



EU-PROMENS

Mental Health Exchange Programme The Netherlands

Delivering services promoting
prevention and recovery
in an ecosystem of (mental)
health

Utrecht

November 25th

-

December 4th

Welcome!

As the Dutch 'hub' of the EU-Promens programme, we are proud to welcome you to [Utrecht](#). Over the next two weeks, we will offer you a broad and varied programme consisting of prevention, crisis resolution, treatment, and recovery-oriented practices in an eco-system of (mental) health. You will get to know professionals working at many different organizations in different roles and also visit some organizations that play a role in community and mental health.

About Trimbos Institute

Trimbos provides research, policy, and practice-based advice for professionals on mental health and addiction issues across the life course, and across the promotion, prevention, treatment, and recovery spectrum. We also focus on improving the mental health and wellbeing of specific groups at high-risk of developing a mental health or substance use issue - as well as specializing in strategies that strengthen protective factors and minimize risk factors for mental ill health.

We dedicate our work in the field of mental health to improving wellbeing of people with mental health issues and those at risk of developing mental health issues. We research, advise, and support sustainable system-based reforms that allow for individuals to receive care appropriate for their needs. We provide an evidence-based approach to guide critical decisions for improving mental health and wellbeing, in the Dutch setting, in Europe and internationally to a variety of stakeholders including the general public, institutions and governments.



BACK

Program

We trust that you will form your own impression over the coming weeks. In this overview, you will find the global day-to-day program. Sometimes it is a programme for all participants, and sometimes we split into a few groups. For each programme component, you will find the start and end times, the location where you need to be, and the name and phone number of the contact person.

If you have any questions about the overall EU-Promens programme, you can contact us:

Contactperson GFA Group:

Janine de Zeeuw (+0031) (0) 645552994

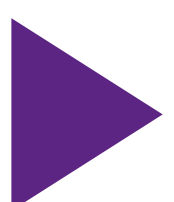
janine.de-zeeuw@gfa-group.de

Contactperson EU-Promens Nederland: Margreet Groen (+0031) (0) 6 515 918 68 groen@rontmc.nl

Contactperson EU-Promens Reinier van Arkel:

Koen Westen (+0031) (0)6 129 674 62

kh.westen@avans.nl



Tuesday, November 25

All participants

09:00 - 17:00

Location: Trimbos Institute

Adress: Da Costakade 45, Utrecht

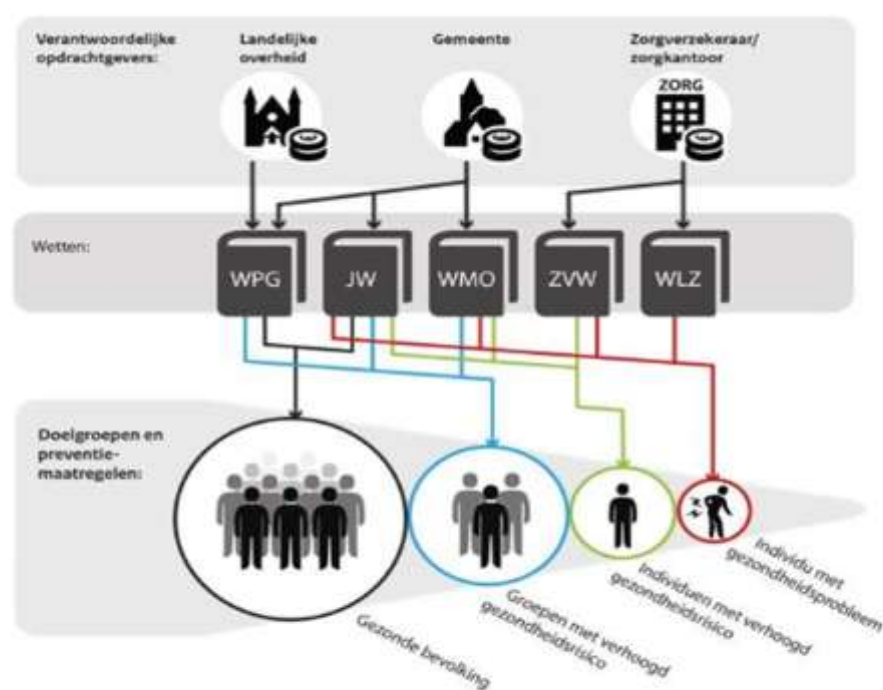
Contact person: Joyce Huls (+31) (0)30 295 9228

Margreet Groen (+0031) (0)6 515 918 68

Travel: by foot

The day is plenary. You will get to know each other as participants and will be introduced to this visit.

The [mental health organization](#) in the Netherlands is funded for our adult care through the Health Insurance Act (ZVW), Justice (Ministry of Justice), the Long-Term Care Act (Wlz; national government) and through the Social Support Act (Wmo; local municipality). Funding through the Wlz or Wmo are based on an indication only given by a dedicated healthcare office. More information on funding of health care in the Netherlands [here](#).



Figuur 1 Schematische weergave doelgroepen en preventiemaatregelen, wetten en verantwoordelijke opdrachtgevers.
Uit: [Preventie in het zorgstelsel: wat kunnen we leren van het buitenland?](#) © Heijink R, Struijs JN, RIVM, 2016

[Professor Hans Kroon](#) and Koen Westen will provide lectures on Dutch Mental Health care, and [Pim Candel](#) will elaborate on current challenges and innovation. You will also get a preview for your visit next week to the organization of [GGZ NHN](#). At the end of the day, you can learn about some of your fellow participants.

Lunch included



Wednesday, November 26

All participants

09:00 - 17:00

Location: Trimbos Institute

Adress: Da Costakade 45, Utrecht

Contact person: Joyce Huls (+31) (0)30 295 9228)

Margreet Groen (+31) (0)6 515 918 68

Travel: by foot

The day starts plenary and will conclude workshops after lunch.

Plenary sessions:

- 1) Suicide prevention by Marleen Smit from [113online](#)

Stichting 113 Suicide Prevention is the national organization for suicide prevention in the Netherlands. Our mission is a country where no one dies alone and in despair by suicide. In addition to providing direct support, 113 is committed to research, collaborative projects, and breaking the taboo around talking about suicide.

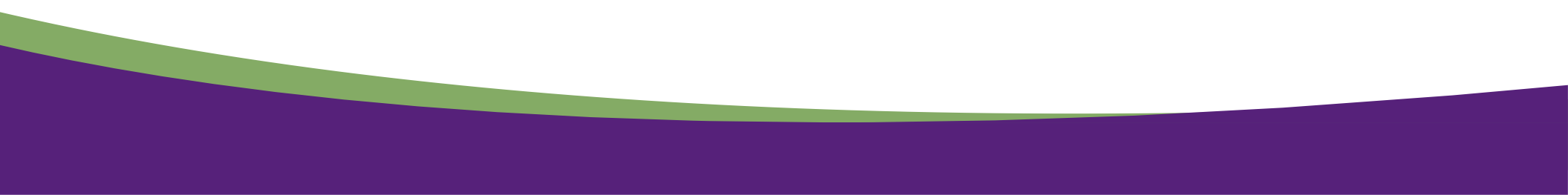
- 2) A best-of-four by four mental health researchers

You will receive the latest insights from state-of-the-art research conducted by researchers at the Trimbos Institute. Multiple topics addressing mental health will be presented in a short period of time to make you hungry for more and for more knowledge on the practical implications of implementation. This will help you choose two workshops for the afternoon!

Workshops of the *best-of-four*:

- Two rounds of four workshops of 90 minutes

Lunch included





Thursday, November 27

All participants

From 09:30 (arrival) 10.00 start to 11:00

Location: City Hall

Address: Stadsplateau 1

3521 AZ Utrecht

Contact person:

Margreet Groen (+0031) (0)6 515 918 68

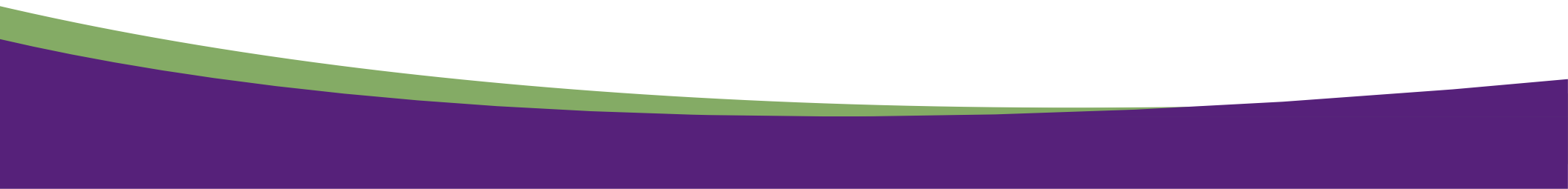
Janine de Zeeuw (+0031) (0) 645552994

Travel: by foot

At the entrance there is a registration system in the centre of the reception hall. You need to **bring your ID** for registration. The City Hall is situated next to the Central Station at the Jaarbeurs-side.

[Ernst-Jan Kruize](#) , Miriam Weber and Inge Janssen will present Utrecht's new policy. The health disparities between groups of Utrecht residents are persistent and significant. The municipality of Utrecht is committed to reducing these disparities, as outlined in the new policy document “*Together Reducing Health Inequalities.*” Over the coming years, Utrecht will make clear choices with increased focus on residents who have fewer opportunities for a healthy life.

Lunch included





Thursday, November 27

Group 1: numbers 28 to 55

From 11:00 to 12:00

Walking tour with Ernst-Jan Kruize

The walk will start at the City Hall and lead you to the centre of Utrecht and the Catharijnesingel. The Catharijnesingel project in Utrecht is the winner of the European Prize for Urban Public Space 2022. The international jury describes the Catharijnesingel as a *“model project for urban transformation that secures a livable and climate-resilient future for the city.”*

From 15:00 to 17:00

Enik Recovery College is a recovery academy: a learning environment and meeting place for people with personal experience of disruption due to mental vulnerability or addiction, who want to work on their (further) recovery. At Enik, we believe in people’s capacity to recover and in their own strength.

Location: Enik Recovery College Hooggraven

Adress: Vaartscherijnstraat 51

3523 TB Utrecht

(030) 289 12 04/enik@lister.nl

Contact person: Koen Westen (+0031) (0)6 129 674 62

Margreet Groen (+0031) (0)6 515 918 68

Travel: by bike or public transport to Enik and back to the hotel



Thursday, November 27

Group 2: numbers 1 to 27

From 12:00 to 14:00

Kanaleneiland

Kanaleneiland is a neighbourhood from the post-war period, designed with a strong separation between living, working and recreation. The starting points for the construction were the car and industrial construction methods such as system and prefab construction. The district is characterized by high-rise buildings, four-storey porch flats, lots of greenery and wide thoroughfares. Nowadays, the district is being renovated with more greenery, better bicycle and pedestrian facilities and an improved sewer. Kanaleneiland in Utrecht had about 17,660 inhabitants in 2023 (including North and South) and is a neighborhood that has been seen as a problem neighborhood since 2000. Although the neighbourhood has been improving since 2000, there are still challenges, especially in the area of safety and nuisance caused by young people. The residents in the neighbourhood have to deal with poverty and fewer young people who complete their school than the Utrecht average. The neighborhood has a multicultural composition with a large Moroccan community. Despite the challenges, there are many active residents and people who know each other.

Location: Community building Kanaleneiland

Travel: An EU-Promens Bus 1 will pick-up Group 2 at the City Hall at **11.15** and will bring Group 2 to Community Building first and Enik second.

From 15:00 to 17:00

Enik Recovery College is a recovery academy: a learning environment and meeting place for people with personal experience of disruption due to mental vulnerability or addiction, who want to work on their (further) recovery. At Enik, we believe in people's capacity to recover and in their own strength.

Location: Enik Recovery College Hooggraven

Adress: Vaartscherijnstraat 51

3523 TB Utrecht

(030) 289 12 04 / enik@lister.nl

Contact person: Koen Westen (+0031) (0)6 129 674 62

Margreet Groen (+0031) (0)6 515 918 68

Travel back to the hotel by public transport or bike.



Thursday, November 27

Group 3: numbers 56 to 85

From 12:00 to 14:00

The Calamity Hospital is a fully operational hospital that is opened to victims in the event of major accidents or disasters. This unique hospital is a collaboration between UMC Utrecht and the Ministries of Defence and Health, Welfare and Sport (VWS).

Location: Calamiteitenhospitaal

Travel: An EU Promens Buss 2 will pick-up Group 3 at the City Hall at **11.15** and will bring Group 3 to Calamiteitenhospitaal first and Enik second at **14.15**

From 15:00 to 17:00

Enik Recovery College is a recovery academy: a learning environment and meeting place for people with personal experience of disruption due to mental vulnerability or addiction, who want to work on their (further) recovery. At Enik, we believe in people's capacity to recover and in their own strength.

Location: Enik Recovery College Hooggraven

Adress: Vaartscherijnstraat 51

3523 TB Utrecht

(030) 289 12 04/enik@lister.nl

Contact person: Koen Westen (+0031) (0)6 129 674 62

Margreet Groen (+0031) (0)6 515 918 68

Travel back to the hotel by public transport or bike.



Friday, November 28

09:30 - 16:30

Location: Trimbos Institute

Adress: Da Costakade 45, Utrecht

Contact person: Joyce Huls (+31) (0)30 295 9228)

Margreet Groen (+0031) (0)6 515 918 68

Travel: by foot

This day will consist of plenary sessions and moments of individual and shared reflection.

Plenary sessions:

- 1) At [GROEN](#), we work as a collaborative, multidisciplinary team for youth and adolescents. A palette of knowledge, experience, and competencies, united in the desire to chart a new course in mental health care. Our team includes both certified care professionals and individuals without formal healthcare training. Together, we create an environment where everyone can grow, learn, and feel valued. That's why we regularly seek diverse team members with unique talents and skills. In addition, GROEN offers opportunities for professional growth and personal development.
- 2) Rotterdam South faces challenges that are unprecedented in the Netherlands. That's why the *National Programme Rotterdam South* (NPRZ) was established. With a long-term approach - a duration of 20 years - and through collaboration with residents and entrepreneurs, we are strengthening the South. In the NPRZ, the national government, the municipality of Rotterdam, housing corporations, healthcare institutions, school boards, employers, police, and the Public Prosecution Service work together toward a healthy future for Rotterdam South. Together, these partners aim to increase opportunities for residents of the South so that, over 20 years, education levels, labour participation, and housing quality rise to match the average of the four major cities in the Netherlands.

Workshop: Individual and group reflections on goals, expectations and experiences.

Lunch included





Monday, December 1

09:30 - 20:30

Location: GGZ NHN
Multiple locations in and around Alkmaar
Contact person: Janine de Zeeuw (+0031) (0) 645552994
Margreet Groen (+0031) (0)6 515 918 68
Travel: Pick-up by EU Promens Busses at the hotel

- Group 1:** 75, 2, 1, 3, 4, 48, 51, 53, 61, 62
- Group 2:** 11, 13, 14, 6, 44, 35, 36, 37, 64, 65
- Group 3:** 18, 34, 42, 43, 19, 20, 21, 67, 68, 70
- Group 4:** 17, 22, 54, 55, 63, 40, 41, 71, 72, 74
- Group 5:** 26, 15, 23, 27, 29, 49, 50, 60, 69, 5
- Group 6:** 10, 28, 32, 33, 38, 46, 47, 52, 73, 76, 16
- Group 7:** 12, 66, 25, 30, 31, 56, 57, 58, 59, 84
- Group 8:** 39, 7, 8, 9, 24, 45, 77, 78, 79, 80, 83, 85

At GGZ NHN, we are increasingly integrating our specialized mental health care into society. We connect with networks that focus on the health of all residents in the region, with the goal of becoming the healthiest region in the Netherlands. Our community-oriented approach is further strengthened through collaboration within the client’s network, together with other organizations and stakeholders.

Today, eight different groups will dive into the world of mental health care in the Netherlands. GGZ NHN has opened its doors to showcase its diverse range of services. The themes include *forensic care, Individual Placement and Support (IPS), online treatment, community mental health, youth care, long-term care, and recovery.*

Different cultural and artistic perspectives on recovery will be heard, felt and shown.

Lunch and dinner included



Tuesday, December 2

09:30 - 17:00

Location: Trimbos Institute

Adress: Da Costakade 45, Utrecht

Contactperson: Joyce Huls (+31) (0)30 295 9228)

Margreet Groen (+0031) (0)6 515 918 68

Travel: by foot

The day starts at 10.00 with plenary sessions and will conclude with workshops after lunch.

Plenary sessions:

- 1) A Dutch perspective on care for people with challenging behavior by [Professor Dr. Niels Mulder](#)
- 2) [Thrive Amsterdam](#) by [Juul van Hoof](#)

Workshops:

- Workshops to choose from:
 - Community (Public) Mental Health
 - Prevention of coercion
 - A Dutch view on addiction care
 - Needs and recovery for people with severe mental illnesses

Lunch included



Wednesday, December 3

09:00 - appr. 17:00

Location: Rotterdam
Contact person: Margreet Groen (+0031) (0)6 515 918 68
Travel: Edutavel buss will pick you up at the hotel
Professionals from Edutavel will be awaiting you

- Group 1:** 74, 2, 48, 51, 53, 61, 62, 11, 13, 17, 63, 24, 32, 36, 37, 64, 65, 7, 8, 9
- Group 2:** 16, 34, 42, 43, 19, 20, 21, 67, 68, 70, 14, 12, 54, 10, 6, 40, 41, 71, 72, 79
- Group 3:** 26, 15, 23, 27, 30, 49, 57, 60, 69, 55, 5, 28, 35, 33, 38, 46, 47, 52, 73, 76, 18, 83
- Group 4:** 22, 66, 25, 29, 31, 56, 50, 58, 59, 85, 39, 44, 45, 77, 78, 75, 80, 84, 1, 3, 4

Today, you will get to know the city of Rotterdam in a different way. We will explore how Rotterdam deals with the strong appeal of this port city to travelers, refugees, and labor migrants - both in the present and the past.



Lunch included

Thursday, December 4

09:30 - 16:30

Location: De Kapel at Reinier van Arkel

Address: Bethaniëstraat 2, 5211 LJ, Den Bosch Contact

Contact person: Koen Westen (+0031) (0)6 129 674 62

Travel: By EU Promens Buss from and back to the hotel

During this day Reinier van Arkel will open its doors for all participants. It'll be a day of wrapping-up all experiences.

[Reinier van Arkel](#) supports clients - from young to older - and their loved ones who are dealing with severe psychological vulnerability, in their recovery and inclusion. Our specialist center for child and adolescent psychiatry, Herlaarhof, and the Psychotrauma Center South Netherlands serve a supra-regional function. Clients can access our services with a referral from a recognized referrer. We are here to help people with severe psychological vulnerability in their recovery and inclusion. But we cannot do this alone. That's why we believe in network care.

Admire the St. John's Cathedral after lunch!

The imposing pride of [Den Bosch](#) towers above everything as the city's literal high point. The St. John's Cathedral is impossible to miss - and you absolutely shouldn't! For nearly two centuries, craftsmen worked on what is now one of the best-preserved monuments in the Netherlands. Look up and you'll see the handiwork to which generations of Den Bosch residents contributed. The truly daring can take on the climb to the top, guided by an expert. Stunning stories and breathtaking views guaranteed! You can take this one hour walk whilst answering reflective questions from your fellow participant (groups of two):



Route 1: <https://maps.app.goo.gl/LG2JgSAuiDxJNqQc6>

Route 2: <https://maps.app.goo.gl/9h555NF1mMMMcj4ZA>.

Route 3: <https://maps.app.goo.gl/bga4JTgFjvVoKCKu6>



Reflective questions need to address experiences, examples, comparisons, implications and recommendations.

- 1) Record your answers on your mobile device
- 2) Back at De Kapel: summarize your answers
- 3) Present your summary

In the afternoon the visit is evaluated and closed by EU Promens. There will be certificates and goodbyes.

Lunch included

Participants

1	Adela	Valentova
2	Alba	Escoz Esteban
3	Alisia	Riccitelli
4	Amanda Ines Maria	Danielsson
5	Ana	Kraljević
6	Andra	Dinu
7	Anja	Seiger
8	Anne Yael	Despreaux
9	Ariadna	Fornells Chavarria
10	Baiba	Livina
11	Barbora	Vlnova
12	Beate	Haberhofer
13	Beatriz	Vallejo
14	Carolina	Camurati
15	Claire	Joubert de la motte
16	Deimante	Krutulyte
17	Eitan	Ben Itzhak Klutch
18	Eldbjørg	Børresen
19	Estrella	Torres Cabo
20	Ewa	Polanis
21	Feargus	Callagy
22	Federica	Viello
23	Gabriela	Jurasek Galikova
24	Gaja	Kuščer
25	Gianmaria	Zecchin
26	Giovanni Federico Alessandro	Pintaldi
27	Hannah	Buckley
28	Harshwardhan	Saini
29	Hrönn	Harðardóttir
30	Ijaz	Ahmad
31	Illes	Gozlan
32	Ionela Meda	Știrbu
33	Iulia Alexandra	Cioban
34	Iva	Paska
35	Ivan	Brezina
36	Karoline	Buchmann
37	Jana	Vítová
38	Jirí	Švarc
39	Leidy Diana	Doria Gonzales
40	Leonhard	Keteku
41	Lisa	Ranzenigo
42	Luisaura	González Peguero
43	Manon	De Vleeschouwer
44	Margaux	Laurens
45	Maria	Tsiakiri
46	Maria Frances	Bugeja
47	Maria Salome	Juan Vidal
48	Marija	Oleškevičienė
49	Markéta	Vítková
50	Márta	Mészáros
51	Martin	Lindberg
52	Michael	Hennessy
53	Michael	Wilson
54	Mikias Lewoyehu	Wondie
55	Mirko	Ilić
56	Monica	Martinez
57	Nataliya	Golubyeva
58	Nektaria	Skevavi
59	Nina	Pyykkönen
60	Ovidiu-Iulian	Bobei
61	Panayiotis	Rodosthenous
62	Pavol	Dérer
63	Plamen	Petkov
64	Raphaela	Kollmann
65	Rita	Schirgi
66	Roumpina	Thivaiou
67	Selina	Oblak
68	Sintija	Endele
69	Sofia	Silva
70	Soufoulis	Tataridis
71	Stela	Ižaković
72	Susanne	Martinsen
73	Thi Cat Tien	Ho
74	Tjasa	Tavcar
75	Tjasa	Zadnik
76	Tudor-Alexandru	Bobei
77	Vanja	Pekez
78	Vera	Korelskaja-Novikova
79	Vesna	Šmarčan
80	Zuzana	Neupauer
83	Adrian Damian	Cercelaru
84	Bianca Ana-Maria	Bînă
85	Roderick	Gatt