

Psychosis and Community Mental Health Team

Geðrofs- og samfélagsgeðteymi



The Landspítali Psychosis and Community Mental Health Team provides treatment and support to people with severe psychiatric conditions, particularly psychotic disorders, with the aim of improving their health and quality of life. The team is based in the outpatient department at Kleppur.

The team includes psychiatrists, psychologists, nurses, social workers, a developmental therapist, a peer, job counsellors and other specialised staff. Generally, everyone is assigned their own case manager, who oversees the treatment of the service user and is their main point of contact.

Activities are carried out in co-operation with other institutions as required, e.g. healthcare and social services. The team is also in close contact with the psychiatric ward's inpatient units and residence centres. Referrals from healthcare professionals are accepted.

Treatment and rehabilitation

The service is provided both in the outpatient department and in the service user's immediate environment. The individual needs of each service user are considered, and their active participation is encouraged. Efforts are made to collaborate closely with family and other next of kin.

The approach used is a recovery model, where it is assumed that recovery is possible and different for each person. Treatment is based on each person's strengths as well as encouraging participation in daily life and responsibility for the person's own recovery.

The treatment options available include cognitive remediation therapy (CRT), cognitive behavioural therapy (CBT) for substance abuse and CBT for psychotic symptoms, employment counselling, peer support, regular support sessions, and psychoeducation. Service users also have access to the Recovery Centre, which offers a wide range of activities.

Details on the available treatment options can be found below:

Cognitive remediation: For those who want to improve their attention, memory and concentration, and break their social isolation. May be good preparation for work, study, or further therapy.

Cognitive behavioural therapy for substance abuse: For people with substance abuse problems. Sobriety is not a requirement for this course. Both group therapy and one-on-one sessions.

Cognitive behavioural therapy for psychotic symptoms: For those who have or have had psychotic symptoms. This course is specifically focused on people with limited insight into their psychotic symptoms.

Clozapine clinic: For people undergoing clozapine treatment. The therapy consists of seeing a nurse every three months, where physical health is reviewed, blood samples monitored and side effects assessed regularly.

Family psychoeducation and support: Family members are offered education on psychotic symptoms as well as specialised support, if needed. Intensive psychoeducation takes place in a group setting twice a year, three sessions at a time.

Case management: In the Psychosis and Community Mental Health Team, most service users have a case manager who manages their treatment and serves as a point of contact for the team and other organisations. Treatment is flexible and depends on the circumstances and stage of the disease in each case.

The long-term goal of the case manager is to support recovery and prevent recurrent episodes. The role of the case manager is to have an overview of a service user's case and prepare a treatment schedule to meet their needs. The role of the case manager also involves supporting the service user in coping with the consequences of psychosis, managing family support, and promoting the service user's recovery and reintroduction to active participation in society.

Information and telephone number

Address: Kleppsgarðar, 104 Reykjavík

Service availability: 08:00 to 16:00 every weekday

Tel: 543 4200 and 543 4643

Psychosis and Community Mental Health Team website: <https://www.landspitali.is/sjuklingar-adstandendur/deildir-og-thjonusta/gedrofs-og-samfelagsgedteymi/>

The emergency unit of the Psychiatric Division at Hringbraut, tel. 543 4050, is open from 12:00–19:00 on weekdays and 13:00–17:00 on weekends.

Outside these hours, emergency psychiatric services are at the emergency ward in Fossvogur.

The Red Cross helpline **1717** is open around the clock.

QR Code for the Landspítali Hospital app:



This educational material is provided for patients at Landspítali and their families, and is based on the best information available at the time of publication. The purpose of this publication is to support the professional advice of Landspítali's medical staff, who will provide further information as needed. This material is not intended to replace personal guidance from medical staff.