

The "Evenaar" (*equator*)

Centre for Crosscultural Psychiatry Noord-Nederland (*Northern part of The Netherlands*)

The Evenaar

The Evenaar, Centre for Crosscultural Psychiatry, offers mental health care to immigrants with mental problems who are also faced with crosscultural problems or traumas. The Evenaar is located in Beilen and offers assistance to immigrants of all ages in the Northern part of The Netherlands.

In this pamphlet you can read more about treatment in the Evenaar.

Clients of the Evenaar?

The Evenaar offers mental healthcare to immigrants. During treatment in the Evenaar, general psychiatric ways of treatment are adjusted for people with a different cultural background.

The offer with regard to care in the general psychiatry does not always meet the demand for care requested by immigrants. The distance which is sometimes shown in the difference in cultural backgrounds, can be bridged. However, this requires extra time, attention and know-how of the care providers.

The Evenaar moreover has specific knowledge and experience in treating people who have experienced many traumatic events. People who might profit from treatment in the Evenaar often experience fear, dejectedness, sleeping problems, brooding, nightmares and physical pain. Therefore, normal life is restricted. Many people have the feeling to no longer have grip on their lives, they feel that they have lost control.

What is the treatment like?

Your general practitioner or a care provider of GGZ Drenthe may register you at the Evenaar. You will then receive an invitation in writing for a so-called intake conversation. This conversation will be held with a psychiatrist or a psychologist and sometimes with a therapist. We consider it important that family members or other confidants also participate in this conversation. If necessary, an interpreter will be invited. The intake is especially intended to get acquainted and to discuss your problems and your complaints. Based on this conversation, we will see if the Evenaar is able to offer you suitable treatment.

A treatment plan is drawn up for each separate client. This mentions who will be the most important person treating you, the objective of your treatment and which therapies you will follow.

There are different kinds of treatments in the Evenaar

Outpatient treatment

Outpatient treatment is individual treatment where you regularly talk to a psychiatrist, psychologist or a social-psychiatric nurse. Moreover, medicines may be prescribed. Special outpatient treatment is possible for children and young people. When one or more family members have mental problems, cooperation is possible with the family clinic of GGZ Drenthe.

De Evenaar, Centrum voor Transculturele Psychiatrie

Sometimes talks and medication are not sufficient to reduce your complaints. After consultation with you, additional therapy may be started. This often concerns non-verbal therapy or activities, where talking is not the main issue, but doing things. Therapies are sometimes offered individually, and sometimes to a group. Examples of therapies or psychomotor therapy (moving), creative therapy (like playing or acting) or a system of positive proof (together with family members).

Day Treatment

The most intensive form of day treatment is participation in the two-day group. This starts with an orientation phase lasting 8 to 10 weeks. This is followed by the treatment phase in a group of men or women. The programme consists of different therapies, individual and group talks, and lasts no longer than one year. There are several other groups besides the two-day group which are offered in the framework of follow-up care.

Activities Service

GGZ Drenthe offers a number of possibilities to spend the day which may be used by clients of the Evenaar. For instance, there is a greenhouse with plants in Beilen, a bicycle workshop and a general activities centre, including, among other things, a textile and a wood division. .

More information

If you have questions after reading this pamphlet, you may contact the Evenaar, telephone (0593) 53 58 42.

De Evenaar, Centrum voor Transculturele Psychiatrie

GGZ Drenthe

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The Evenaar is located in the building named " De Weijerd". Clients coming for the first time should report through the Secretariat, through the main entrance of the building next-door "The Etstoel.

www.ggzdrenthe.nl

What does GGZ Drenthe offer? (*GGZ Mental Health Care*)

GGZ Drenthe offers ambulatory, out-patient and clinical mental healthcare. The mental healthcare is offered in three regional divisions: Northern part of Drenthe, South-eastern part of Drenthe and the South-western part of Drenthe. Moreover, GGZ Drenthe offers clinical and ambulatory forensic psychiatry.

Nursing of and caring for the elderly is offered in and from two nursing homes and two homes for the elderly.

Prevention, social services and scientific research belong to the core tasks of GGZ Drenthe. GGZ Drenthe offers a different kinds of education, like schooling to be a psychiatrist, health care psychologist, clinical psychologist, nurse and assistant nurse.

Approximately 3000 people work with GGZ Drenthe, divided over dozens of locations in Drenthe. Annual over 15,000 persons make use of our services

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