



# Expertise team Undocumented Migrants and Psychotrauma

Psychiatric care services for undocumented migrants in Amsterdam

Since September 2014 a new treatment is provided within the so called Expertise team Undocumented Migrants and Psychotrauma (EOP). The treatment is specifically aimed at traumatised undocumented migrants whose application for a residence permit is denied and who are eligible for only the most basic community services.



## Goal

Goal of the treatment is reduction of the psychological complaints and enhanced self-management. For this target group specifically, the intended purpose is to empower patients so that they are able to shape their future in the Netherlands or anywhere else in the world.

## Form and procedure

The treatment is characterized by its sound and well-delineated care trajectory, its cooperation with Amsterdam mental healthcare, and its careful coordination with other organisations and authorities involved in the target group. The treatment programme has been tailored to the target group's specific social situation. One of the treatment model's innovative elements lies in the fact that in principle all patients are offered trauma-oriented psychotherapy, regardless of their adverse social situation. In diagnostics and treatment, emphasis will therefore be on the treatment of trauma-related disorders. The module 'looking ahead', used for the first time with this target group, is the second innovation to be introduced. Cooperation with other mental healthcare partners ensures a goal-oriented and effective referral to institutes suitably equipped for patients whose intake interview shows they do not require a trauma-oriented trajectory yet do have psychopathology. Beside treatment we offer 2nd opinions for this target group including indication evaluations of hospitalisation for FPC Veldzicht. Equator also contributes to the development of knowledge.

ARQ Centrum'45 is *the* Dutch national centre for specialist diagnostics and treatment of people with complex psychotrauma complaints.  
[www.arqcentrum45.org](http://www.arqcentrum45.org)

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## Features of the treatment

- Treatment organized in phases (stabilisation/ trauma-oriented psychotherapy/ looking ahead to the future)
- Aim for trauma-oriented psychotherapy. This is the most effective form of PTSD treatment.
- Bridging cultural difference and scaling the language barrier; specific pertinent expertise is in place. For instance, the deployment of interpreters will be facilitated.
- Limited duration of the treatment: between at least 2 and at most 12 months.
- Accommodating treatment and approach to the legal social context of the individual concerned, who in point of fact has no or very little prospect of a legal stay in the Netherlands.
- Linkage between treatment and conduct of scientific research (a study into the outpatient unit's functioning and the effectiveness of the treatments offered).
- Close cooperation with chain partners, including 1st and 2nd line care (general practitioners and mental healthcare institutions) but also consultation and fine-tuning with the Area Health Authority, the Municipality, Repatriation and Departure Service [DT&V] and the Immigration and Naturalisation Service [IND].

## Information and registration

For purposes of registration with the outpatient unit, the cooperation is enlisted of care organizations (ASKV [Amsterdam Refugee Solidarity Committee], Wereldhuis [the Worldhouse], SVAZ [the Amsterdam branch of the Dutch Council for Refugees], Kruispost), the Area Health Authority [GGD], mental healthcare and general practitioners. For questions or registration you can consult the website of [www.arqcentrum45.org](http://www.arqcentrum45.org) or mail to [arqcentrum45@arq.org](mailto:arqcentrum45@arq.org)

