

Effectiveness of Hybrid Assertive Community Treatment in Rural Greece: Improving Outcomes for Severe Mental Illness Patients

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INTRODUCTION & AIM

In rural areas, Modified Assertive Community Treatment (ACT) could prove pivotal in managing severe mental illness (SMI) in patients that are difficult to engage in community care. The objective of the present study was to assess the impact of a hybrid ACT team on SMI patients' hospitalizations, their length of hospital stay, their symptomatology, and their functioning within a rural community treatment setting in Greece.

METHOD

Expanding the services of a well-established Mobile Mental Health Unit, the hybrid ACT team delivers home-based care for SMI patients in a rural area of Northwest Greece. This 3-year prospective, mirror-image, pre-post observational study evaluates patients' symptomatology, functioning, and overall outcome using the Brief Psychiatric Rating Scale (BPRS), Global Assessment of Functioning Scale (GAF), and Health of the Nation Outcome Scale (HoNOS).

RESULTS & DISCUSSION

Among 23 enrolled patients (mean age: 52.4 years; mean age of disease onset: 23.5 years; mean hospitalizations: 10.74), voluntary and involuntary hospitalizations decreased by nearly 80% over a 16-month follow-up (figures 1&2). Length of hospital stay reduced significantly by 87% (figure 3), with notable improvements in functioning (17%) and symptomatology (14.5%)(figures 4&5).

Number of Hospitalizations Prior vs After Treatment Engagement

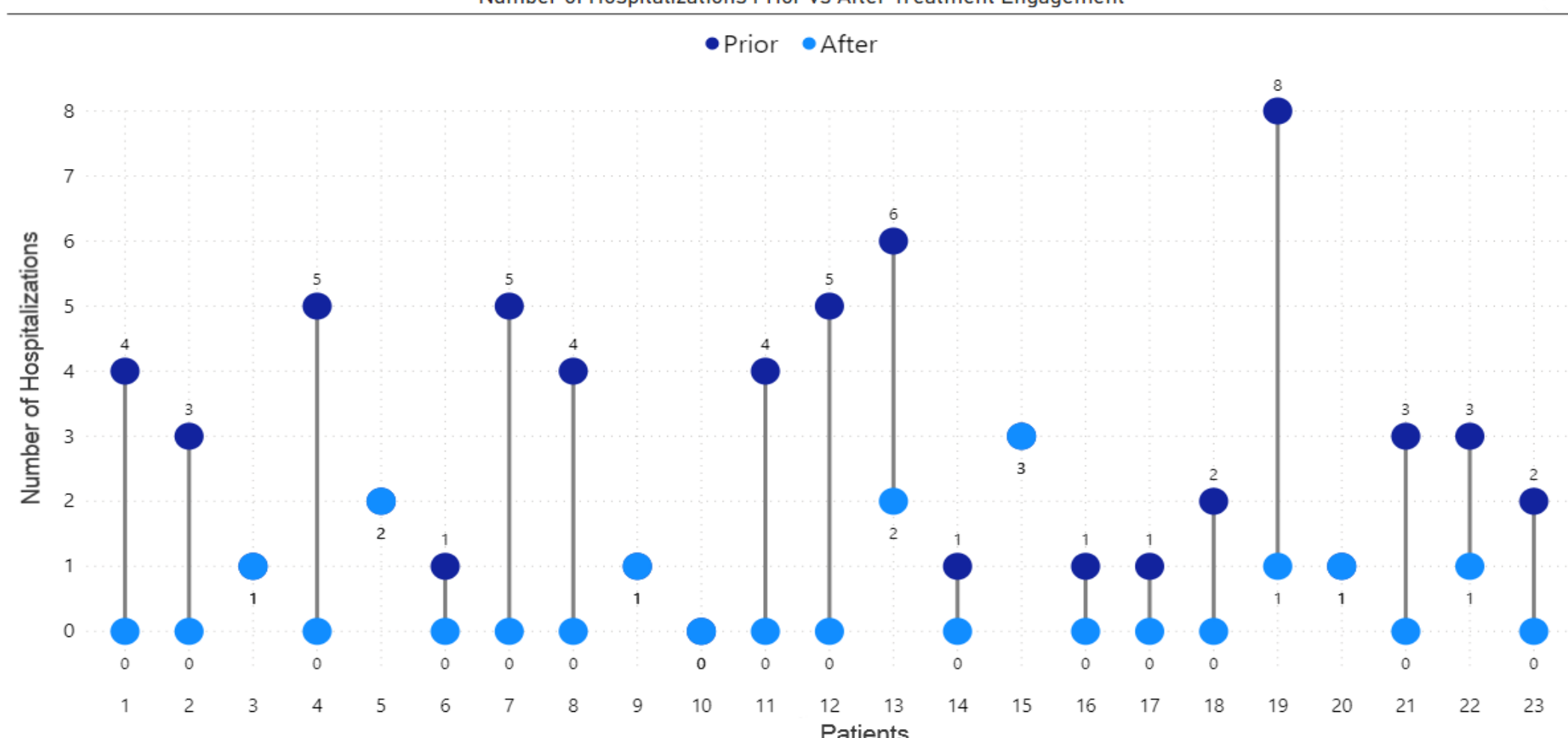


Figure 1

Number of Involuntary Admissions Prior vs After Treatment Engagement

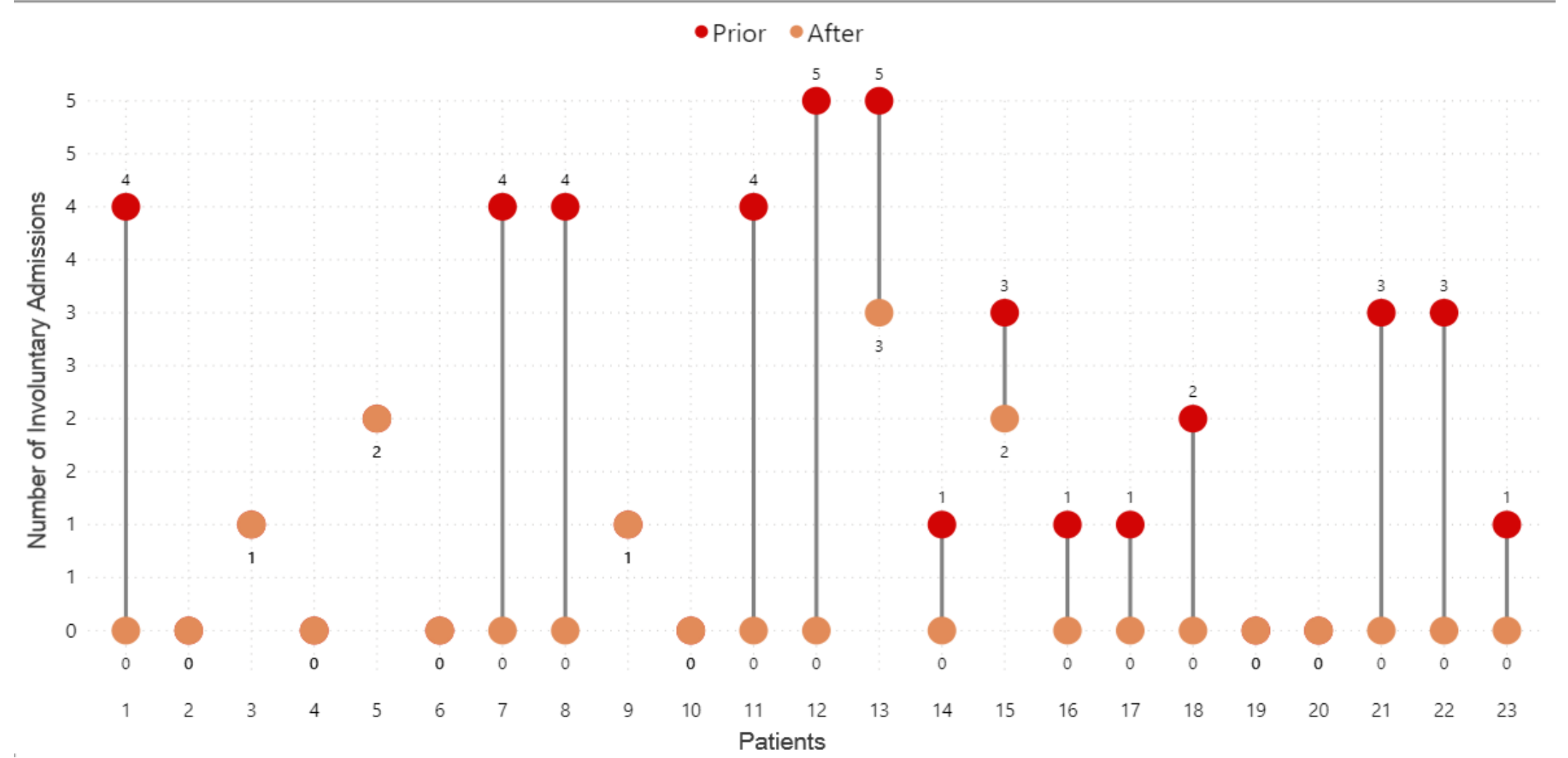


Figure 2

Length of Hospitalizations Prior vs After Treatment Engagement

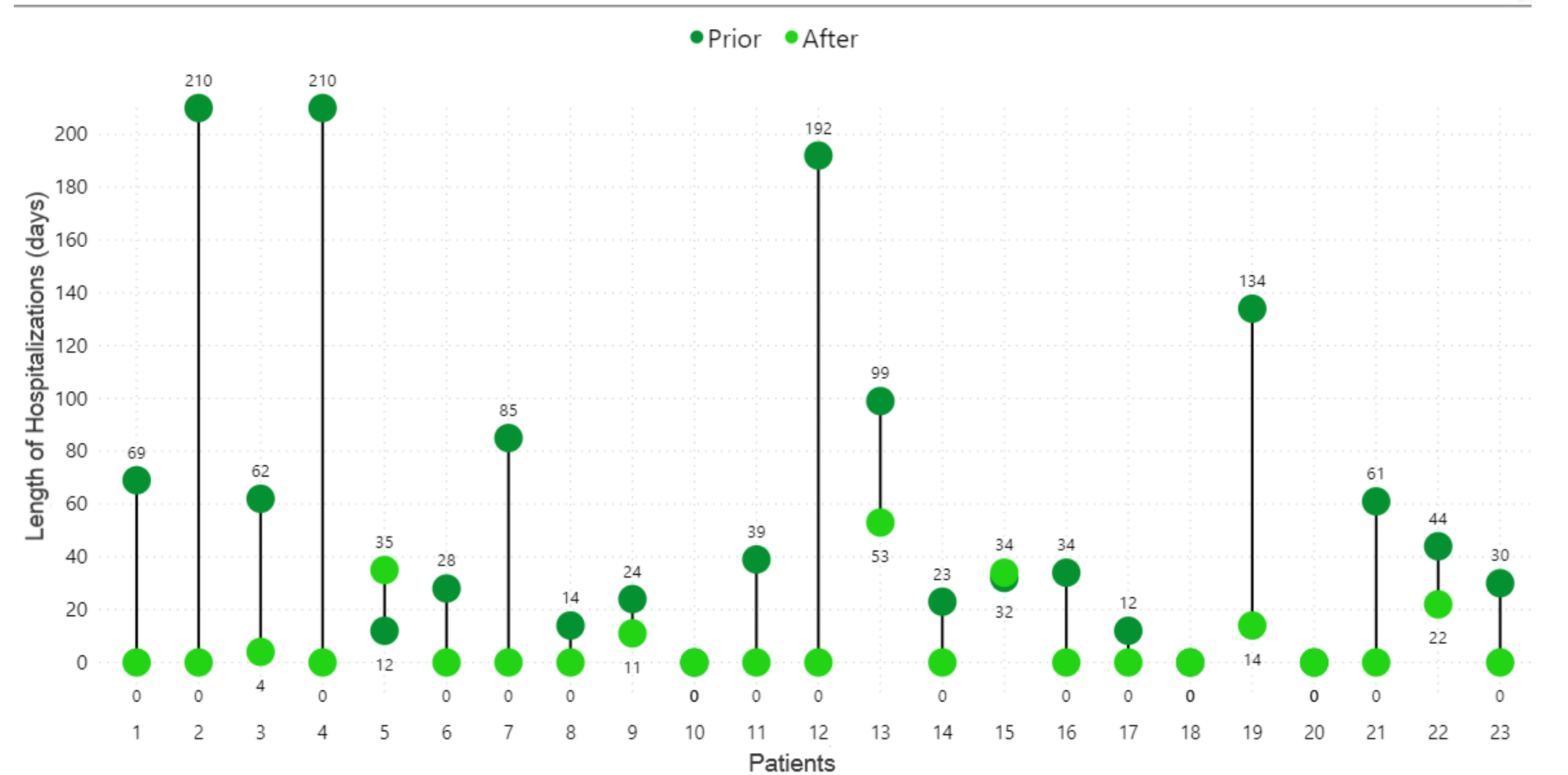


Figure 3

Outcome and Functioning Scales: First vs Last Assessment

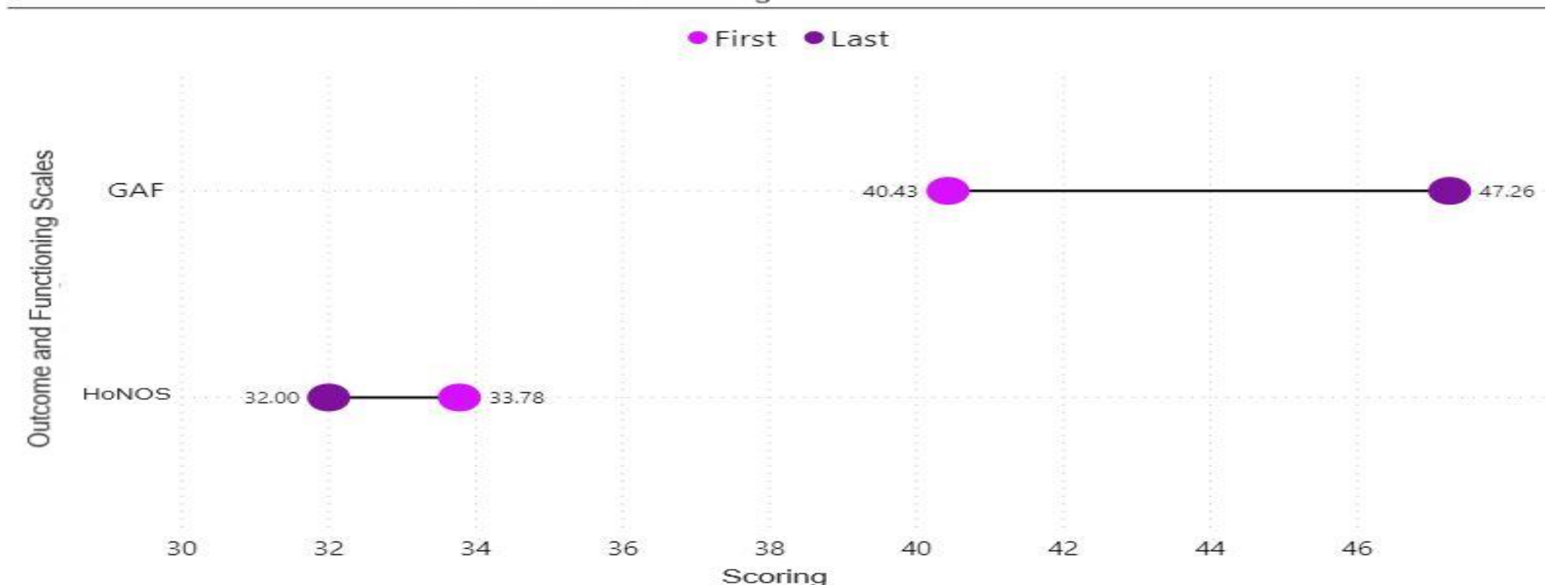


Figure 4

Psychiatric Symptoms measured by BPRS: First vs. Last Assessment

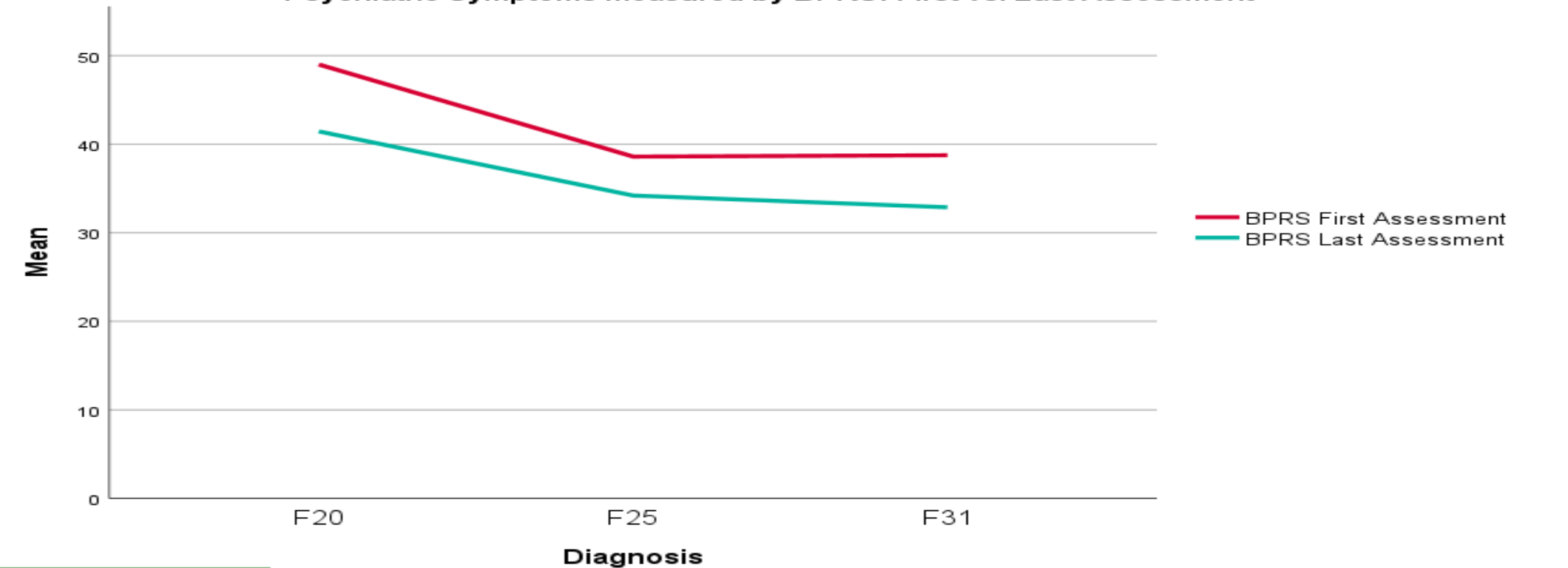


Figure 5

CONCLUSION

The hybrid ACT model in rural areas of Greece demonstrates promise in treating challenging SMI patients and enhancing their overall outcomes.