

INTRODUCTION OF A BABY-MOTHER -(FATHER) UNIT INTO THE HUNGARIAN HEALTH SERVICE SYSTEM. RESULTS AFTER FIVE YEARS

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The Baby-Mother-(Father) program started in 2007, after a preparatory phase in a collaboration with the Zentrum Für Soziale Psychiatrie - Mutter& Kind Behandlung, Heppenheim, Germany. In Hungary, this is the first dedicated program for a baby-mother unit, were initiated by National Institute of Child Health (OGYEI), and Saint John Hospital Psychiatric and Psychiatric Rehabilitation Department in Budapest.

Objective: Baby-mother unit introduction into the local and the Hungarian health service.

The aim of the program is to apply a collaborative therapeutic and rehabilitation model utilizing the multidisciplinary team work in the treatment of the pre-, peri- and post-natal period of mothers suffering mental disorders as well as to facilitate the early interactions and attachment with the baby.

Since 2007, 82 mothers, 1 father entered into the program. 54 mothers were participated as inpatient, 29 were treated only as outpatient. 24.9% of the cases were diagnosed (ICD 10 - F20-F29) schizophrenia or spectrum disorders, 27,6% were in the major affective disorders, including bipolar, (F 31, 14.5%). 38,6% were diagnosed in the anxiety disorders spectrum. 23 % entered in the prenatal period (pregnancy), while 76,3% entered post-natal.

Therapeutic methods used: Case-management, individual, group and family interventions (psychotherapy), pharmacotherapy, case conferences, individual and staff supervision, video-feedback, mother-child consultation.

Results: New treatment model introduction in Hungary, which may reduce the risk of the separation of the baby, enhances the mother recovery, as well as the utilization of the family's and the supportive network resources. Further research is needed to prove the higher efficacy.