



# Improvement of mental health services in Arkhangelsk County by integration of primary and specialized mental health services – model development, implementation and evaluation

2008-2016

Project partners: Arkhangelsk Region Healthcare Ministry  
University Hospital North Norway Åsgård (Tromsø, Norway)

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# Pomor model

-providing mental health care to a patient both by a general practitioner (GP) and a doctor-psychiatrist through their interaction implementing biopsychosocial approach, when a GP works using own resources, feeling behind the continued support of a psychiatrist

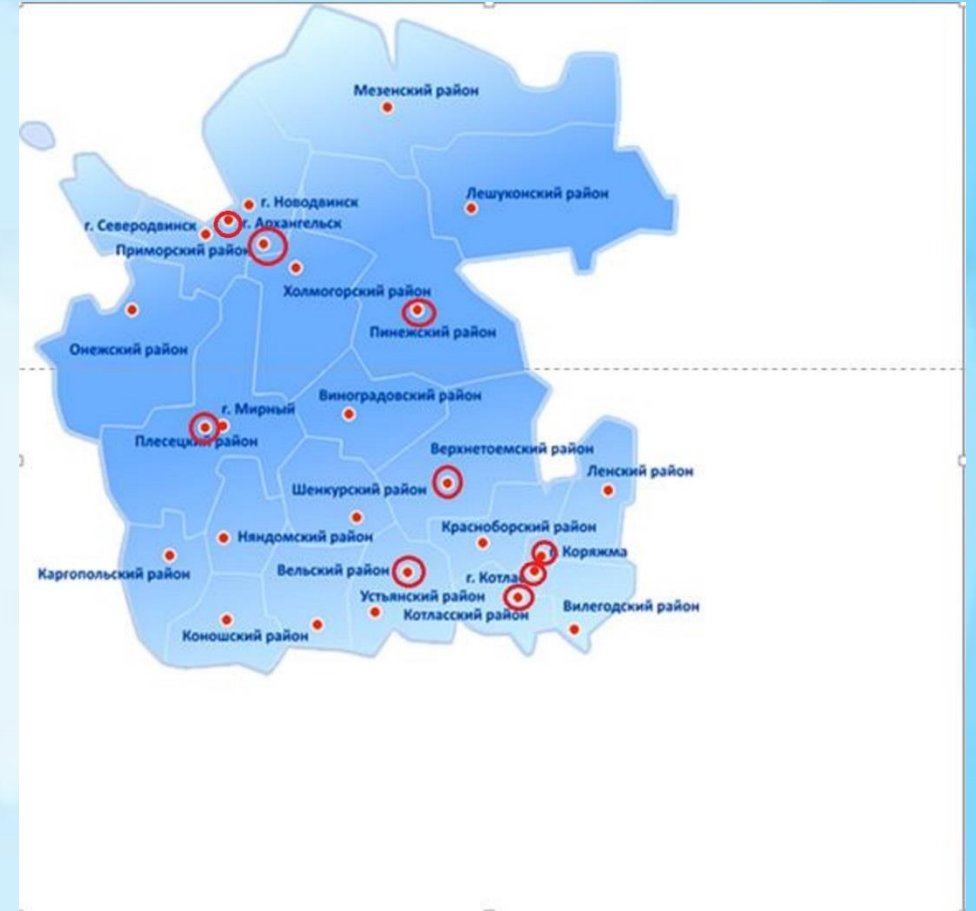


# Criteria for model efficacy

1. Satisfaction of target groups:
  - GPs, psychiatrists and patients are satisfied with the fact that mental disorders can be detected and treated in primary healthcare
  - 70% of patients with mental disorders took part in the survey carried out by: 100% of them are satisfied with the fact that they are given care according to the Pomor Model
  - Patients reported decreased stigma in case if the treatment is given by a a GP
2. Number of hospitalizations decreases (experience of the first pilot - health centre "Rikasiha") – up to 30%
  - Longer retain of a mental disorder remission - 30%
  - The number of patients who received care at the primary healthcare level increases - 25%.

# Interim results

1. Implementation of the model – in the whole territory of the Arkhangelsk region. Currently, one urban clinic and eight districts are ready for the model implementation (relevant infrastructure)
2. The use of information and communication technologies
  - Establishment of a network infrastructure in the dispensary - “Unit for competence development in the field of mental health” and the local studio at the primary level in remote areas Regular meetings of experts and target groups
3. Education of GPs:
  - Workshops, trainings, lectures, clinical cases, role plays, on-site trainings
  - Distant Skype conferences (in 2016-20, 2017-40), web-consultations given by professionals, supervision, webinars, videoconferences
  - Northern State Medical University as a base for continuous education of GPs





During a seminar

# Dissemination of information about the Model

- Development of a project web site for professionals and users  
<http://pomormodelproekt.ru/>
- The presentation of the Model and the results of the work on the regional, federal and international forums, in publications in national and international scientific journals

# Поморская модель



Официальный сайт Российско-Норвежского проекта "Улучшение оказания услуг в сфере психического здоровья в Архангельской области путем интеграции первичного и специализированного звена - развитие модели, её внедрение и оценка"

ГЛАВНАЯ

О ПРОЕКТЕ

СОБЫТИЯ

ПРЕССА О НАС

СПЕЦИАЛИСТАМ

ПИШИТЕ НАМ

КАРТА САЙТА

ФОРУМ



В 2001 году стартовало международное российско-норвежское сотрудничество в области психиатрии

Читайте далее >



Целью проекта является создание, внедрение и развитие модели взаимодействия специализированной

Читайте далее >



Связанные проекты: "Электронное здравоохранение в поддержку психического здоровья оверсез"

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В СГМУ завершилась VI Бернско-конференция по психиатрии, посвященная интеграции

Читайте далее >

Official website of the project- <http://pomormodelproekt.ru/>

# Sustainability of the Pomor Model is ensured

- Comply with federal legislation in the field Psychiatry and Addiction
- Consistent with the concept and principles of primary health care in the Russian Federation
- Support of Northern State Medical University
- The leading role belongs to the Arkhangelsk Region Healthcare Ministry





Dignity in Mental Health-Psychological & Mental Health First Aid for All

Достоинство в области психического здоровья: первая помощь для всех в  
сфере психологического и психического здоровья



**Thanks for attention!**