

English



# INFLYTANDE i rättspsykiatri

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# User Influence in Forensic Psychiatric Care

People who are admitted to forensic psychiatric services seldom have any opportunity to have a say about their own treatment. Many also feel ashamed when talking about their experiences. Efforts are made to involve patients in their treatment in the forensic psychiatric clinics in Sweden, but there is a great capacity to increase the level of user influence. The Swedish Partnership for Mental Health has therefore started a three-year project focusing on forensic psychiatric care, financed by the Swedish State Inheritance Fund.

## **Greater participation and less self-stigmatization**

The project was started on 1st. April 2020 and aims to inspire people with their own experiences of forensic psychiatric care to participate more in the development of these services.

The support for each individual patient can be better adapted by listening to what the patients have to say. Tailor-made care leads to a better recovery and improves the possibilities to have a good, functioning life after discharge.

Another important focus in the project is to reduce self-stigmatization among those in this group, who often encounter prejudice and negative attitudes in society.

## **Who will be helped by the project?**

The target groups are patients who are being cared for or who have previously been cared for in the forensic psychiatric services. The patients' next of kin, who can provide important insights and knowledge, are also involved in the project.



## **Co-operation with forensic psychiatric clinics**

The project is carried out in collaboration with the following forensic psychiatric clinics in Sweden: Regional Hospital Karsudden, Forensic Psychiatric Clinic in Säter, Forensic Psychiatry Stockholm (Helix and Löwenströmska Hospital), Forensic Psychiatric Regional Clinic in Vadstena, Forensic Psychiatric Regional Clinic in Växjö and Forensic Psychiatry Örebro Region.

Together with the clinics, the project will carry out focus groups and study groups with each clinic's patients and explore methods to increase the level of the patients' influence. The aim is to:

- Increase the patients' possibilities to influence how the treatment is provided at the clinics
- Increase the clinics' possibilities to run their services based on the patients' needs and views.



The project also collaborates with The Swedish Association of Local Authorities and Regions (SKR) and the Adult Education Association (Studieförbundet Vuxenskolan).

## **Participate in the project**

Do you have experience of the forensic psychiatric services as a patient, are you a next of kin or do you want to co-operate with the project? Contact the project manager Emelie Lundin:

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