



God start på familielivet

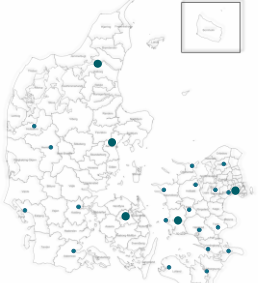
**The Family Outpatient Clinic**  
Amager Hvidovre Hospital  
Capital Region, Denmark

Head of The Family Outpatient Clinic  
Michelle Kolls

Head of Development and Projects, Østifterne  
Camilla Dolberg Schmidt



**The Family Outpatient Clinics**



**Primary interdisciplinary and cross-sectorial collaborators**

- Adult mental health Psychiatry
- Infant and early childhood Psychiatry (Capital Region)
- General practitioner
- Child and Adolescent Services
- Social services Department
- Treatment programs for substance abuse in local authorities
- Civil society organisations

**The purpose of The Family Outpatient Clinic**

- Ensuring early intervention
- Preventing or minimizing severe implications of substance and alcohol abuse on unborn/born infants
- Ensuring high quality -, interdisciplinary - and cross-sectorial care for psychosocially vulnerable families.
- Preventing severe pregnancy and birth complications.
- Providing psychoeducation, coping strategies and counseling for coming parents and professionals
- Ensuring healthy child development and preventing neglect.

**NB**  
The treatments of the Family outpatient clinics varies

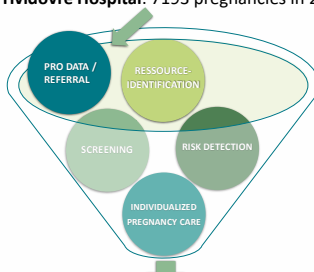
**Our patients**

**Reasons for referral to the Family outpatient clinic:**

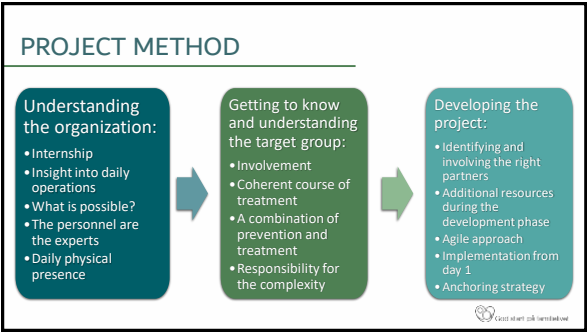
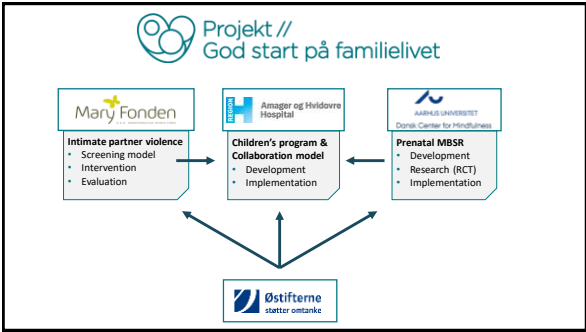
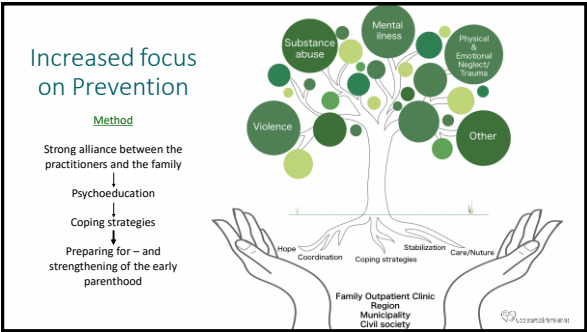
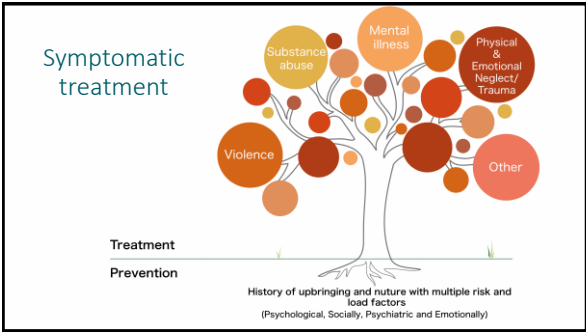
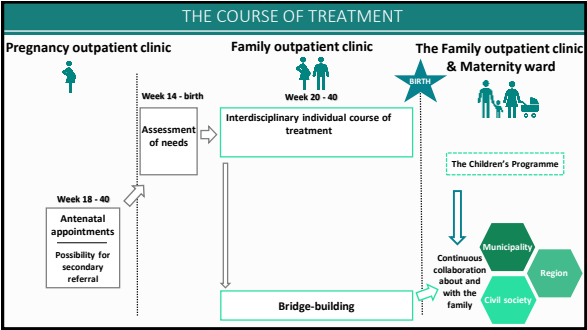
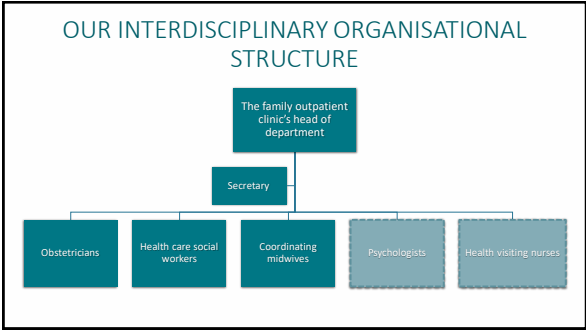
- Substance abuse within the past two years
- Partner with an ongoing substance abuse
- Use/misuse of prescription drugs
- Mental disorders
- Other psychosocial vulnerabilities, ex. past trauma or abuse

**Amager - Hvidovre Hospital: 7193 pregnancies in 2021**

**Referral to The Family Outpatient Clinic**





**The Family Outpatient Clinic: 750 pregnancies**




Green Zone

 FOCUS ON WELL-BEING

 SHARING KNOWLEDGE

 SECURING DAILY OPERATIONS

 GETTING TO KNOW EACH OTHER

 CHARGING MENTAL BATTERIES

APPROACH

Learning by doing - and adjusting

Agile and trust-based project management

The realistic optimist

Focus on sustainable daily operations and cost

Physical presence

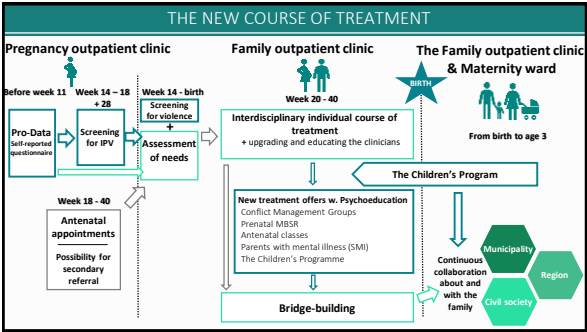
Cooperation

Organizational ownership

Willingness to take risks

Transparency





THE FAMILY OUTPATIENT CLINICS' NEW TREATMENT OFFERS

Screening for intimate partner violence during pregnancy

Conflict management groups

Mindfulness (Prenatal MBSR)

Individual counseling

Antenatal classes with psychoeducation

Parents with mental illness

The Children's Programme



EARLY RESULTS & LEARNINGS (2½ years in)

Screening for IPV

• The screening program is implemented and effective

• 1-3 new cases are referred to The family outpatient clinic every week

• Appr. 1 new case is found at The family outpatient clinic every week

• The prevalence is about 1.5 – 3 % at Amager - Hvidovre Hospital alone

Prenatal MBSR

• Results from pilot study (70 pregnant women):

• Improved mental well-being and self-care

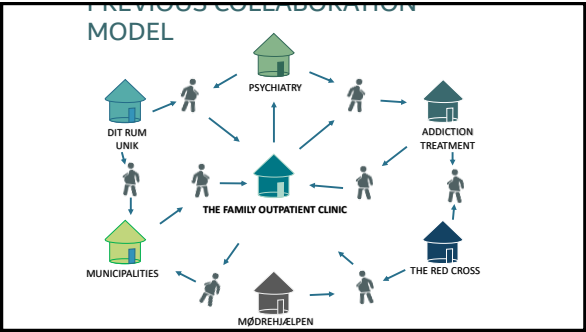
• Reduction of stress, anxiety and depression

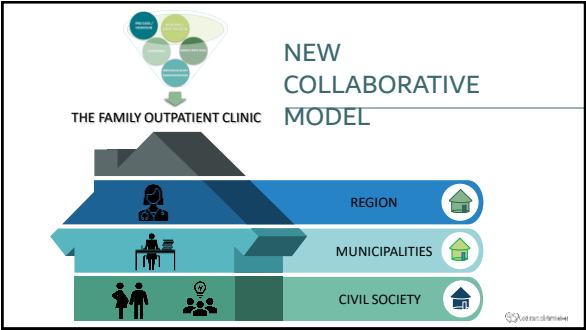
• RCT launched in spring 2022 (240 pregnant women)

Collaboration

• More families are accepting supplementing treatment offers parallel to the basic course of treatment in the family outpatient clinic

• Better overview of different projects and operations in the country (Referral Guide)

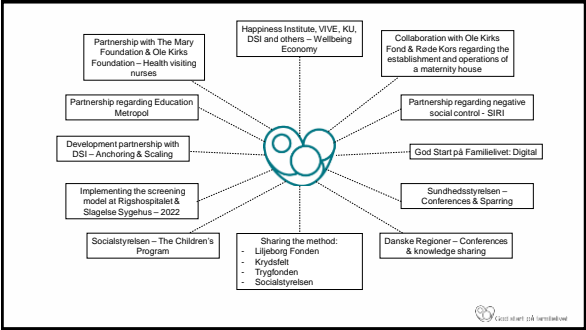




### WHAT'S NEXT?

- Educating personnel in regions and municipalities
- Further training of personnel in the outpatient clinics
- Documentation, research and evaluation
- Collaboration with educational institutions
- Financial model
- Competency development
- Establishing a clinical children's database
- Music therapy

God start på familielevet



### Contact and more information

**Michelle Kolls:**  
[michelle.kolls@regionh.dk](mailto:michelle.kolls@regionh.dk)

**Camilla Dolberg Schmidt:**  
[cads@oestifterne.dk](mailto:cads@oestifterne.dk)

**Website:**  
<https://www.oestifterne.dk/egne-projekter/god-start-pa-familielevet/>

