



STIME

Easily Accessible Services and Cross-sector Collaboration

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Region of Denmark

February 2025



STIME

Agenda

- The Danish Healthcare System
- Background for STIME
- Short Introductory Film
- The Core Program of STIME
- Foundation of STIME
- Evaluation of STIME
- A New Law – A New Ball Game

The Danish Health Care System

- Allocation of Public Responsibilities

5 Regions

- Public health care
- The hospital system (somatic and psychiatric hospitals)

98 Municipalities

- Health Care Prevention
- Daycare institutions
- The school system (special education)
- Family Services

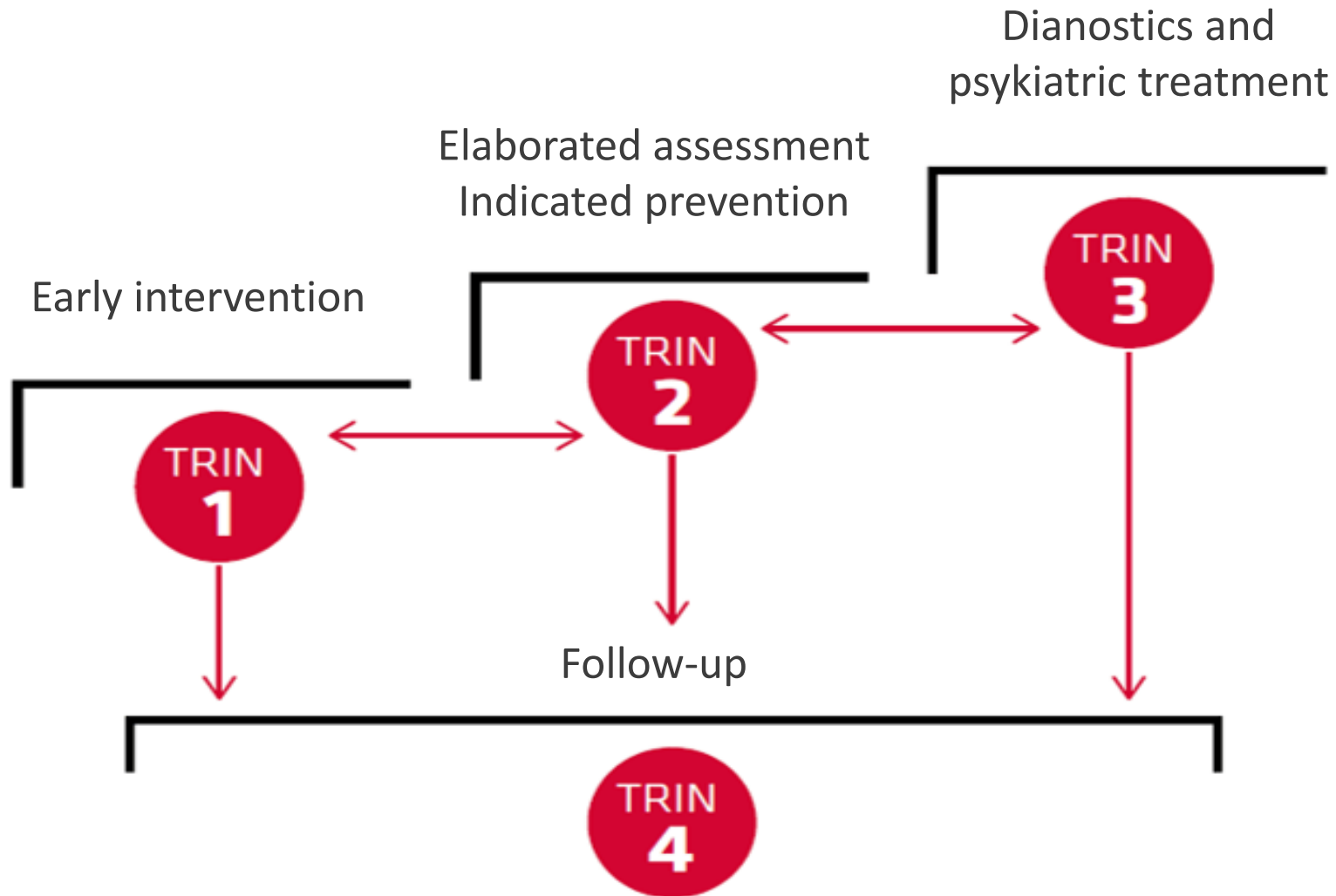
State

- Structural planning and legislation
- Higher education and research

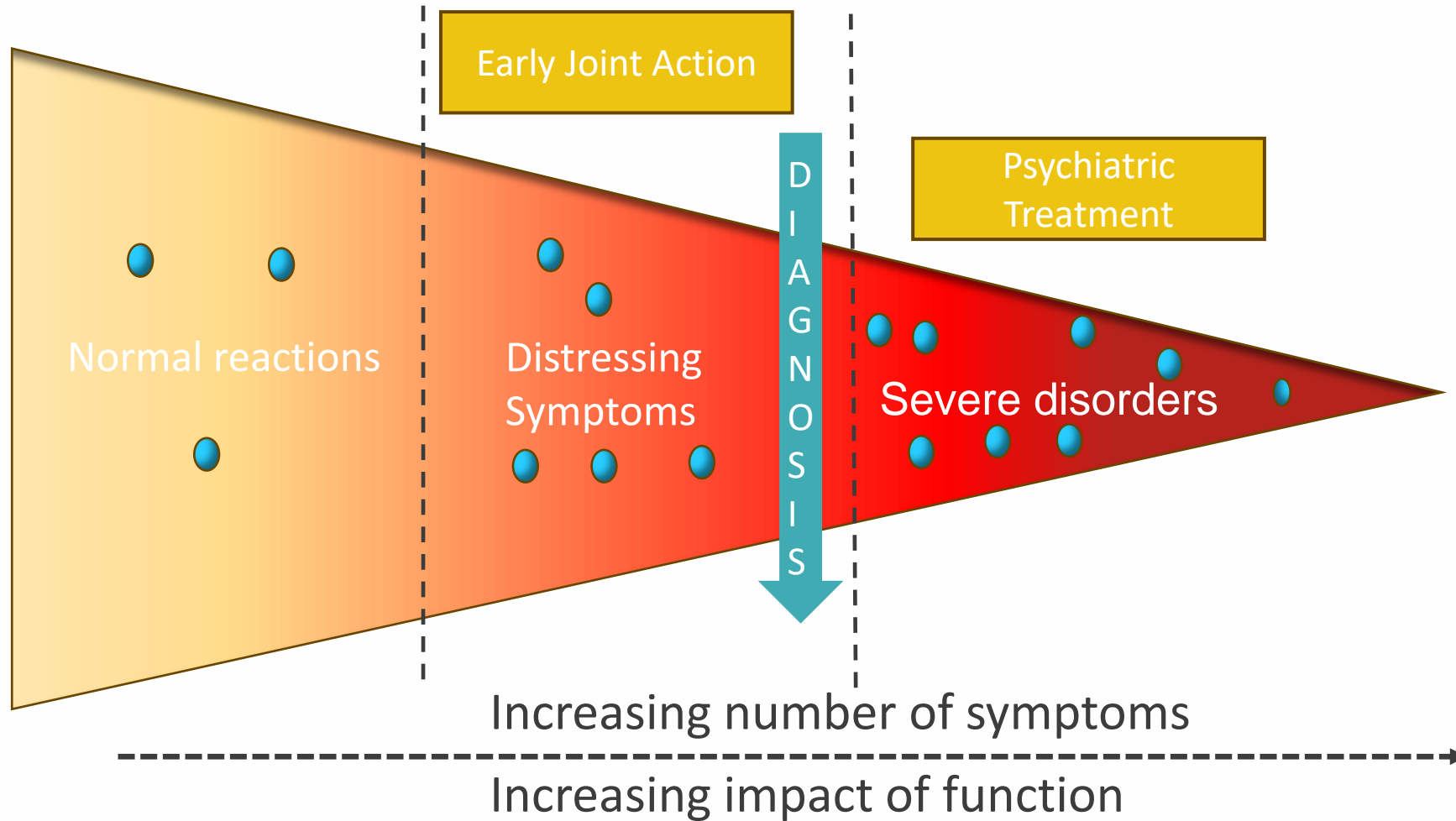
General Practitioner

- The primary entrance to the healthcare systems
- Referrals to specialists

Stepped Care Model (Danish Health Authority)

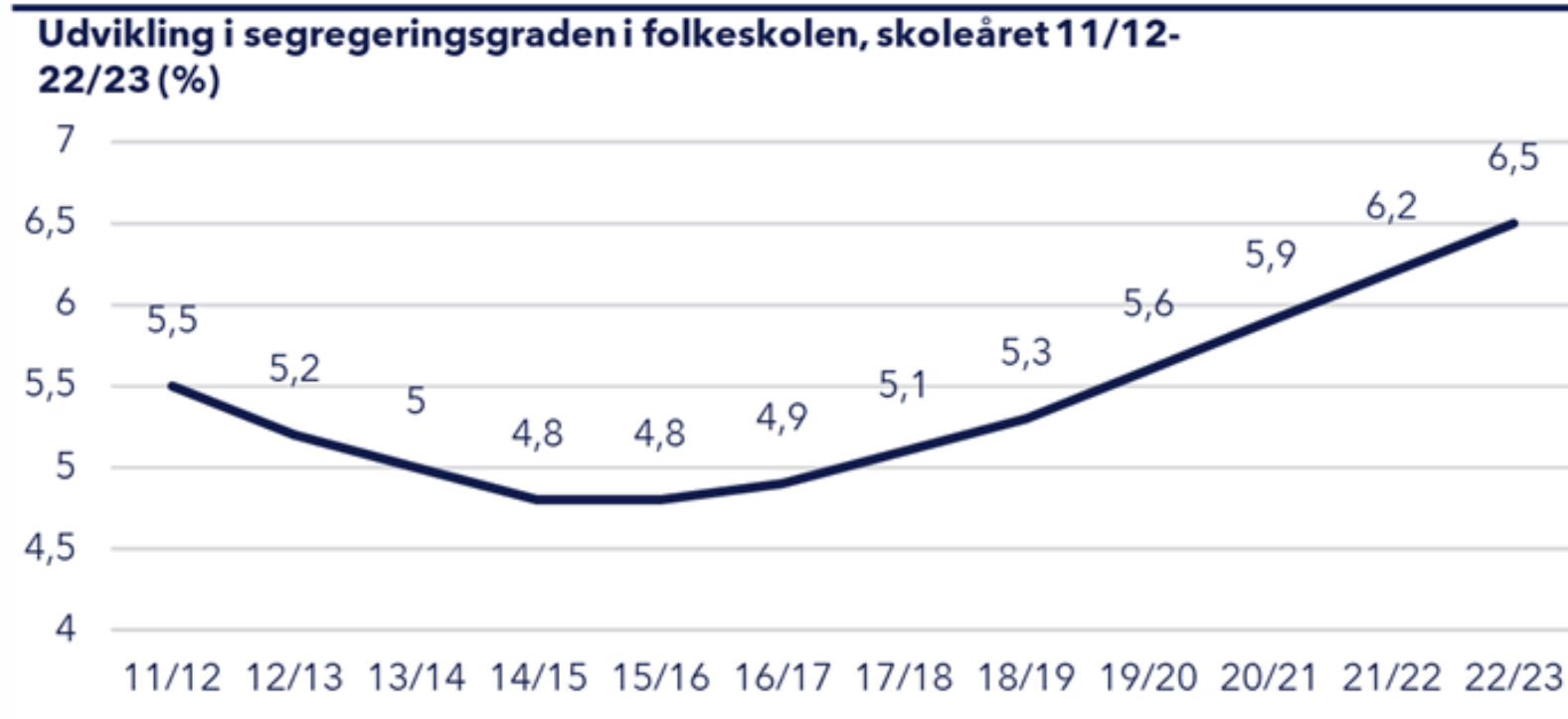


The Mental Health Continuum



Increased Pressure on Municipalities

The proportion of pupils in conventional education

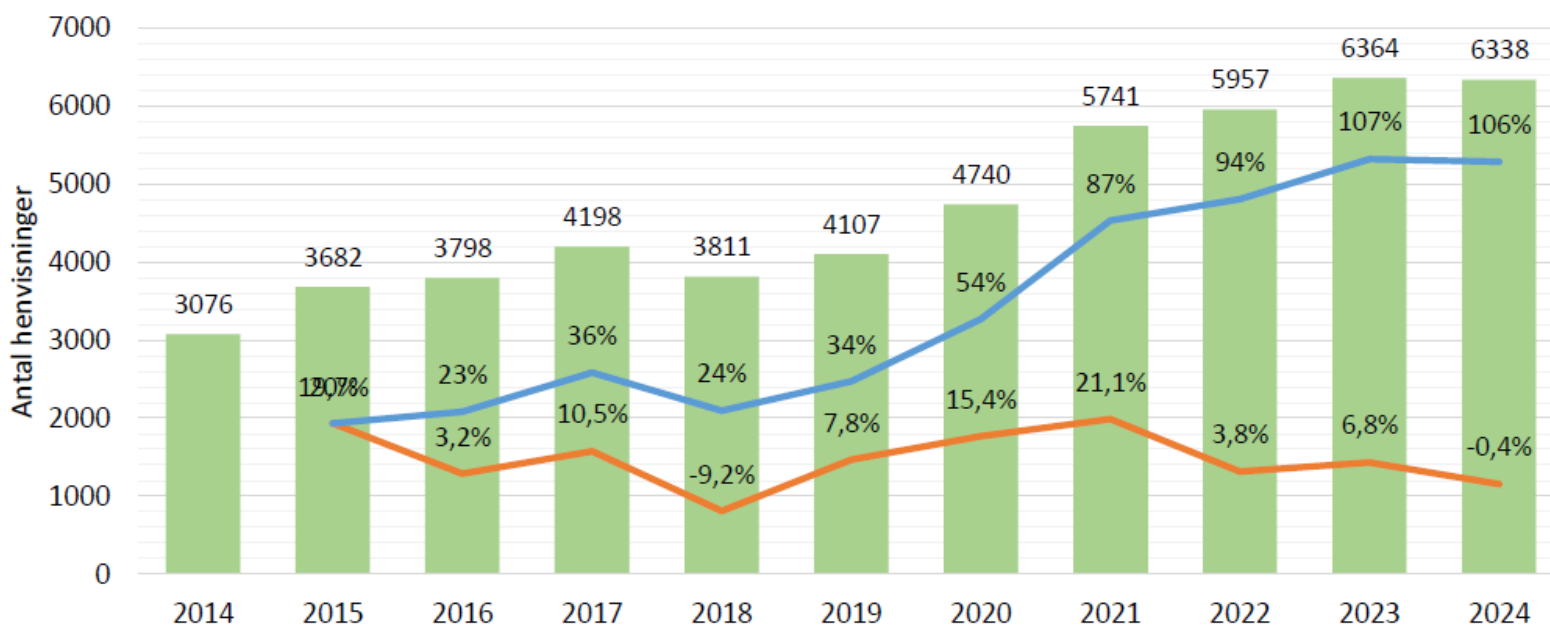


Note: Segregeringsgraden er opgjort pr. 1. november i skoleåret, undtagen i 11/12 hvor den er opgjort pr. 1. januar 2012

Kilde: Momentum. Egne beregninger på baggrund af FLIS

Increased Pressure on the Psychiatry

The number of approved referrals per year in children and adolescent psychiatry in the capital region has doubled from 2014 to 2024.



- Percentage change from the previous year
- Accumulated change since 2014

Family Concerns

Quotes from: KOPA *Familieliv i krydspres*

As it becomes clear that she needs special support and care, we are forced to guess the way forward. There is no transparent system to deal with this; there is nothing...

It is slow. Sometimes, I thought she went from bad to worse while the adults just talked.

The greatest frustration was the feeling of being quite alone - having to fight our own battles.

From Project to National Service



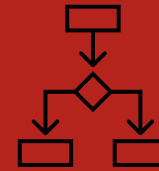
2018

National project funding for regional development.
9 mio. EUR for The Capital Region



2018-2022

STIME is developed to accommodate the need for preventing and treat early signs of mental illness in the Capital Region



2022 →

STIME is a permanent Service in the Capital Region and is currently being implemented in all five regions and 92 municipalities.

A Shared Responsibility



Municipalities

Providers of Service

- Detection and visitation
- Assessment
- Manualized therapy
- Support in schools



Psychiatry Support

- Training
- Supervision
- Counseling
- Coordination, planning and communication

Cross-sector Partnership
Collaboration platform

The Core Program of STIME



WHEN RESTLESSNESS
ATTENTIVENESS OR
IMPULSIVITY IS A
CHALLENGE



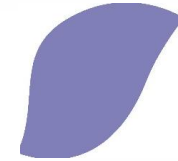
WHEN WORRY OR
SADNESS BECOME
A PROBLEM



WHEN DIFFICULT
FEELINGS LEAD TO
SELF-HARM



WHEN THOUGHTS
OF BODY AND FOOD
BECOME
OVERWHELMING



WHEN
OBSESSIVE
THOUGHTS AND
BEHAVIORS TAKE
OVER



Early detection
and Screening



Manualized therapy
with the
child/adolescent
and the family



Support in the
school/learning
environment

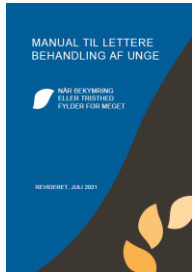
Education and Training

All STIME services are
ALL developed in
collaboration between
municipalities and
psychiatry



STIME

Manualized Therapy in STIME



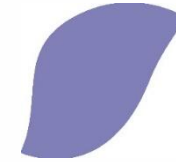
WHEN FEELINGS OF ANXIOUSNESS OR DISTRESS BECOME A PROBLEM

- ✓ 13-17 years: 6-9 modules (1-2 sessions per module)
- ✓ Support within learning environment



WHEN THOUGHTS OF BODY AND FOOD BECOME OVERWHELMING

- ✓ 10-17 years: 6-10 sessions
- ✓ Support within learning environment



WHEN OBSESSIVE THOUGHTS AND BEHAVIORS TAKE OVER

- ✓ 6-17 years: 8 sessions
- ✓ Support within learning environment



WHEN DIFFICULT FEELINGS LEAD TO SELF-HARM

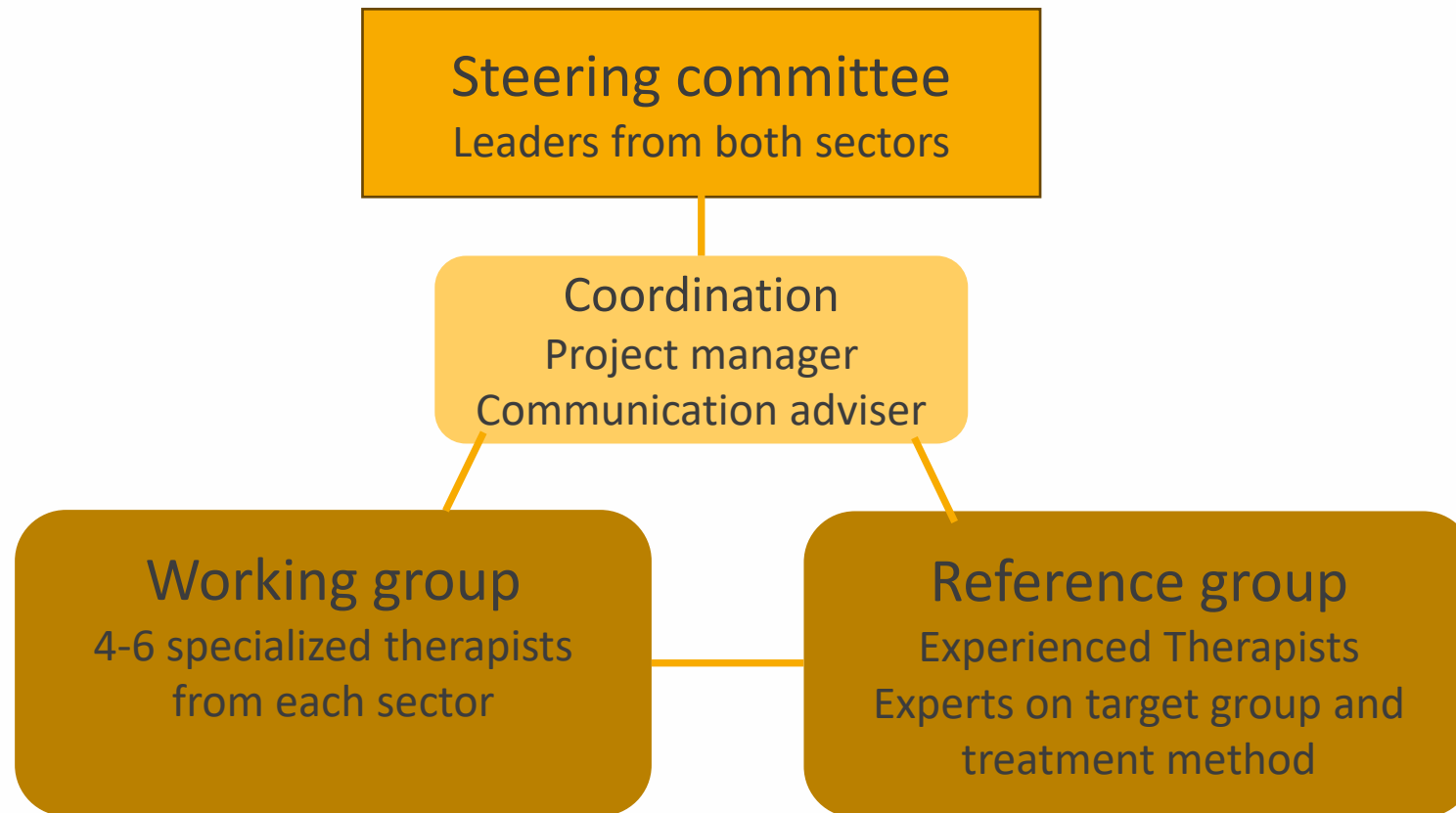
- ✓ 12-17 years: 9 sessions
- ✓ Support within learning environment



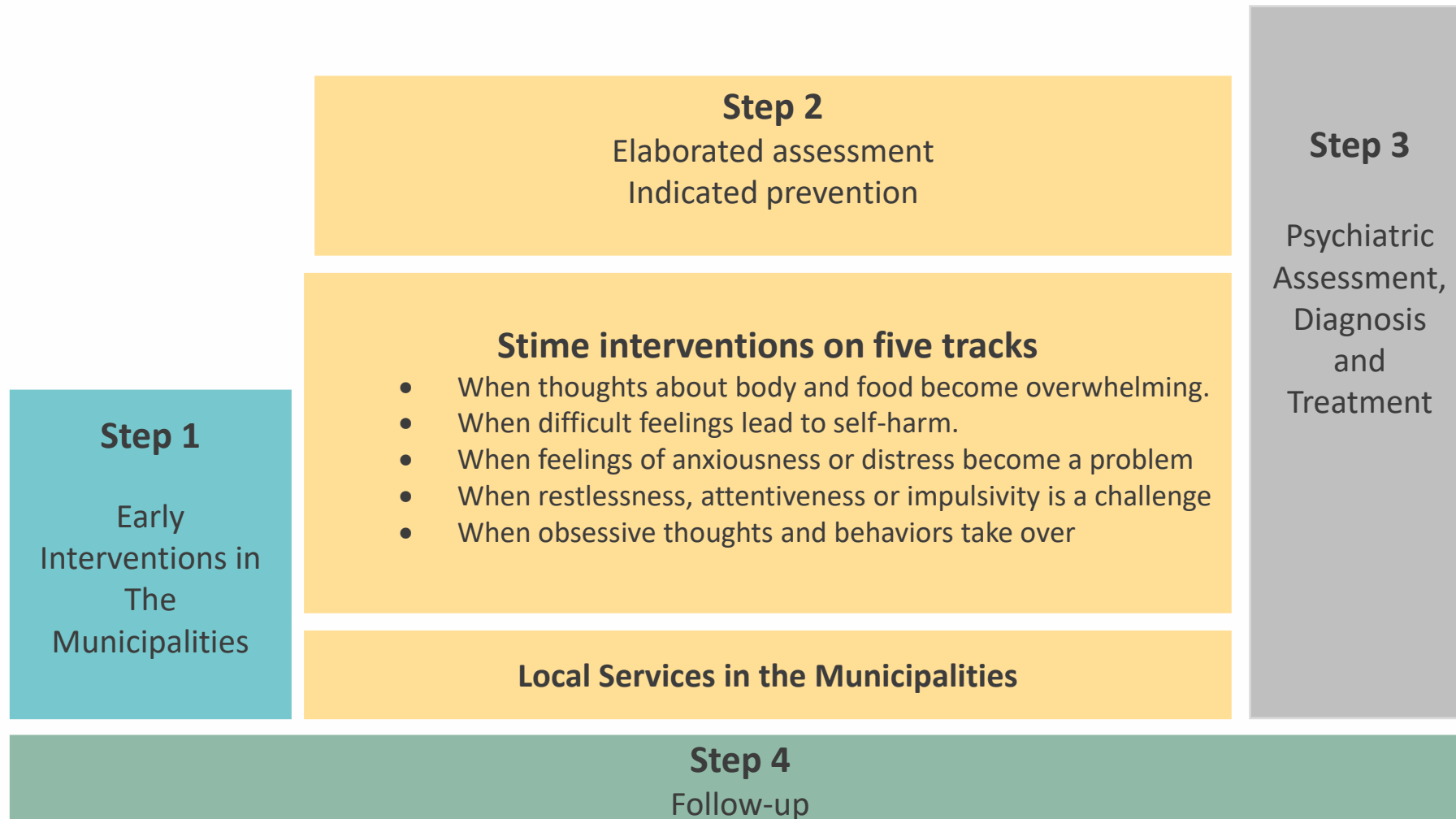
WHEN RESTLESSNESS, ATTENTIVENESS OR IMPULSIVITY IS A CHALLENGE

- ✓ 3-10 years: 'The parent pilots' - 4 workshops
- ✓ Support within learning environment

Developing Manualized Treatment Together



STIME in the Stepped Care Model



Foundation of STIME



A Shared Vision

- STIME rests on a foundation of **shared responsibility and equal collaboration** between sectors.
- STIME services address **the needs of children and adolescents**, as well as their parents, experiencing psychological distress before their issues escalate.
- STIME offers **timely and relevant** support to children and adolescents in their local environments, ensuring connection to their everyday lives, such as in schools.
- STIME responds to the **challenges faced by both sectors** as they deal with an increasing number of children and young people struggling with mental health issues.
- STIME is **the preferred collaboration forum** for regions and municipalities seeking innovative approaches and generating new knowledge closely tied to practice.

STIME introduces a collaborative approach among sectors, emphasizing our shared core tasks over individual professional viewpoints. This represents a new way of collaboratively addressing our mutual central priorities (Leader in a municipality).



Sustainable Organisation

- Funding and political will.
- Shared leadership between a regional and a municipal representative.
- Cross-Sector Office (Operational management and coordination).
- Training, supervision, and development across organizations.
- Trained therapists (psychologists) available.
- Cros-sector counseling every day during regular opening hours.
- With a continuous focus on communication, STIME has become a brand with strong joint ownership.

What distinguishes STIME from much else I have been part of is that it is not something we manage; it is something we are. It is our core business in both Sectors, which means that we cannot stand outside and point to the organization we have created and say it is doing poorly or well because it is us doing it. Ownership has been significant (Leader in the region).



Moving Knowledge not People

- Sustainable skill acquisition



STIME Education and Training Programme

The Parent Pilots

Day 1: Introduction to STIME, BUL and questionnaires, visitation and psychopathology

Day 2: Teaching in the program

Day 3: Teaching in the guides to the learning environment and networking

In continuation of and as part of the education, four supervisions and one completed course are followed.

Other four treatment tracks:

Block 1 (2 days): Introduction to STIME, BUL and questionnaires, visitation, psychopathology and suicide screening

Block 2 (2 days): CBT education and (2nd and 3rd wave) + involvement of parents in the treatment

Block 3 (2 days): training in each of the manuals

Block 4 (1 day): training in the guides to the learning environment and network around the child

In continuation of and as part of the training, 10 group supervisions are followed, requiring four cases during the first year.



Meaning and Motivation

Working with STIME has made my toolbox much more significant, even when the task is not STIME-related. I am much sharper on the target group and can give better advice to educational staff and at conferences (STIME therapist)

STIME greatly improves what we meet children and families with when they face difficulties. It is a vast quality to offer guidance to the network around the children based on the experiences from the treatment (STIME therapist).

The STIME therapists work collectively, not with complete freedom of method but with a method they have in common with others. After all, they become part of an entire STIME community that they can draw on (Leader in a municipality).

It has been a warm, safe, and sound space. Being with colleagues in other municipalities who were in the same difficult situations has been incredibly rewarding. It has not only been collaboration with psychiatry but also collaboration with psychologists in other PPRs. It has been fifty-fifty for me (STIME therapist).

Evaluation

Families are highly satisfied

Adolescents:

- 82% are satisfied with the help they received from STIME.
- 76% would recommend the service to a friend with similar difficulties.

Parents:

- 93% are satisfied with the help they received from STIME.
- 88% would recommend STIME to other parents.



Preliminary results indicate great effects

- A drop in symptoms within all tracks.
- Children/adolescents feel significantly better with the general SDQ problem score.
- The children/adolescents function better with respect to the five areas: family, friends, school, spare time and mood.

From Project to National Legislation

2018-2022

National project funding for regional development
9 mio. EUR for The Capital Region

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2022 →

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2022-2023

The Danish 10-year Mental Health Action Plan

One of the five top prioritized areas is:

Establishment of an easily accessible service at the municipal level for children and youth with psychological distress and symptoms of mental disorders.

STIME is recommended as an example of best cross-sectoral treatment practice

2024

Act amending the Danish Health Care Act ratified

Financial agreement provided:
32 mio. EUR divided between 98 municipalities
1,4 mio. EUR divided between the five regions

10-year action plan on mental health

- An ambitious and comprehensive plan
- Full implementation of the 10 year action plan recommended by the Danish Health Authority
- 37 recommendations gradually implemented over the next 10 years
- First political agreement was adopted in September 2022 – focus on prioritized areas
- Close follow-up and data monitoring



A New Law – A New Ball Game

- Amendment to the Health Act effective July 1st 2024

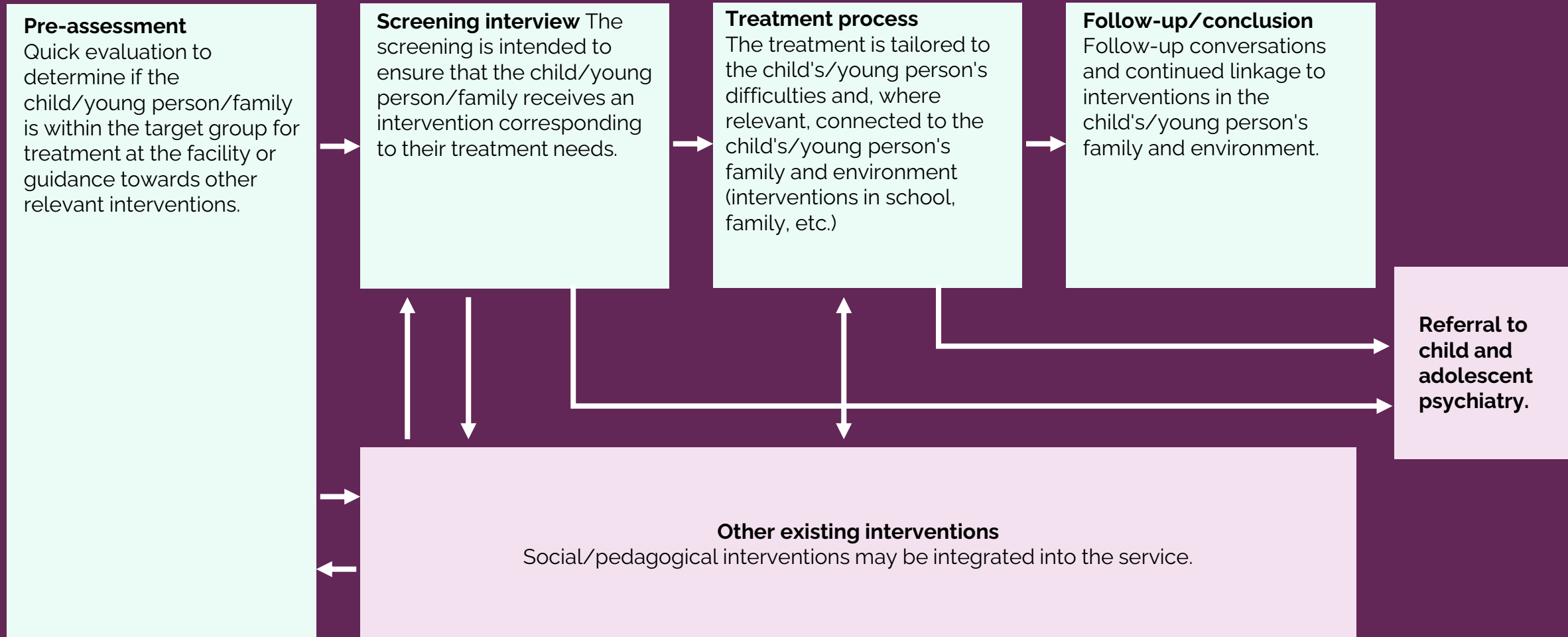
Easily accessible treatment for children and adolescents experiencing mental distress and symptoms of mental illness.

§ 126 a.; The municipal council offers free assessment and treatment in an accessible setting to children and adolescents with mental distress and symptoms of mental illness. The assessment and treatment must be coordinated with other relevant services under this amendment or other relevant legislation.

(2) The municipal council can provide assessment and treatment under (1) by establishing services within its institutions or by arranging agreements with other municipal councils

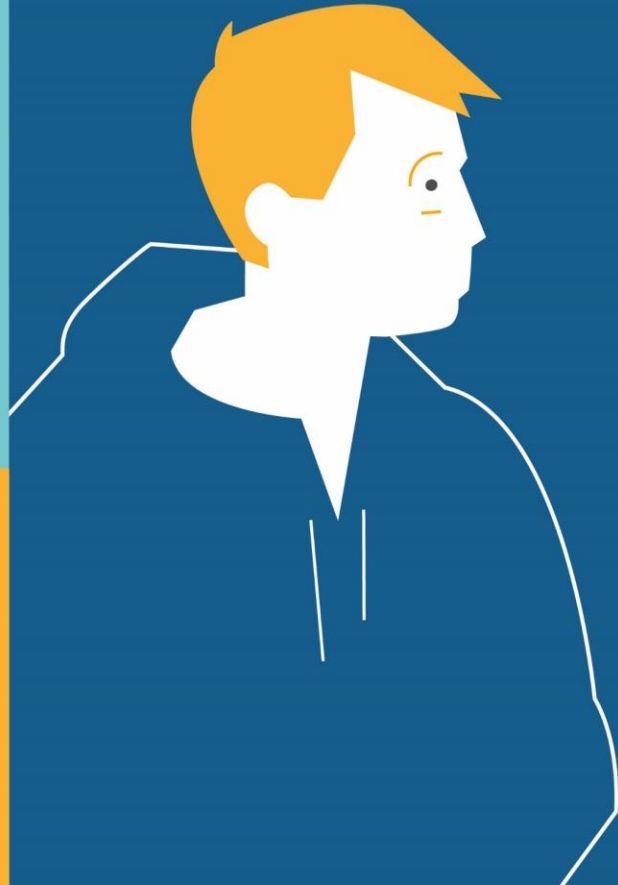
(3) The Regional Council offers the municipal Council advice and guidance in relation to the service

Collaborative structure for coordinating professional sparring and bridging across the social, education, youth education, and health sectors





STIME



Read more on
www.stime.info