**Introduction**  The needs of refugees are of pivotal concern internationally. Relational trauma, in particular, is an area that is under-emphasised and under-researched. The strength to strength program (STS) was a rare, innovative relationship and family counselling service for recently-arrived refugees in Sydney, Australia during 2006–2014. The service model built on post-Milan systemic family therapy principles to include innovative cultural and trauma-informed aspects of care.

**Objectives**  We were interested in the experiences of staff who delivered the program, and the ways in which more traditional, Western-informed modes of family therapy were transformed by the needs of refugee clients.

**Aims**  To identify and describe transformations to the delivery of relationship and family counselling with refugees that enabled care, from the perspective of staff.

**Methods**  A thematic analysis, guided by interpretive description, of individual interviews and focus groups with STS service staff (*n* = 20), including family therapists, bicultural workers and managers.

**Results**  Key themes pertaining to innovative aspects of the relationship and family counselling service provided by STS staff will be outlined and lessons for future service provision in this space considered.

**Conclusions**  STS is an example of staff-driven innovation to the therapeutic care of refugee families resettling in Western countries, taking into account the unique and complex set of cultural, practical and psychological needs. Important and timely lessons for future service delivery can be drawn from qualitative inquiry into the experiences of staff who deliver such programs, with refugee numbers continuing to increase internationally.

**Disclosure of interest**  The authors have not supplied their declaration of competing interest.

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**Epidemiological study between Greek people and immigrants with regard to diagnosis in a Greek hospital in Athens**

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**Introduction**  Differences between the most frequently reported diagnoses of Greek people and immigrants in Greece are expected due to the different underlying factors which are associated with mental health issues.

**Objectives**  Examine differences in diagnoses between Greek people and immigrants.

**Aims**  To investigate whether Greek people and immigrants had significant differences with regard to reported diagnoses in a Greek hospital.

**Methods**  The patients who participated in this study are 5551, among them 2760 (49.7%) were males and 2791 (50.3%) were females. The mean age of the sample was 45.54. The sample consisted of 455 (8.3%) immigrants and 5,042 (91.7%) Greek people. Convenience sampling method was used and the sample was collected at the General Hospital of Nikaia, “Ag. Panteleimon” in Athens, Greece between 01/01/2012 and 31/12/2015.

**Results**  There were significant differences between Greek people and immigrant with regard to diagnosis as χ² (20): 136.875, *P* < 0.001. More specifically, among Greek people, the most frequently reported diagnosis was psychotic disorder (26.2%), followed by depression (24.7%), general anxiety disorder (9.9%) and substance abuse (8.4%). Among immigrants, the most frequently reported diagnosis was psychotic disorder (22.9%), followed by depression (17.4%) and general anxiety disorder (12.1%).

**Conclusions**  The differences between Greek people and immigrants with regard to diagnoses showcase the different needs between the two populations with regard to mental health. Especially, the higher prevalence of anxiety disorders and substance abuse problems among immigrants highlight the need for protective measures to improve their well-being and reduce their risk of mental health issues.

**Disclosure of interest**  The authors have not supplied their declaration of competing interest.

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