

「FOCUS

on Mental Health



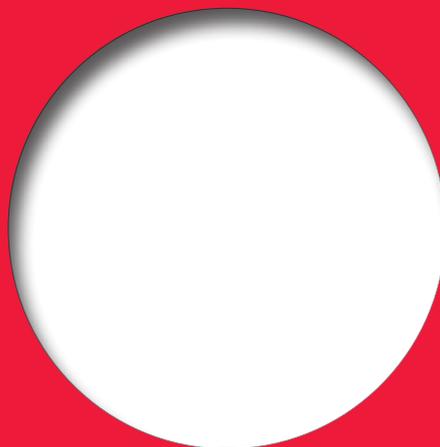
 **Trimbos
instituut**

Netherlands Institute of
Mental Health and Addiction

Trimbos Institute

Research and knowledge on mental health, substance use and addiction

This brochure describes selected activities, projects and products of the Trimbos Institute, the Netherlands Institute of Mental Health and Addiction. For more information, go to www.trimbos.org.



Netherlands Institute of
Mental Health and Addiction

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Trimbos Institute

How we work



Our mission

The Trimbos Institute strives to improve mental health by sharing knowledge. Its expertise in mental health promotion and in tobacco, alcohol and drug use prevention generates social and economic value and enhances quality of life.

Strategic priorities

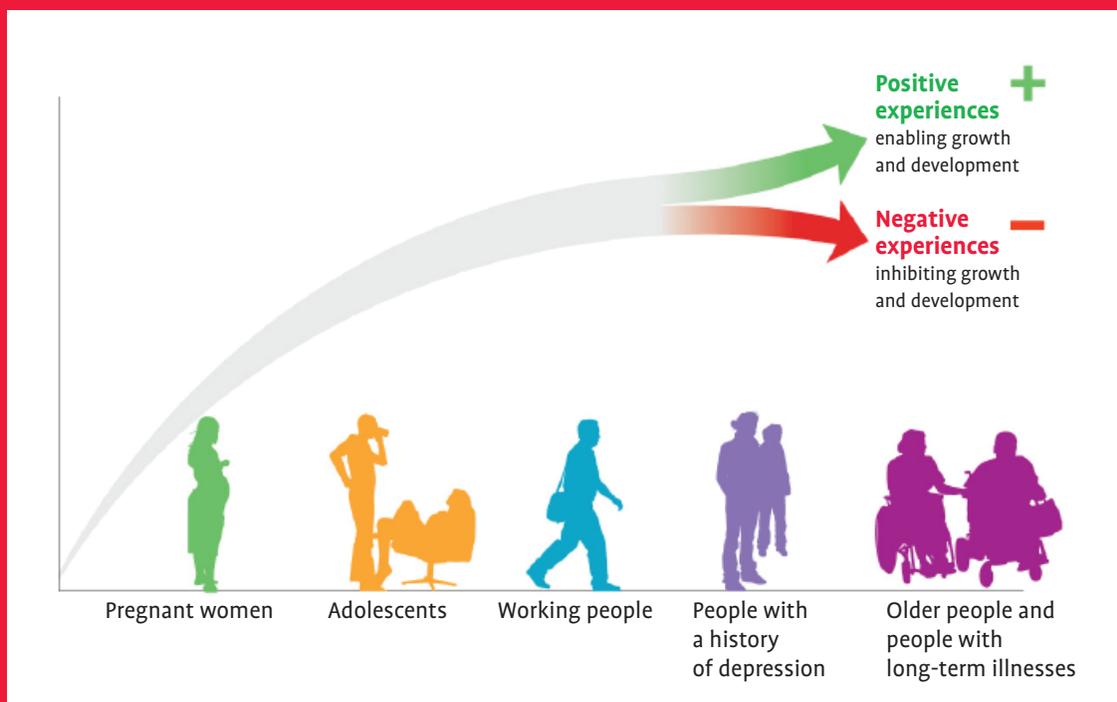
- To develop new treatment methods, quality standards, practice guidelines, health interventions and disease prevention programmes
- To detect and monitor mental health problems, substance use and addiction
- To assess and evaluate mental health and addiction services in terms of organisation, accessibility, quality, and clinical and cost-effectiveness
- To keep policymakers, politicians and health professionals informed about the mental health of the Dutch population
- To provide training and professional development resources to a wide range of groups: professionals in mental health and addiction, primary care practice nurses, law enforcement officials, and staff in local authorities, schools and the recreation sector
- To promote public health education about mental health problems, substance use and addiction
- To encourage knowledge sharing and exchange by facilitating contacts between organisations and individuals at local, national and global levels.



The Trimbos Institute concentrates on five major mental health themes: alcohol, drugs, tobacco, severe mental illness and commonly occurring mental health problems. It addresses all five themes from a life-course perspective. A multidisciplinary, integrated programme of monitoring, prevention, treatment and care is developed for each theme. Such programmes also include interventions targeted at environmental influences, informal carers and family members.

Our activities pertaining to alcohol, drugs and tobacco focus in large part on the general population, mainly through monitoring and health promotion efforts. At-risk groups are also identified within each theme for more specific targeting.

Our life-course prevention approach to higher-risk groups may be depicted as follows, using depression, one of the most widely prevalent mental disorders, as an example:



Education and the Trimbos Institute

How can we inform children, adolescents, parents and teachers about the risks of substance use? What can schools do to strengthen their pupils' psychological resilience and teach them to cope with disappointments and setbacks? The Trimbos Institute provides expertise to address such issues. Programmes on substance use and personal resilience are available for different target groups, for use in a variety of settings.

Local authorities and the Trimbos Institute

The Trimbos Institute works with local government to improve community mental health. It delivers expertise to support youth services, community care, substance use control and other efforts. Quality standards are developed, projects evaluated and training programmes provided to foster client recovery, empowerment and experiential expertise. Agencies are assisted in implementing effective services, from prevention to reintegration, and in furthering staff development. Mapping studies of local policies are carried out.

Employers and the Trimbos Institute

Much absenteeism from work is attributable to mental health symptoms arising from job-related stress. Employees and employers share the responsibility to ensure sustainable employability. The Trimbos Institute develops face-to-face, e-health and m-health interventions that are designed to avert negative ramifications of work-related stress, reinforce mental resilience and facilitate a timely return to work after mental health-related sickness absence. Interventions like these can be customised for delivery within specific organisations.

Health insurance companies and the Trimbos Institute

The availability of rigorously tested, cost-effective health interventions is important to both health insurers and their policyholders. The Trimbos Institute conducts studies to assess the clinical and cost-effectiveness of mental health care. It develops quality standards and explores the potentials of e-mental health programmes as options for maintaining high-quality, affordable mental health care.



The mental health of the Dutch population: NEMESIS

One in five Dutch adults (18%) experience mental health disorders every year. These include mood and anxiety disorders and conditions arising from the use of alcohol or drugs. A much larger percentage of people (43%) experience mental disorders at some time in their lives. These are some findings from the second Netherlands Mental Health Survey and Incidence Study, or NEMESIS 2, a longitudinal representative study on the mental health of the Dutch population aged 18 to 64.

Data from NEMESIS 1 (1996–1999) and NEMESIS 2 (2007–2015) have generated more than 240 articles in Dutch and international publications, as well as 41 research reports and 25 PhD theses.

Examples of questions addressed by NEMESIS research

How common are mental disorders in the Dutch population and how frequently do people develop new disorders? What types of people have higher risks of experiencing psychological disorders? How many people seek professional help for mental health problems, and do the services they receive match the severity of their needs? What costs arise from work absence due to mental health problems in comparison to those from physical illnesses?

More information at www.nemesis-2.nl.



Monitoring

Groundwork for policy

Reliable statistics are indispensable both for mental health and addiction professionals and for policymakers and politicians. The Trimbos Institute conducts a wide range of monitoring and longitudinal studies that produce up-to-date facts and figures on mental health and resilience and on substance use and addiction.

- *Netherlands Mental Health Survey and Incidence Study 2 (NEMESIS 2)*. A longitudinal representative study on the mental health of the adult general population.
- *NDM – National Drug Monitor*. Annual review of facts and figures on the use of drugs, alcohol and tobacco in the Netherlands and in international perspective. The report further contains justice system data on the trade, production and possession of illicit drugs as well as on alcohol and drug users that get involved with the criminal law system.
- *DIMS – Drugs Information and Monitoring System*. Keeps tabs on the recreational drugs market, analyses the chemical composition of drugs, detects trends, and issues warnings on public health threats.
- *Sentinel Survey of Dutch Youth*. A survey conducted every four years to monitor smoking, drinking, drug use and gambling by young people aged 10 to 18.
- *HBSC – Health Behaviour in School-Aged Children*. Part of a four-yearly cross-national survey of children and adolescents aged 11 to 16 to assess health awareness, mental health status, substance use and risk-taking behaviours.
- *Monitoring System for Deinstitutionalisation and Community Living*. Documents experiences and key developments in the programme of deinstitutionalisation and long-term community care for Dutch people with serious mental illnesses, with particular focuses on the scale, content and use of both community and residential mental health care services.
- *Dementia Housing Monitoring System*. Investigates the conditions required for good-quality nursing home care for people with dementia, including small-scale, person-centred care, the quality of life and daily functioning of residents, staff working conditions and job satisfaction, and experiences of informal carers.
- *Homelessness Monitoring System*. Yearly review of facts and figures on Dutch homeless and women's refuge services, focusing on demand, supply, accessibility and local government policies.
- *Urban Compass Monitoring Scheme*. A mechanism to monitor the Urban Compass action plans of 39 regional homeless services authorities. The purpose of the plans is to reduce homelessness and improve the quality of life of very vulnerable people.





Alcohol, tobacco, drugs

Since the launch of the Netherlands Expertise Centre for Tobacco Control (NET) in 2013, Dutch expertise on alcohol, tobacco and drugs has been concentrated in the Trimbos Institute. The result is a powerful knowledge centre on issues pertaining to substance use and healthy lifestyles.



Tobacco research and smoking deterrence

The Netherlands Expertise Centre for Tobacco Control (NET) at the Trimbos Institute develops, implements and disseminates knowledge and expertise on smoking and tobacco control. The purpose of the centre is to reduce tobacco-related morbidity and mortality by educating the general public and collaborating with health professionals, scientists, and local and national government.

The NET has five main tasks:

1. To monitor trends in smoking, determinants of tobacco use, and comorbidity amongst adolescents and adults.
 2. To provide information to the general public and to health and education professionals via a telephone information service (RokenInfo) and a website (www.rokeninfo.nl). Assessment is made of which communication media are best suited for each targeted group or subgroup; for adolescents these include short videos disseminated via YouTube, Facebook or Twitter.
 3. To develop and share knowledge by giving a broad public audience access to scientific information from sources at home and abroad. The NET thus strengthens the evidence base for tobacco control policies.
 4. To develop and implement smoking prevention programmes and innovative interventions designed for adolescents, adults and more specific subgroups such as nightlife crowds, company staff or people with comorbid health problems. Two priority focuses are prevention programmes, such as Growing Up Smoke-Free, and the further refinement of e-health interventions for young smokers.
 5. To compile and disseminate knowledge about smoking cessation care (SCC) and identify problems and deficits in those services; to ensure the up-to-date content and quality of SCC services in practice settings.
- 

Investing in prevention is worth it

Every year, 800,000 people in the Netherlands experience depression, and 365,000 of them have developed the disorder only recently. Depression and anxiety disorders are the most widespread mental health conditions. Their costs to society amount to €3.98 billion a year in the 18-to-64 age group. Preventative interventions can reduce the prevalence of depression by 20% to 30%; a stepped-care approach might improve the figure to 50%.

Over the course of their lives, people may find themselves in different at-risk categories. At such times, indicated prevention could produce the biggest health gains. Some higher-risk groups in terms of depression risks are adolescents, pregnant women, working people, people with histories of depression, people with long-term illnesses, and older people.





Health promotion

Prevention is better than cure

The Trimbos Institute develops health interventions that can discourage hazardous substance use and can prevent mental health problems from occurring in young people and adults. It further conducts pilot implementations of interventions and assessment studies on their clinical and cost-effectiveness. These are carried out in cooperation with general practitioners and with the health promotion sections of mental health, addiction and community health services.

- *The Healthy School and Drugs* – www.dgsg.nl.
A comprehensive educational programme that encourages school pupils to think consciously about alcohol, tobacco and recreational drugs. It also teaches them to deal with group pressures. Additional focuses are on school policies, the early detection and management of problem substance use, and parental engagement.
- *Children of Parents with a Mental Illness or Addiction*.
A broad spectrum of courses and interventions to be delivered by mental health services, either on location or via the Internet, designed for children whose parents have mental health or addiction problems. Additional interventions target the parents themselves.
- *Open and Alert* – www.openenalert.nl. A programme to discourage or manage the problem use of alcohol and drugs by youth in high-risk settings, including residential care facilities, community youth services, young offender institutions, and facilities for young people with mild intellectual disabilities.

- *Growing Up Smoke-Free* – www.rookvrijopgroeien.nl.
Brings parental smoking profiles into focus, clarifies the health risks involved and encourages parents to make rules about not smoking in the home. Training is available both face-to-face and via an e-learning module.
- *Safe and Healthy Clubs and Events*. A programme to help reduce substance use and the associated problems in nightlife settings. It provides tools for professionals, including local government policymakers and health promotion practitioners in addiction services. Programme resources also include training courses for bar staff, research instruments to estimate the use of alcohol and drugs in specific nightlife settings, and a website to educate young nightlifers about drug risks.

Public health education on alcohol, tobacco and drugs

Anyone who has questions about alcohol, drugs or smoking may contact the Trimbos Institute's three information and support services via telephone, email or webchat. These information channels are contacted by substance users themselves, and in particular by partners, family and friends.

Alcohol Information:

www.alcoholinfo.nl

Smoking Information:

www.rokeninfo.nl

Drugs Information:

www.drugsinfo.nl





Quality standards

Efficient, transparent, high-quality

In close collaboration with key stakeholders (e.g. clients, mental health care providers) the Trimbos Institute has been commissioned to develop a variety of quality standards over the last 10 years, covering a broad range of topics: from specialised mental health care to public health and prevention. These standards are derived from the best available evidence and are based on (cost) effectiveness data, client and provider preferences, safety issues, which are all considered during development, and are designed to measure quality improvements in mental health care practice.

For over 10 years now and in close collaboration with key stakeholders (e.g. clients, mental health care providers), the Trimbos Institute has been commissioned to develop, implement and evaluate guidelines, standards of care and quality standards designed to improve mental health care. These standards help:

- Public health and social care practitioners to make informed decisions about the best services based on evidence, practice knowledge and client preferences.
- Clients receiving mental health care services and their families to gather information about the quality of care.
- Mental health care providers assess the latest evidence and get insight into the performance (ROM).
- Health care insurers that the services they are purchasing are (cost)effective. The standards enable monitoring in practice settings, to ensure that the services:
 - 1) are acceptable from the points of view of clients and health care providers
 - 2) are effective, while derived from the latest evidence
 - 3) achieve the intended outcomes (routine outcome monitoring)
 - 4) are (cost)efficient
- Various implementation strategies are pursued by the Trimbos, including the Breakthrough Series and Triple Aim methodologies. Implementation studies evaluate the impact of mental health care innovation on the working practices of practitioners, on client well-being and on the organisational context of services.
- In close consultations with key stakeholders, a series of practice guidelines have been developed for the Dutch youth support services, the child and adolescent health care sector, the nursing profession and the secondary care mental health sector (see box below).
- The Trimbos Institute supports the Netwerk Kwaliteitsontwikkeling GGz (Network Quality Improvement for Mental Health Care).

Quality standards and practice guidelines: Topics and relevance

Quality standards and practice guidelines are based on evidence-based knowledge, as well as on client preferences and health care provider experiences. Health care providers, client and family organisations are closely engaged in the development process. Guidelines are available free of charge via www.ggzrichtlijnen.nl.





Center for Quality Improvement in Mental Health Care Practice

The Trimbos Institute promotes high-quality mental health care by helping mental health care professionals and health care settings to achieve better outcomes. Examples of our services: dissemination of evidence-based services and interventions; training; consultancy; translating evidence-based services to local settings; conducting gap-analysis.

Innovation centre

The Trimbos Institute wants to play a leading role in the development, assessment and implementation of e-health services, including m-health and serious gaming applications. These are designed to address the most common mental disorders and forms of substance use.





E-mental health

Effective, practical and close at hand

E-mental health services offer tremendous advantages. They have a low threshold for users, they are confidential and they are accessible day and night. Effective e-mental health programmes are already available for common symptoms and conditions. The Trimbos Institute develops and implements e-health interventions for issues that include depression, alcohol use, drug use, anxiety disorders, parental mental illness or addiction, dementia, work-related stress, and enhancing mental vitality. These may focus on health promotion, treatment, care or relapse prevention.

- *MentaalVitaal.nl*. A portal for everyone who wants to know more about mental vitality and self-help methods to improve it. It provides information, mental fitness training, practical tips and exercises, online courses and therapy, and referrals for additional help.
- *KopOpOuders.nl*. This Dutch online group course and informative website (entitled Chin Up, Parents) is designed for parents with mental health or addiction problems. A face-to-face course is also available.
- *Learning about Dementia*. An e-learning course for use in the training or professional development of elder care workers and assistants. Video depictions of interactions between care workers and people with dementia in practice situations form a key component.
- *Watdrinkjij.nl*. This website called What Are You Drinking? enables young people to assess their alcohol use and provides tailored advice based on the latest insights.
- *Gripopjedip.nl*. This online cognitive-behavioural group course entitled Master Your Mood is for young people with mild depressive symptoms. It was developed in collaboration with mental health services.
- *Symptom-focused mini-interventions: sleep, worrying, stress*. These are brief web-based interventions for people who have trouble sleeping, are worrying too much, or want to ease stress. Mental health practitioners may also provide the online mini-interventions in combination with face-to-face sessions.
- *Robbin*. This is an app designed to strengthen the mental fitness of people with breast cancer. It facilitates their contacts with fellow patients during the diagnostic and treatment phases, boosts their stamina and gives them psychological support.

Seal of approval for web-based mental health interventions

In cooperation with mental health services, the Trimbos Institute has developed a seal of approval for web-based mental health interventions known as the Onlinehulpstempel. The purpose is to provide clarity to consumers and practitioners about the quality of online interventions. The scheme assesses whether their content and technical design are consistent with quality standards. Reviews by consumers are included. Information in Dutch can be found at www.onlinehulpstempel.nl



Long-term care and reintegration

Putting clients' knowledge to work

Many people with psychiatric or addiction problems feel they have low-quality lives. Many also face prejudice and stigma because of their illness. The Trimbos Institute conducts research, initiates development and rehabilitation projects, and shares knowledge and expertise to strengthen services to people with severe mental illness and to improve the perceptions of them and their status in the community.

- *LEDD – National Centre of Expertise on Dual Disorders.* When people experience psychiatric disorders in conjunction with addiction (dual diagnosis), they need integrated treatment from a multidisciplinary team. LEDD is a cooperative arrangement involving the Trimbos Institute and Dutch mental health and addiction services.
- *IPS – Individual Placement and Support.* A programme to support people with persistent mental illness in finding and keeping paid, competitive jobs.
- *Psychisch Gezien Panel.* This is a broad-based nationwide advisory group made up of people with long-term mental health issues. Its purpose is to better understand the life situations, social functioning and service needs of people with persisting mental health disorders and to give them a clearer voice in the societal debates on mental health care.
- *Assertive community treatment (ACT) and flexible assertive community treatment (FACT)* are two types of intensive multidisciplinary community support services to people with severe mental illness. Model descriptions are now available for clients with mild intellectual disabilities and for child and adolescent psychiatry, forensic psychiatry and addiction psychiatry.

Recovery, empowerment and experiential expertise

The programme Towards Recovery, Empowerment and Experiential Expertise (TREE, www.hee-team.nl) provides effective methods and strategies developed by people with mental health vulnerabilities in order to help themselves. Some 50 facilitators who are experts by experience pass on their knowledge to other people with mental health issues, to help empower them and prevent their marginalisation. TREE offers a comprehensive programme of self-help groups, seminars, courses and theme meetings. It also provides customised health education, advises individuals and organisations, and delivers informative lectures.

Community living and the Trimbos Institute

A policy has been agreed that requires a one-third reduction in beds in psychiatric hospitals by 2020. Our monitoring report on long-term mental health care examines both residential care and the services created to support community living by people with psychiatric issues. Focuses include new types of services, their costs and returns, and their implications for clients. Regional community support authorities are given assistance in drawing up local community living schemes. Comparative research is carried out in Italy, where quality psychiatric care is provided with very few residential beds.



Centre of Mental Health and Economic Evaluation (CMHEE)

The aim of the CMHEE is to work towards a more cost-effective and sustainable system of mental health promotion and care. Focuses include cost-effectiveness analysis of existing and new interventions, alternative system scenarios, budget impact analyses, and the development of health economic tools with accompanying training.



Quality and cost-effectiveness

Measuring is knowing

In the ongoing debate about rising health care expenditure, it is important to have reliable information on the costs of mental health care. The Trimbos Institute conducts outcome studies, randomised controlled trials and cost-effectiveness studies to determine the effectiveness, the costs and the potential benefits of projects, interventions or innovative working methods.

- *Routine outcome monitoring (ROM)*. A method to evaluate outcomes in a course of treatment by periodically assessing the nature and severity of client symptoms. The ROM Breakthrough project encourages the use of ROM in mental health care practice.
- *Recovery-Oriented Practices Index (ROPI)*. An instrument that assesses whether an organisation is on course in the provision of recovery-focused services. There

are versions designed to evaluate sheltered housing types, assertive community treatment teams (ACT and FACT) and residential care units. The Trimbos Institute also provides ROPI training courses.

- *Randomised controlled trials (RCTs)*. The Trimbos Institute frequently conducts randomised controlled studies to assess treatment and supportive interventions. Examples are the online youth therapy programmes gripopjedip.nl (Master Your Mood) and pratenonline.nl (Talking Online); a series of symptom-focused online mini-interventions; minderdrinken.nl for reducing alcohol use; The Healthy School and Drugs; the social skills programme Zippy's Friends for children; the Triple P parenting programme; the adult therapy programme depressievrij.nl; Individual Placement and Support; and psyfit.nl, a self-help mental fitness course.

Cost calculation for primary mental health care

In 2011, the Trimbos Institute and the Netherlands Institute for Health Services Research (NIVEL) conducted a cost-effectiveness evaluation that compared the primary mental health care services already available via GPs to alternative systems of primary mental health care provision. The existing approach proved highly cost-effective. Every euro invested yielded a health-related value of €2.59; when the effects of good mental health on labour productivity were included, the value increased to €4.24.

Effectiveness of Master Your Mood Online demonstrated

The first Dutch RCT of the web-based, six-session group intervention Master Your Mood (www.gripopjedip.nl) showed that anxiety and depression symptoms significantly diminished in young people aged 16 to 25 who had baseline symptoms of depression. Participants also felt in better control of their lives. The improvements were maintained six months later.

International cooperation

Transcending borders by sharing knowledge

The international network and activities of the Trimbos Institute are broad and diversified. Knowledge is developed, shared and applied in cooperation with international bodies that include the European Commission, the World Health Organization (WHO) and United Nations Office on Drugs and Crime (UNODC), as well as distinguished universities and other institutions worldwide. This gives an international dimension to our cycle of policymaking and innovation.

- *Mental health care reforms in Moldova.* A Swiss project led by the Trimbos Institute to improve the Moldovan mental health system.
- *Party Friends.* An EU-sponsored project that uses apps, a website, self-management tools and social media to improve awareness, knowledge and skills amongst European young people who are inclined to hazardous drug use in nightlife settings. The project also has a back office that offers professional information and help to young people when needed.
- *HIV project in Southern Africa,* funded by UNODC. Working together with the South African Foundation for Professional Development, the Trimbos Institute helps to develop guidelines, standard procedures and training programmes for 11 countries in Southern Africa aimed at effectively combating HIV in prisons.
- *Twining project in Montenegro.* In this EU-funded project, the Netherlands supports Montenegro in improving its mental health care provision. Montenegrin nursing staff are trained in providing evidence-based care; psychiatrists and psychologists are trained in cognitive-behavioural therapy, family therapy and motivational interviewing. A national centre for mental health has been founded to oversee the further implementation and monitoring of the initiated reforms.
- *European Union Joint Action for Mental Health and Well-Being.* The Trimbos Institute and Semmelweis University in Hungary have assumed the leading role in the subproject on depression prevention, suicide and e-mental health.
- *Diabetes and Depression Dialogue.* This global project in cooperation with the World Psychiatric Association focuses on the problems of people with comorbid diabetes and depression.
- *ALICE RAP (Addiction and Lifestyles in Contemporary Europe – Reframing Addictions Project).* A European research project involving over 200 researchers from more than 25 countries and 29 research fields. Transdisciplinary research is conducted to further the innovation of policy and practice with respect to substance use and addiction.

Analysis of illicit drugs markets in the European Union and worldwide

A report entitled *Further Insights into Aspects of the EU Illicit Drugs Market* concluded that the cannabis market in Europe is smaller than previously assumed. The report further analysed a range of characteristics, mechanisms and governing factors in markets for illicit drugs within the European Union. The Trimbos Institute led the EU-commissioned study.



WHO Collaborating Centre

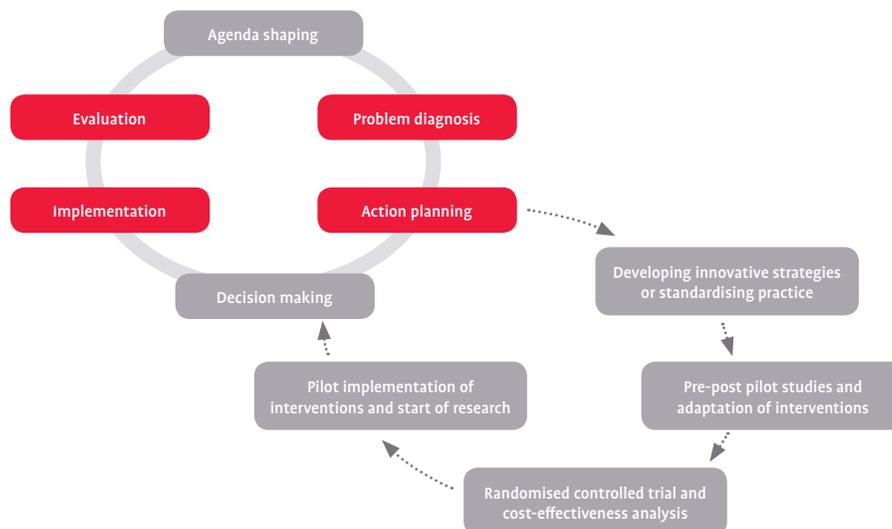
The Trimbos Institute is a Collaborating Centre for Dissemination of Good Practices in Mental Health under the auspices of the World Health Organization (WHO). That makes it part of an institutional network established by the WHO to support the implementation of its mental health programme at all levels.

As a WHO Collaborating Centre, the Trimbos Institute performs the following tasks:

- Supporting the WHO's programme to disseminate good practices with demonstrated effectiveness within the mental health sector
- Compiling examples and publicising positive effects of educational practices relating to mental health, disease prevention and social inclusion
- Promoting the sharing and exchange of knowledge by facilitating contacts between organisations and individuals at local and national levels and worldwide.

Trimbos Institute: How we work

The Trimbos Institute's policy and innovation cycle is designed to achieve maximum impact in influencing agendas and decision making. Our working procedures are informed by our mission of improving mental health through knowledge sharing. We address five broad themes: alcohol, drugs, tobacco, severe mental illness and common mental health problems. Research knowledge on these themes is made available in and through the relevant fields of practice.



Investment in quality

At the Trimbos Institute, the quality of projects is paramount. Our quality assurance framework includes mentorship, methodological consultancy and training, statistical expertise, cost-effectiveness analyses, implementation work, and qualitative analyses. Projects are evaluated in close consultation with the commissioning clients. Client satisfaction surveys have shown that 88% of our clients would recommend the Trimbos Institute to other organisations.

The Trimbos Institute regards its research staff as its capital. It therefore makes substantial investments in training programmes and courses. Intensive cooperation with universities has resulted in numerous PhD studies, and several Trimbos staff members occupy professorial chairs in Dutch universities.



 **Trimbos
instituut**

Netherlands Institute of
Mental Health and Addiction

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