

# Modum Bad – A Source of Life

Promoting mental health and quality of life through professionalism, quality, respect, and dignity

STRATEGY 2023

## Modum Bad is concerned with the whole person, addressing:

- Spiritual and existential questions
- Physical activity
- Cultural experiences and expression
- Nature, buildings, and surroundings that invite tranquility, recovery, and quality of life

Modum Bad is rooted in Christian and humanistic values. Our history provides a solid foundation, while we are committed to continuous development and change. In the tension between tradition and change, employees and leadership can best continue the long tradition of diakonia.

We are a non-profit, diaconal organization that starts from the premise that every human being is created with an absolute and inviolable value

Everyone is met with the same respect and care, regardless of life situation, belief, or background

We are an attractive workplace with a supportive and developmental work environment

We have highly skilled and dedicated employees with a commitment to change

We ensure active user participation through feedback systems and organized meeting structures

We take social responsibility and integrate the UN Sustainable Development Goals throughout our entire organisation

We are at the forefront by designing services in line with new knowledge and professional understanding

## Treatment

Modum Bad aims to:

- Provide specialized and evidence-based treatment
- Always strive to provide treatment with the best possible effect for each individual patient
- Be an attractive provider of effective and impactful services of high quality
- Continuously develop our treatment offerings and be a leading force in the field
- Contribute to the development of artificial intelligence (ML/AI) in mental health
- Educate professionals for the future healthcare service
- Provide education and training to patients and their families

## Prevention

Modum Bad aims to:

- Maintain an active role in knowledge dissemination and prevention
- Be a leader in workplace health and family- and relationship-strengthening initiatives
- Develop tools and materials for improved mental health among children and youth
- Be a preferred place to turn to for spiritual and existential needs, hope, and vitality
- Gather and strengthen professional communities in existential questions, crises, and preparedness
- Be a driving force in education, professional development, and knowledge dissemination in the field of pastoral care

## Research

Modum Bad aims to:

- Be a leading environment for clinical research – researching the effects of treatment
- Contribute to the development of precision treatment and therapist development in mental health care
- Be a leading environment for research in occupational health as well as health-promoting and preventive activities
- Continuously work on monitoring and improving our own practices
- Be open and outward-looking in our profile to contribute to knowledge dissemination of our research and treatment results
- Actively develop our national and international research collaborations

**MODUMBAD**   
– en kilde til liv