Nova House presentatie voor Erasmus+ project

• Nova House
• For whom?
• Services/Program
• Control, prevention and neighborhood
• Horizon

Karen Rupp  +31 (0)6-22888503
Robin Wiener  +31 (0)6-21117380
Maxime van Steenbergen  +31 (0)6-11106085
Rene Scholtes  +31 (0)6-10648268
Nova House

- Coaching people with a psychiatric condition (including addiction) with abstinence as the basis
- Intensive support!
- Cooperation with leading clinics (Castle Craig, Solutions, Spoor 6 e. a.)
- In addition with the emphasis on abstinence a lot of attention for reintegration, social aspects
Nova House Organization

RvB

Volunteers

Administration Planning Management

RvT

Guidance/ coach

Karen Rupp
Robin Wiener
René Scholtes

Mark van Kemenade
René Scholtes

RvT

Wil van der Vorm
Frans van Oss
Rob van de Meer

Karen Rupp
Robin Wiener
Peter Dolk
Jules Hoet
Fred Jan van Kemenade
Chiel Bos
Maxime van Steenbergen
Jeroen
Bronswijk
Ellen de Kruijff

An average of 10 volunteers

1-10-2015
For whom?

- People who - due to a mental illness (mainly addiction) and behavioural problems – are temporarily not able to live independently.
- People who have proven to want to live a sober life and have sought professional help.
- Often denounced by parents or partner confidence and one is at home not (yet) welcome.
- There is insufficient ground to justify a longer stay in the clinics but it completely independent living brings great risks.
Extent of care

• The provided care:
  • Intensive guidance
  • Behavioral regulation
  • Structured protected living

• Intensive Guidance.
  Regularity and a good household conditions for an abstinent life! Therefore we guide at:
  • finding a good day-structure,
  • contacts with government institutions,
  • financial management,
  • household,
  • social relations.
  • ........
• **Behavioral regulation:**
The basis of good functioning often lies in a regular life and minimum of impulse-behavior. In the clinics, the basis for sober living have been tought. The many self-help groups help to further expand this basics.

• **Structured protected living:**
Per house is offered to place 3 to 4 clients. Then they have their own bedroom. Bathroom, kitchen and living room are collectively used. The rooms are furnished with a bed, wardrobe and desk. The apartments have a living room, kitchen, laundry and ironing facilities, telephone, TV, Wi-Fi internet facilities. Guidance is in the houses or the immediate vicinity.
Nova House Program

- Daily morning sessions
- Daily evening sessions with thematic groups and cooking guidance
- Individual guidance
- Supervision plan (roadmap)
Nova House Program

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
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<td>8.00 - 9.45</td>
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<td>Morning session</td>
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<td>15.45-17.30</td>
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<td>19.00-21.00</td>
<td>15.45-17.15</td>
<td>10.00-13.00</td>
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<tr>
<td>Recovery group</td>
<td>Cooking group</td>
<td>Recovery group</td>
<td>Social-group</td>
<td>Group activity</td>
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The individual consultations are outside of the program planned at a set time during the week and variable
Phasing Nova House

• **Fase 0: Start-and landing phase - 2 weeks**
  UC test, personal counselor, meetings, sponsor, Nova House program, not outdoor Nova House sleeping, benefit, register Amsterdam, WMO, PGB.

• **Phase 1: orientation and realization - 3.5 month**
  Volunteering/day care, finance, Nova House program, meetings, sponsor, steps, sports.
  Realisation: PGB final. Supervision plan ready within 1 month after entry. 1st evaluation.

• **Phase 2: realization phase - 3 months**
  Concrete plan, administration and finance, work and/or study, CV, independent life. Progress volunteering/daytime activities, planning, sports, Nova House program (intensive), meetings, sponsor, steps. 2nd evaluation.

• **Phase 3: guidance + realisation phase - 2.5 months**
  Orientation and realization own place (possible 1st step is more independent living within Nova House), work, training, Nova House program less intensive. Meetings, sponsor, steps. 3rd evaluation.

• **Phase 4: transition - 1.5 month**
  Sequel realisation phase 3, aimed at final outflow and/or more ambulatory care.

• **Phase 5: Outflow + finishing phase - 1 month**
  Step to your own place, work (study), meetings, sponsor, farewell party
Control, prevention and neighborhood

- Daily guidance in the houses.
- Strict house rules
- Monitoring behavior and appearance
- Approachable for the local residents
- Awareness with neighborhood director
- Agreement MKOH (GP, medical centre)
Nova House intake

- **Application**
  - All intake interviews via Karen
    karen.rupp@nova-house.nl – 06-22888503
  - Application form (download website)
- **Private.**
  - Cost per month € 2.500,- in the event of private funding.
- **WMO (PGB)**
  - Request at municipality by NH or through care consultant
  - Lead time is 6 to 12 weeks.
  - Independent contribution € 225,- per month
Nova House
2014

- 49 clients,
  - 5 permanently discharged,
  - 2 were allowed to come back

- 24 - 28 Beds
- 8 Homes
- Professional staff of 4-6 fte
Nova House
2015

• Start Nova Centrum,
  • Guidance by volunteers
    • A legal advisor (labour disputes, social security issues, creditors)
    • A labour advisor (application support, UWV related issues, etc.)
    • A finance advisor (budgeting, administrative organization, taxes etc.)
Nova House

Osbourne
Mendes
Crosby
Bowie
Hopkins
Clapton
Tyler
Curtis

Houtmankade 20
020 7730906

Nova Zemblastraat 256
020 7726444