

Mission Statement Clinic for Forensic Psychiatry Rostock

Our Task

As an forensic psychiatric institution, our legal task is the "improvement and security" of the patients accommodated in our clinic. The placement is due to a mental disorder that is related to the patient's delinquency. Our focus is on the treatment of patients with addictive disorders, but patients with other diagnoses may also be admitted to our clinic. Adolescents and young adults are treated on a ward specialized for this group.

Treatment focuses on the diagnosis and treatment of the existing mental disorders, as well as a thorough analysis and treatment of the factors that led to delinquency (risk management). Treatment takes place in a secure setting, which often makes this possible in the first place, and is also intended to protect the public from further unlawful acts. We regard therapy and security as equally important tasks.

However, we see our treatment mission more broadly: We want to help our patients overcome their problems and difficulties and, within the limits of their abilities, skills and needs, reach their individual potential. Ultimately, our goal is to reintegrate patients into society and

enable them to lead a self-determined, fulfilled as well as crime-free life in freedom. For this purpose, a gradual easing of restrictions, e.g. through leave and outside activities, takes place parallel to the progressive success of therapy. Treatment continues in our forensic outpatient clinic even after discharge.

Guiding Principles of our Work

We are a clinic and not a prison. Our task is offering therapeutic support and assistance, not punishment.

We are convinced that every person can develop and change. Everyone deserves the chance for a fresh start. We meet our patients where they are and give them hope that they can improve their lives.

Our idea of man is holistic, i.e. we consider physical, mental and spiritual aspects.

Our work is guided by the inviolable human dignity and human rights. This means that we see our patients as self-determined individuals, whom we treat with respect, acceptance and appreciation, but also consistently.

Patient Orientation

With regard to therapeutic work, these principles mean that we make decisions not for or about, but with the patient.

Treatment is based on an individual treatment plan tailored to and developed together with each patient. Particular importance is given to patients' reflection on their addictive behavior, offenses, values and norms. The treatment focuses on both the reduction of risk factors and the strengthening of the patient's resources. If possible, we also involve the social environment in the therapy.

Placement in a forensic-psychiatric facility is necessarily accompanied by certain restrictions on self-determination. However, these must be based on concrete legal grounds and be necessary, proportionate and comprehensible. This means that we do not restrict patients' right to self-determination more than is absolutely necessary, e.g. to avert danger and maintain safety. We have detailed guidelines on this and work actively and specifically towards a reduction in restrictions and coercive measures through documentation and monitoring. We always look for ways to involve patients not only in their own treatment, but also in the operations of the wards and the clinic as a whole.

Our Employees

We work in a multi-disciplinary team, in which employees from all professional groups work together collaboratively taking advantage of their complementary experience

Dealing with our patients requires a high degree of professionalism. Therefore, we attach great importance to the regular further continuous training of our employees, both internally and externally, as well as to the exchange with other forensic facilities in Germany and abroad. This may also result in

ideas for the further development of our concepts.

Working with our patients can be stressful. It is therefore important that staff can reflect on the impact of their work on themselves and explore the influence of their own behaviors on the therapeutic climate in a safe and supportive environment. This is done in regular supervision sessions.

Our employees also act as role models for patients, for example by accepting feedback and working with it constructively and objectively, as well as by treating each other with respect.

Management

The multi-disciplinary management team has a special responsibility for achieving the goals of the clinic taking into account the supporting values. As a management team, we aim to act as a role model for a respectful and open interaction with each other.

We strive for a participative management style, whereby employees are involved and participate in decision making. We strive for the greatest possible transparency and aim to shape our work together with employees. We encourage a culture of open communication, and welcome ideas and suggestions for improvement from employees.

Quality Management

Measuring the quality of our work is a matter of course for us. For this, we have a quality management team, whose main task is to develop quality criteria for our clinic, measure these indicators regularly and to communicate the results. In the longer term, we are aiming for acquiring

certification of our clinic, e.g., according to the KTQ system (Cooperation for Transparency and Quality).

In quality control, we take into account various factors, from compliance with operational processes, to the main outcomes such as reconvictions the legal probation of our patients. We conduct regular surveys measuring patients' satisfaction with treatment in our clinic. Of course, our patients can complain about our services both internally and externally; we do not see this as a threat, but as an opportunity to further improve our work.

Due to the close connection to the university and our own research team, there are opportunities for scientific evaluation of our practices and procedures. Based on the international literature and our own research outcomes, we continue to develop our practice.