

Strategidokument 2013 – 2023

Modum Bad is a non-profit, diaconal institution rooted in Christian and humanistic values. The vision, "Modum Bad – a source of life," serves as motivation and guidance for its mission: to promote mental health and quality of life through treatment, research, dissemination, and prevention. The institution's overarching principles remain steadfast, yet it recognizes the importance of embracing change and development to dynamically adapt to societal needs and the conditions Modum Bad has for meeting them. In this sense, Modum Bad engages in an ongoing strategic process.

Modum Bad prioritizes holistic thinking:

- Spiritual and existential matters
- Physical activity
- Cultural experiences and expression
- Aesthetics, architecture, and nature

Research:

Research and development hold a strong position at Modum Bad. It sharpens the treatment environments, provides a basis for evaluating what works, improves resource utilization, and reinforces trust in the organization.

Desired development:

- Continue prioritizing research in internal resource allocation and generate strong applications for external funding sources.
- Sustain and promote high quality through national and international collaboration.
- Have research projects in all main areas of treatment and prevention.
- Promote research on the integration of substance use disorders and the focus on prevention and low-threshold services.
- Advance healthcare and health economic research on the significance of Modum Bad's holistic approach and inpatient treatment.

Treatment:

The main task is and will be treatment: specialized treatment at a high professional level within anxiety, depression, eating disorders, trauma, family, and relationships – with concurrent substance use disorders (ROP) across all treatment areas.

Desired development:

- Maintain and further develop a high professional level, incorporating input from disciplines, research, staff, and patients.
- Provide good answers to questions such as: What are the outcomes of treatment, what works, and how can resources be utilized most effectively?
- Expand treatment capacity with larger facilities for short-term stays to address high demand and reduce long waiting times.
- Maintain the entire country as the admission area, with particular priority given to the needs within Health South-East (Helse Sør-Øst).
- Expand operations in Oslo, anchored in the treatment and dissemination of the Trauma Outpatient Clinic.

Prevention:

Modum Bad has strong traditions in low-threshold services and prevention. In the field of professional dissemination and prevention, ambitions have been significantly raised through the establishment of Kildehuset, a center for courses and expertise.

Desired development:

- The goal is for Kildehuset to become a central resource center for the broad dissemination of Modum Bad's professional expertise.
- For individuals experiencing crises and challenging life situations.
- For professionals seeking professional development and exchange.
- Expand collaboration with local and external stakeholders, such as the military, the Norwegian Medical Association, and the Norwegian Nurses Association.
- Expand offerings with courses and counseling in the field of relationships and for healthcare professionals.
- Establishment of new low-threshold services and new channels to reach target groups.
- Establishment of educational and competence programs for professionals.