



Welcome to Tactus Addiction & Mild Intellectual Disability (MID) Centre

The Addiction & MID Centre is the leading specialist in the guidance and treatment of adults (18+) with an addiction and a mild intellectual disability. We offer customised specialist care based on scientific insights. Often, there are also psychological or behavioural problems. This so-called triple diagnosis requires specialized knowledge and customised care.

We participate in national and international scientific collaborations and are leaders in scientific innovation and development. We (pro)actively share our knowledge through training activities at both national and international level. This makes us the (inter)national specialist in the field of addiction

and mild intellectual disability. We also develop new working methods and approaches. We are available for consultations and second opinions.

Thanks to our expertise and dedication, we have held the TOPGGz quality mark since 2018, demonstrating that we provide highly specialised client care and make a difference for this complex target group.



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Why a specialised centre?

People with a mild intellectual disability (MID) are at higher risk of developing an addiction, with potentially serious consequences. At the same time, standard treatments within addiction care often do not match their capabilities. Good care requires customised care, adapted to their living environment and personal needs. Treatment conditions — such as structure, understandable communication, and guidance—must match what someone with a MID needs. Collaboration with family, social network, and other involved care professionals is essential. Tactus TOPGGz Addiction & MID Centre offers this specialised care with knowledge, attention, and experience.

What do we offer your clients?

Treatment and guidance in an MID-friendly environment, taking into account an appropriate living and working climate. We do this by actively involving the social environment, referrer, and other care providers throughout the entire process so that the treatment can be practised in daily life. Our employees are specialised in working with people with a MID and addiction problems. Among other things, they are trained in motivational interviewing customised to the client's level of understanding and perception. The treatment therefore matches what someone understands, feels, and can handle.

Customised treatment

Intake

Good preparation and a good start are important for a successful treatment program. We involve the referrer or professional from the moment of registration and continue to work closely with them throughout the treatment. The intake is tailored to the client's capabilities. We use the guide *"Recognized and treated correctly"* for this purpose.

Treatment options

After the intake, we determine in consultation with the client and referrer, which addiction treatment is most appropriate. For example, we offer:

- **Less Alcohol or Drugs (MDOD)**
12 individual sessions and 12 group meetings.
In the individual sessions, we provide explanations;
in the group, we practice and work on social support.
- **Cognitive Behavioral Therapy Plus (CBT+)**
An individual program of 18 sessions in which the client and a trusted person work on reducing use and preventing relapse.
- **Seeking Safety - LVB Addendum**
A treatment focused on addiction and trauma, specially customised to people with MID.

In addition, we offer therapies in which clients actively participate, for example, with the help of music, movement, or creative expression (various forms of occupational therapy). We also treat underlying problems that hinder further recovery, such as trauma or psychological complaints, and, where necessary, prescribe appropriate medication, etc. All these interventions contribute to further recovery.

Clinical treatment

Clinics in Zutphen and Rekken

Sometimes admission is necessary, for example after detox. In our clinics, we work on recovery in a safe environment, with care customised to the client. Admission lasts approximately 12 weeks. During this period, we offer a wide range of treatments, such as psychomotor therapy (PMT), creative therapy, and social skills training. For additional issues such as trauma or ADHD, we offer targeted, recovery-promoting interventions such as EMDR, psycho-education, or medication guidance. We work with experts with lived experience and offer daytime activities on location, creating a stable and therapeutic living and treatment environment. Anyone in the Netherlands with complex care needs can come to us, provided that our expertise matches the client's needs and we can make clear agreements about care after admission.

What can we do for you as a professional?

Consultation and second opinions

Our MID professionals are happy to share their expertise in complex cases within the Netherlands. Consultation helps Dutch professionals to continue working independently and avoid unnecessary referrals. We also offer them second opinions. We work together with the Centre for Consultation and Expertise (CCE) to provide the best possible support for complex care issues.

Policy advice

We advise organizations within mental health care, addiction care, disability care, and the social domain, for example by offering support in developing policy on substance use or dealing with triple problems.

Training & education

We offer customised training courses for professionals who work with people with mild intellectual disabilities and addiction problems. On request, we provide training courses on topics such as SumID-Q, motivational interviewing, substance knowledge, treatment methods, mild intellectual disabilities, and behavioural change. The full range of training courses can be requested from our Centre, see the contact details at the back of this brochure.

Research & innovation

At our TOPGGz centre, we conduct scientific research into effective treatment methods, the occurrence and progression of addiction problems in people with a MID, and healthcare innovations. We also develop new treatment methods. We actively share our knowledge and offer plenty of opportunities for students to do internships, graduation projects, and practical research.

Collaborate or refer?

Would you like to refer a client, discuss a case, or do you need advice or training? Our MID team is happy to help. You can easily contact us via Tactus head office or directly by email.