

A photograph of a man and a woman in conversation. The man is on the left, seen from the side, with short brown hair and a beard. The woman is on the right, looking towards him, with long brown hair and wearing a grey and white patterned top. They are outdoors with a blurred green background.

Working on your recovery together

FACT adults

GGZ
inGeest

FACT provides care for adults up to the age of 65 who live with multiple problems and are frequently in long-term care. Every FACT team brings together several care providers, such as psychiatrists, case managers, nurse specialists, psychologists, IPS coaches, counsellors and those with direct experience. Together, they all work with you to determine which treatment you need to make progress on your recovery process.

We can visit you at home, or you can come to one of our locations. The treatment consists of both in-person meetings and medicines, and there are also training courses and other courses. We will also help you to become part of society again, working with other organisations to provide you with the best possible support. And you will get extra help if you need it – or less if you are able to cope independently.

What is FACT?

FACT stands for *Flexible Assertive Community Treatment*. It is a form of psychiatric treatment and counselling where we work together on your recovery.

Who is FACT for?

- Do you have serious, long-term psychiatric complaints?
- Do these prevent you from participating fully in society?
- Are you aged between 18 and 65 years old?
- Have you been receiving mental health care for a long time?
- Do you need support in various aspects of your life, such as home life, work, daytime activities, social contact, finances, health and motivation?

If so, we can help you discover how you can live with your vulnerability and still live your life to the fullest.

How can FACT help?

We can provide you with treatment and support for your recovery. Support and treatment go hand in hand. The FACT team helps you deal with your problems as effectively as possible and remain self-reliant. The guiding principle for our care is that it aims to help you live your life to the fullest, including having an active social life and continuing to participate in society. We encourage you to make maximum use of your own strengths and opportunities, and of your existing social network. We work with other organisations wherever possible to contribute to your recovery, preferably as close to you as possible.

What services does FACT offer?

Our support can vary from psychological treatment (such as eye movement desensitisation and reprocessing, and cognitive behavioural therapy), to finding out which medicines are the most effective and finding meaningful ways to spend your time or finding regular paid employment. In addition to individual conversations and group sessions, we also offer courses and support with social integration. Ask your practitioner for a complete overview of the care that FACT can offer.

What can you expect from your treatment?

Personalised

Our treatment is as personalised as possible, and always based on your needs and preferences. We will decide with you on the best place to hold our appointments. This could be at your home, at a community centre or at one of our locations. Depending on your situation, we will also decide together how often we need to see each other. And we will agree how long the treatment should continue for: as short as possible, but as long as is required.

Treatment plan

One or two permanent team members will coordinate your treatment. The agreements made regarding your treatment will be added to your treatment plan. We will draft the treatment plan together with you, and evaluate it at least once a year using questionnaires. We will identify and explore your care needs and preferences. You will also be asked about any physical problems you may have. The treatment plan is usually subject to approval by all team members, sometimes a family member or close relative, your practitioner and your psychiatrist. Your own preferences are the most important aspect of this.

We will also make a decision together about the most suitable treatment.

Who works at FACT?

Specialist care providers work together in one team.

These teams can include social workers, counsellors, IPS coaches, nurse specialists, ambulant nurses, mental healthcare providers, psychologists, psychiatrists, doctors assistants and those with extensive practical experience.

Working with family members and other support organisations

We will work together with your family and loved ones, unless you indicate that you would prefer us not to. They are often the people who know you best, and may also have provided years of support already.

We work together with others whenever possible, and whenever necessary. This can include working with housing associations, RIBW, social care, budget management, UWV, neighbourhood teams and so on. We only do this after consulting you. This enables FACT to provide extra support for you to continue participating in society in a way that feels comfortable and safe for you.

Registration and information

Your care provider, such as your doctor, can register you with us. Your current practitioner can also refer you internally – from an outpatient clinic for example.

If you have any questions or need more information, please don't hesitate to contact us:

T (020) 788 50 15 [Monday to Friday from 08:30 tot 19:00]

E aanmelding@ggzingeest.nl

**65 or
above?**

Are you 65 years of age or above?

FACT senior

GGZ inGeest has several FACT teams. For patients aged 65 years and above, we have FACT senior. For more information or to register, please contact Registrations and Information (see above).

Costs

The cost of FACT care is covered by your health insurance, but you will need to pay the mandatory patient healthcare contribution. That means you will need to pay the contribution in order to receive treatment. You can find out more about this from your health insurer.

Locations for FACT adults

Amsterdam

Locatie Hilligaertstraat

FACT De Pijp, FACT Rivierenbuurt,
FACT Buitenveldert/Stadionbuurt
Van Hilligaertstraat 21
1072 JX Amsterdam

Locatie Burg. Roellstraat

FACT Geuzenveld/Slotermeer,
FACT Osdorp/Nieuw Sloten
Burg. Roellstraat 70
1064 BP Amsterdam

Locatie Bocholtstraat

FACT Slotervaart, FACT De Aker/
Nieuw Sloten, FACT Nieuw-West
Midden
Bocholtstraat 54
1066 MG Amsterdam

Amstelveen

Locatie Amstelmere

FACT Amstelveen,
FACT Amstelland
Locatie Amstelmere
Laan v/d Helende Meesters 433
1186 DL Amstelveen

Haarlem

Locatie Zuiderpoort

FACT Haarlem Centrum,
FACT Haarlem Schalkwijk en
FACT Haarlem Noord
Amerikaweg 2
2035 RA Haarlem

Hoofddorp

Locatie Spaarnepoort

FACT Hoofddorp Noord en
FACT Hoofddorp Zuid
Sparnepoort 1
2134 TM Hoofddorp

Everybody is unique. So we need to support recovery to the individual's needs. With this in mind, GGZ inGeest offers specialist psychiatric care to young people, adults and the elderly. Care with an eye for the individual's situation and the immediate environment. Care that is tailored to the mind and body and is supported by the latest scientific insights.

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