

# Medication- free treatment

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IMPLEMENTING PHYSICAL ACTIVITY AND ART THERAPY  
EXPERIENCES AND POSSIBILITIES

# Disposition

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- ☐ The establishment of MFT
- ☐ What is Medication Free Treatment
- ☐ Statistics of referrals and admissions
- ☐ Recovery group
- ☐ Physical Activity
- ☐ Art therapy
- ☐ Summary







# The establishment of MFT

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The Norwegian Ministry of Health ordered in 2015 all four regional health authorities to establish this offer by 1.june 2016.

The governing principle on this ward is that patients should have the right to choose their treatment, and that care should be organized around that choice.

MFT opened January 2017.



# Åsgård- the Psychiatric Clinic of University Hospital of North Norway (UNN)

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# Medication free treatment

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- Focusing on not using neuroleptics, supporting withdrawal over time.
- Patients with psychosis and bipolar disorder.
- Open ward. No coercion.
- Six beds
- No addiction as main problem.
- Referrals from local outpatient hospital and from the patient.



# Referrals and admissions

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- Nearly 80 people has been referred to MFT since January 17.
- 38 of these have been admittet at least once.
- In total we have had ...admissions.
- Number of admissions varies from 1-17 per person. Average is 2 per person.
- The length of admission has varied between 1- 132 days. Average is 26 days.





# Weekly program

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- Structure of the day
- Group therapy
- Individual therapy
- Environmental therapy
- Social networking

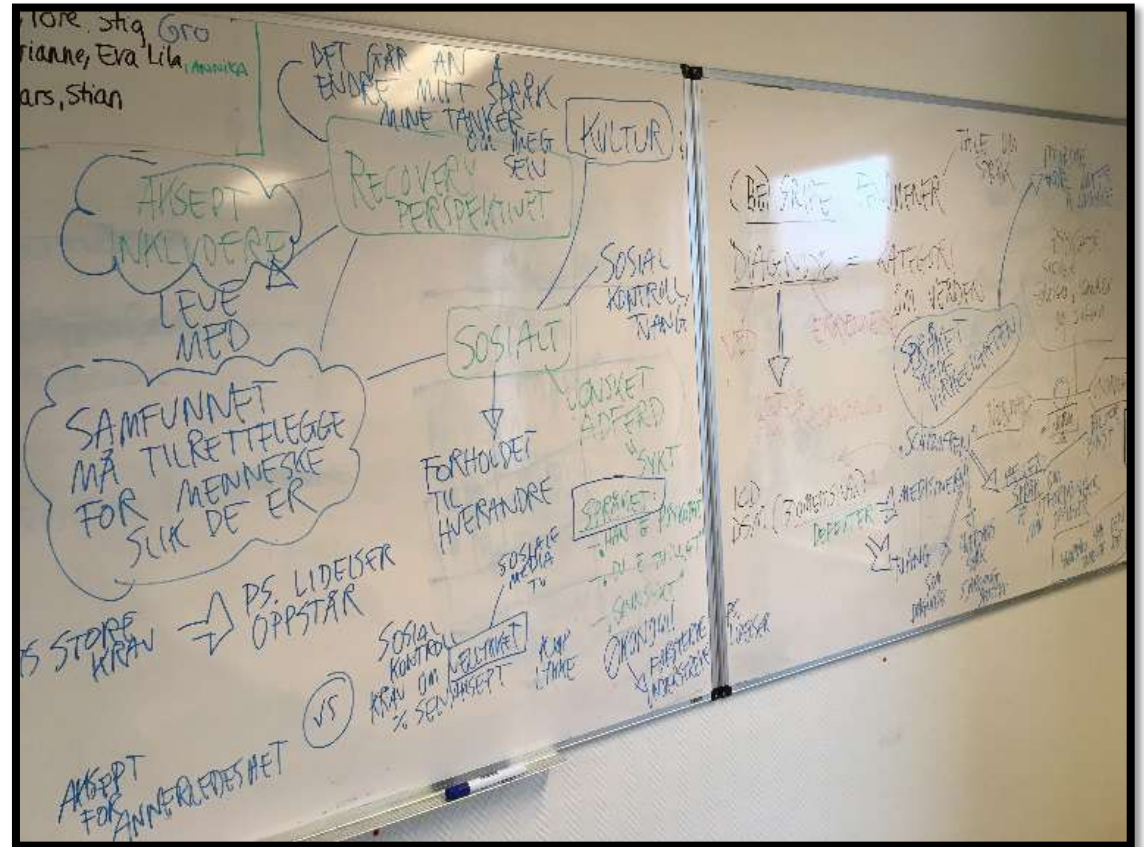




# Recovery workshop

Dialog and discussion in group  
about recovery and daily life

Sharing experiences, both patient and staff



# Physical activity

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Inside and outside.

In group and individual.

Staff participate.

Tailored to physical conditions, needs, wishes, experiences and so on.

Strength exercise, endurance, hiking.

Use of nature in the area.







This makes it  
work for us

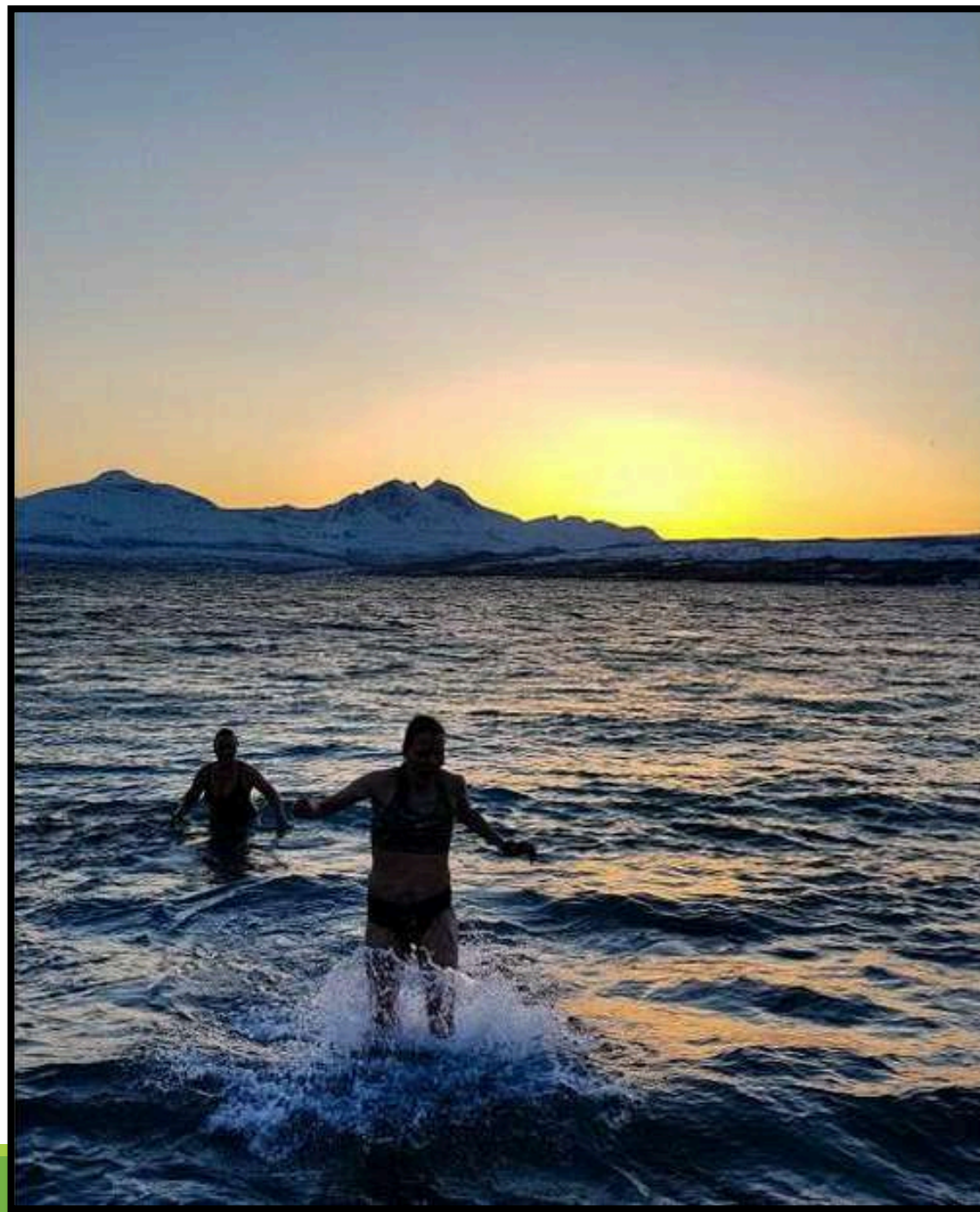
Predictability and  
routine.

Exploit the staff's field of  
interests in the activity.

A joint agreement of the  
importance of physical  
activity.

Anchored in the  
management.











# Facing challenges along with the patients

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Medicine affected

Lack of motivation

Lack of confidence

Symptom affected

Lack of body contact

Muscle and skeletal pain





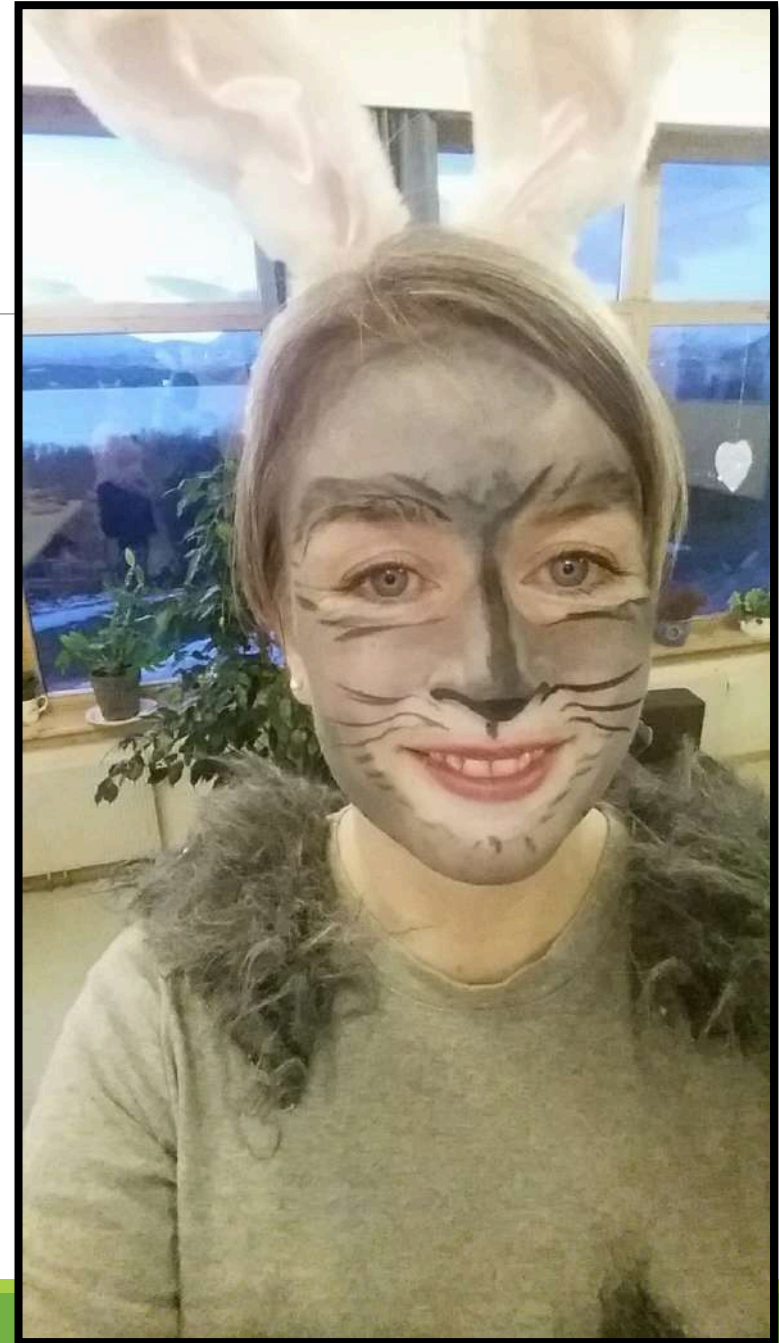
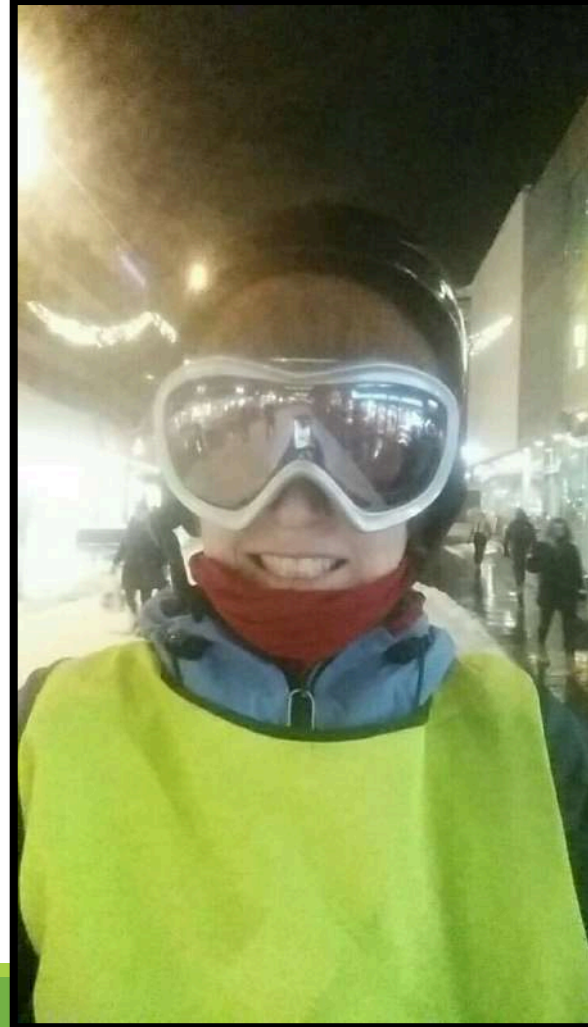




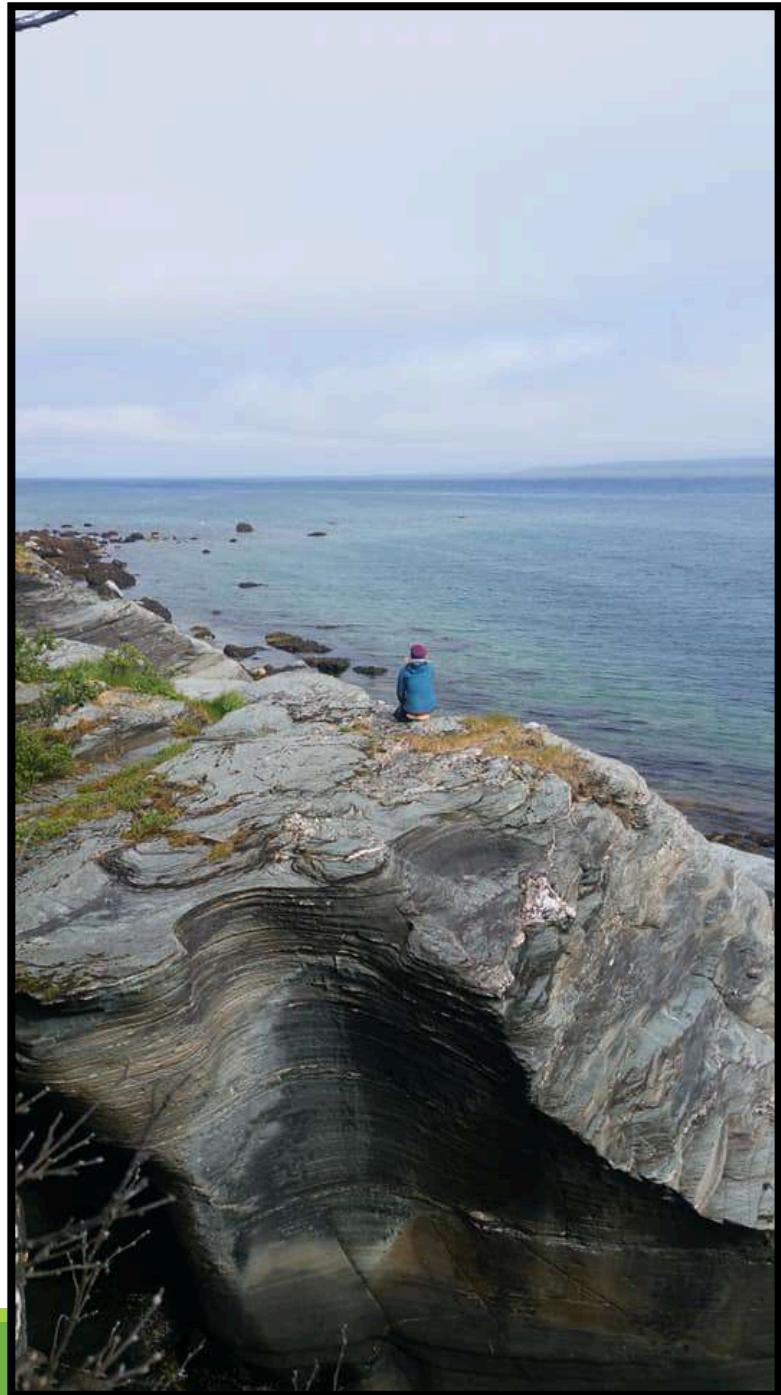


# Be a motivator!

...and a little bit playfull and crazy







# Art therapy

Finding an expression through painting.

Both group and individual.

Staff participate







# We are creative

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- It is said that all «dirt» in the psyche is the creative substance from where all art occurs from.
- To create art has the potential to enlighten and bring out what one brings with them, but not knowing.
- It is the experience that make meaning; one does not need to be «good at it» and it is not of importance what you create.
- Creating art/ art therapy includes the body with its feelings and reaction comes.

















...experiences to be  
continued.

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ANY QUESTIONS?