



NPI Recovery

What is recovery?

Recovery is a personal process that everyone experiences differently. Perhaps even more importantly, it involves accepting your vulnerabilities and the things you find difficult and coping with them as well as you can. Recovery also entails knowing what helps you live in the best way possible and how to do that in a way that is right for you. Finally, it means knowing what your strengths are and how to use them.

Recovery is different for everyone, but it has four main features:

1. **Finding personal meaning:** you accept who you are and think positively about yourself, even with your vulnerabilities.
2. **Giving yourself hope:** you can make your wishes and dreams come true, even if you have certain vulnerabilities.
3. **Gaining or regaining control over yourself:** you acquire and are able to maintain confidence in your ability to control your own life and vulnerabilities.
4. **Using activities, help or care to rebuild a meaningful life:** for example, community centres and other organisations (such as recovery centres) organise activities where everyone is welcome. If you participate, you meet new people and automatically become more involved in society. Your neighbours or family may also be able to help you with certain things.

The path to recovery consists of four phases:

1. Feeling overwhelmed by your symptoms
2. Struggling to overcome your symptoms
3. Living with your symptoms
4. Staying on track after treatment

NPI Recovery is mainly about the third and fourth phases of the path to recovery.

What is NPI Recovery?

NPI Recovery helps you maintain and apply the things you learned in your previous NPI treatment to your daily life. You learn to utilise your own strengths and to accept and cope with your vulnerabilities and the things you find difficult. You also learn about your needs, what you can do to recover as well as possible and how to communicate this effectively to others.

Who is NPI Recovery for?

NPI Recovery is available if you have received treatment for your personality disorder(s) at NPI. It can help you if you are feeling much better but could still benefit from some support to reinforce everything you learned during your treatment and apply it to your daily life. You may also require further help in some areas – such as returning to work, doing more activities and meeting new people or reconnecting with others. An NPI therapist – for example, your regular one – can give you more information about NPI Recovery and also register you for the programme.

What happens at NPI Recovery?

At NPI Recovery, you have a 45-minute, one-on-one session with a therapist once every six weeks. First, you and your therapist create a recovery plan and discuss what you need help with. The session topics depend on your recovery plan, your support needs and what you require at the time of the session.

After six months, the two of you discuss how things have gone. You also look at the goals you want to work on in the coming period, and what needs to happen for you to be able to stop treatment.

NPI Recovery treatment takes up to one year.

Who will you be working with at NPI Recovery?

You create your recovery plan with your **regular therapist**, who then monitors and discusses your progress with you. Your **treatment coordinator**, with whom you have one initial interview, is also involved in the background, contributing to your recovery plan and treatment.

You can also have conversations with our peer support specialist. They have first-hand experience about how it is to be in treatment and to work on recovery and will provide you with valuable support and input.

Does NPI Recovery treatment help?

NPI Recovery has been around for several years. As yet, we do not have scientific proof of whether or how it works. We do, however, see that most people that have undergone this treatment respond positively: it helps them to move forward and gives them hope that a more peaceful and meaningful life is possible.

Publication

- Boevink W. (2017) HEE! Over Herstel, Empowerment en Ervaringsdeskundigheid in de psychiatrie (doctoral thesis).

Met opmerkingen [TA1]: I think it would make more sense to put this information at the end of the fact sheet.

Costs

For every adult (18 years or older), treatment at NPI is covered by the Health Insurance Act. If you have Dutch health insurance, your provider will pay. A standard excess applies here. Each year, the government determines the amount of this excess, which you pay annually to your health insurance provider for all the care required during that year.

Privacy

NPI protects your privacy as required by law. This means that we store information about you and your treatment securely and do not share it with others unless you have given permission. We adhere to Arkin's privacy policy, which describes exactly how our employees handle personal data and medical records. You can read the privacy policy at <https://arkin.nl/privacyverklaring/> and can also request a copy by calling our secretariat on 020 590 47 00.

Met opmerkingen [TA2]: I have deleted this because it does not appear in the original Dutch text and because it is not clear what it applies to.

Contact

You can only be registered for NPI Recovery by an NPI therapist.

For questions about registration or to schedule a registration meeting, please call the Arkin Central Registration Office (NPI is part of Arkin) on 088-505 12 02.

Your **doctor** or healthcare provider can register you with Arkin for treatment at NPI.

Met opmerkingen [TA3]: In the previous Arkin text that I worked on, there was a focus on keeping the text simple and straightforward (B1). I used the term 'doctor' there which is easier to understand than 'General Practitioner'.

If you are a referrer, you can call the Central Registration Office at Arkin on 020-590 55 55 (weekdays from 8.30 a.m. until 5 p.m.) for registration, consultations and any questions you may have.

If you are an Arkin therapist, you can contact the Consultation and Registration Team (CAT). Visit <https://www.npspecialist.nl/voor-verwijzers/consultatie-expertise-en-second-opinion/> for more information.