts) but not seclusion as part of care in mental health. For the last eight years it has been a national effort to reduce the use of restraint and many units have met the national target of 50% reduction and some units have eliminated the use of mechanical restraint altogether.

The journey of quality improvement in mental health is ongoing. On this experience day, participants will visit a brand new psychiatric hospital, and among other topics learn about the architectural principles behind its design, hear from patients and staff how they have been involved in the building process and learn about the work to reduce restraint and to increase collaboration between communities and hospital care around mental health.

Learning objectives

After the experience day visit, participants will understand:

- How the hospital architecture and environment play a part in patient wellbeing
- The different improvements that the hospital has initiated to meet the changing demands of mental health
- How the hospital works to include users in treatment and improvement

Organisation

Slagelse Psychiatric Hospital is a brand-new psychiatric hospital. The architecture and design was developed together with patients and staff, in collaboration with a well-known Danish painter and a poet who invited nature into the buildings.

The hospital is a part of Mental Health Zealand which includes both outpatient and inpatient treatment of citizens from the entire region of Zealand. The hospital also houses 'Sikringen', Denmark's only ward for high risk forensic mental health patients.



Programme for the visit

Time	Activity
7.45	Transport from Conference venue, Bella Center <ul style="list-style-type: none"> - Introduction to mental health services in Denmark
9.00	Welcome to Slagelse Psychiatric Hospital <ul style="list-style-type: none"> - What kind of region is Zealand, what are the challenges and opportunities? - An introduction to the hospital (organization, patients and staff) - An introduction to the involvement of users in mental health - The architect of the hospital gives an introduction to how the hospital function as a part of local community and how users were involved in the building process
10.00	Refreshments
10.30	World café There will be a number of 'cafes' stationed around the hospital. Visitors will be able to choose four different 'cafés'. At the 'cafés' there will besides the staff from Region Zealand be representation from municipality/community care and mental health from other Danish regions. <ol style="list-style-type: none"> 1. Reduction of restraint – "Safe psychiatry" 2. Collaboration between communities and hospital 3. Reduction of suicide – a national strategy 4. Substance abuse and mental health: Treatment of double diagnosis 5. User involvement: User-managed beds in psychiatry, the use of peers, mental health information 6. Telepsychiatry 7. Cooperation with police as a preventive measure 8. What happens in research? 9. Skill-station (relation and de-escalation)
12.30	Lunch
13.30	Guided tour around the wards and hospital
14.30	Refreshments
14.45	Next step in the improvement journey for mental health <ul style="list-style-type: none"> - Reducing inequality in mental health - Involving users
14.55	Reflections in plenum with participants and world café presenters Goodbye and thank you for today
15.30	Transportation to Bella Center