Addresses

IHT Zeeuws-Vlaanderen
Vlietstraat 12
4535 HA Terneuzen
T 0115 78 40 50

IHT Oosterschelderegio
Oostmolenweg 101
4481 PM Kloetinge
T 0113 26 71 44

IHT Walcheren
Nieuwepoortstraat 14
4331 HN Middelburg
T 0118 68 75 05

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Postbus 253, 4460 AR Goes
Oostmolenweg 101, 4481 PM Kloetinge
T 0113 26 70 00
F 0113 21 66 26
emergis@emergis.nl

www.emergis.nl

Een uitgave van de dienst communicatie
Juli 2025

Intensive Home Treatment

Intensive treatment at home

emergis

This information leaflet is for people (and their family and relatives) who have been referred to the Intensive Home Treatment (IHT) team by a caregiver.

What is IHT?

IHT stands for Intensive Home Treatment, or intensive care at home. The IHT team offers you intensive care to avoid admission during a psychiatric crisis. IHT can also be used to shorten the duration of your admission period by offering you temporary additional support following your discharge from the clinic.

Who is IHT intended for?

IHT is intended for you when you have fallen into a psychiatric crisis.

What is the purpose of IHT?

The IHT team tries to stabilize the crisis through intensive treatment in an environment that is safe and familiar to you. At home, for example. This way, clinical admission can be avoided. It also helps us limit the duration of the crisis as much as possible. IHT can also be used as a replacement for inpatient treatment or to shorten your inpatient treatment as much as possible. Immediately after your discharge from the clinic, you are offered additional support at home until you feel stable enough to receive regular care.

Working methods of the IHT team

In cooperation with you, your caregiver will check whether you are eligible for IHT. If so, shortly after registration, you will have a so-called care alignment conversation (ZAG). This conversation preferably takes place at our office in the presence of your caregiver and, if desired, your partner, a friend, or someone else close to you. Together you will discuss why you need IHT, as well as the kind of help required to stabilize your situation. Think of medication, daily activities, or support at home. Together with you, a plan is made about when and how often the nurses will visit you, as well as the goals you will work on with them.

If possible, your personal network is explicitly involved in your treatment. After all, they are the ones who know you best and can be of great support during this intensive period. Your network may include family members, relatives, close friends and/or organizations in your area.

Who are your counsellors?

The IHT team includes staff with various functions. For example, a psychiatrist, social- psychiatric nurses, ambulatory nurses, a systemic therapist, and secretaries. The team is managed by a coordinator. All staff are well-acquainted with the region you live in. They work closely with each other as well as with other organizations in your area.

When will the counselling provided by the IHT team end?

You are supported by the IHT team for an initial period of three weeks, which can be extended with another three weeks or less.

Reachability of the IHT team

The IHT team provides intensive care seven days a week, from 8am to 9pm. On weekdays, we are available from 8am to 5pm by phone at:

- 0115 78 40 50 (Zeeuws-Vlaanderen);
- 0113 26 71 44 (Schouwen-Duiveland, Tholen and the Bevelanden (Oosterschelde region);
- 0118 68 75 05 (Walcheren).

From 5pm to 8am and during weekends, call 0113 26 70 00.

Cost

For general information on the cost of your treatment, please refer to your health insurer.