



TOONAANGEVEND IN
GEESTELIJKE GEZONDHEIDSZORG

FAMILY BROCHURE

PRISMA



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WELCOME TO PRISMA!

This brochure is intended for friends, relatives and/or caregivers of our patients.



1. WHERE IS YOUR RELATIVE ADMITTED?

Prisma helps people with a psychotic vulnerability who have had several hospital admissions in the past and/or are aware of their stressors.

Your relative has been admitted to an open treatment ward. We offer residential treatment and day treatment. It is possible to receive aftercare afterwards (“postkuur”).

Residential patients are admitted voluntarily, upon recommendation of their relatives or followed by a legal intervention.

Sometimes people feel that they are at risk for relapse; a short period of support in our day hospital can help stop this downward spiral and prevent a crisis. In consultation with the team, motivated patients can also join the day therapy directly.



2. WHAT DO WE OFFER?

We offer a customized group program within a structured environment. The patients are divided into different therapy groups. We avoid large groups and hope to encourage people in connecting with the others.

At the beginning, foremost we want to offer safety, bring structure to the day and activate the patient. We will gradually build up the number of therapies, adjusted to the needs of the individual as much as possible.

Each program consists of a combination of occupational therapy, music therapy, psychotherapy and body-oriented therapy. We want to help people (re)claim a meaningful role in society and increase their quality of life. Therefore, we organize many activities outside of the hospital walls.

We have a partnership with different housing initiatives and actively help to find a paid job, a volunteering job or other meaningful daytime activities that suit the personality and personal choices of the patient.

3. WHO DOES WHAT?

TEAM COMPOSITION

Dr. De Coninck is the psychiatrist of our department. Patients can have regular meetings with her regularly. During these meetings, the medication and the progress of the treatment are evaluated.

Furthermore, every patient is assigned a psychologist. Yasmine De Meyer, Heidi Desloovere and Alexandra Vanderbeke make time to listen to the life story, both from the perspective of the patient as from the perspective of the relatives. They also offer group therapy. In one group people are encouraged to share their personal story with the others, in the other group we focus on information about mental health topics.

The occupational therapists will try to restore, improve or maintain independent functioning in order to improve the quality of life. Group therapies such as time management, cognitive and perception training help to restore the grip on daily reality. We also invest in training of household skills and cooking therapy. In addition, we offer people a creative outlet through activity therapy.

The body-oriented therapist will activate people step by step. The patients are divided into sport groups according to their level and can opt for multiple fitness sessions. In addition, programs are offered, such as “Start to Walk” and “Start to Athletics”. Through psychomotor therapy, relaxation and yoga, we restore contact with the signals of the body and we increase emotion regulation.

The music therapist offers people a platform to work with their inner world, with respect for their own rhythm and tempo while in interaction with others.

For social, financial or legal problems, the patient can contact a social worker. Jolien Van Speybroeck or Dieter De Muyter will invite them for an introductory meeting.

Within the nursing team, an individual supervisor is appointed. They get to know the patient more personally and join in consultation moments with the network or encounters outside the hospital (home visits, intake interviews etc.).

Katrien Callens is the department manager. She watches over the organization of the department and is always ready to lend a listening ear.

The multidisciplinary team holds a weekly team meeting. Everyone is discussed monthly. Patients can attend their team meeting themselves.

4. COLLABORATION WITH THE CONTEXT.

We think it is important to work together with the people who play an important role in the daily life of the patient. At the start, we therefore inquire about the important relatives in his or her environment. We need their permission to speak with parents, partners, children or other persons in the network.

If they give their permission, we will invite you with one of our colleagues, depending on the focus of the conversation. We strive for a warm collaboration where everyone can feel heard. The doctors, psychologists, social workers and department manager can easily be reached by telephone during office hours. For urgent matters, you can also call the department itself, where you will be assisted by the nursing staff.

In addition to individual contacts, we also organize “multilogem” several times a year. In such conversation, several patients, relatives and caregivers discuss topics related to a hospital admission in a friendly atmosphere.

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5. PRACTICAL INFORMATION

FREE TIME

During their time in the hospital, patients can enjoy free time. On Wednesdays they can take the afternoon from 12h30 to 20h, on weekends they can take the day from 8h to 20h.

Weekends start on Friday from 5pm till Sunday 11.30am, or from Saturday 2pm till Sunday 8pm. Visitors are welcome on weekdays between 6pm and 8pm or on Wednesdays, Saturdays and Sundays between 13h30 and 8pm.

We kindly ask to receive visitors in the room or on the domain, but not in common areas at the ward. This to protect the rest and privacy of other patients as much as possible.

DEPARTMENTAL INFORMATION

Our team pays extra attention to a healthy life style. We support people in their daily hygiene, sleeping pattern and healthy diet. We ask that you bring as little food as possible to the ward. If you do bring something, it will be stored in a separate fridge in the kitchen.

Of course, drugs and alcohol are prohibited on the department. Alcohol-free alternatives and energy drinks also have no place on the department."

The department is equipped with a washing machine and a dryer. These can be used, for a fee, by care recipients who do not yet have any exit moments. If you have already been given permission, we ask you to do your laundry at home or in a laundrette





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