

Abstract – Oral Presentation

2018 NCTTP Research Symposium

Testing New Models of Integrated Care for Survivors of Torture

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Abstract

Torture survivors (SoT) experience complex physical, emotional and social problems. Integrated care is designed to improve treatment outcomes and reduce costs, yet few studies have examined its effectiveness with SoT. A survey of 18 SoT programs in the US found all program respondents offered interdisciplinary psychotherapy and social services and aimed to deliver fully integrated care. Program infrastructure and service delivery among respondents was consistent with coordinated or co-located care. The Center for Victims of Torture (CVT) has conducted an experimental study of the efficacy of collocated intensive psychotherapy and case management intervention in primary care clinics, the *Healing Hearts* (HH) project.

Method: 214 adult Karen resettled refugees with depression were randomly assigned to the HH or treatment-as-usual (TAU) conditions. Study-blind outcomes of mental health and social functioning were assessed at baseline, and after three, six and twelve months of treatment.

Findings/Interpretations: 35% of participants reported torture. Results indicated significant improvements in outcomes in comparison to TAU.

Conclusions: Integration of intensive psychotherapy and case management in primary care settings is feasible and effective in improving mental health and social functioning for resettled SoT. Future studies should investigate structural approaches for integrating medical, psychological, social and legal services for SoT.

Key words: Integrated Care, experimental research, clinical trial, Intervention approaches for Torture Survivors

Length of the presentation: 20 minutes

Audio-visual requirements: PowerPoint equipment