

annual report 2021



CENTRUM PRO ROZVOJ PÉČE O DUŠEVNÍ ZDRAVÍ
CENTRE FOR MENTAL HEALTH CARE DEVELOPMENT





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training room in the new premises of the Centre



1, centre in 2021

Dear readers,

only looking back do I realize how much and what actually happened around our Centre.

Moving the office

In the first half of 2021, we were looking hard for a place to move our office from Žižkov, where we lacked a sufficiently spacious training room. In the end, we managed to find a friendly landlord and a very accessible bright space close to the city centre in Lublanska Street. Finally, we can hold courses in "our own" premises!

Strategic planning

As an organisation, we needed to stop for a moment, look back and also think about what we are doing well and what to focus on in the future. Reform efforts in the mental health care field have brought many new developments in recent years, mental health centres have been established, it has become much more common for people with lived experience to act in different roles in reform, and a National Action Plan for the next ten years has been created. We see the role of our organisation as supporting service providers to innovate, develop and involve people with lived experience of mental health problems in services and new forms

of collaboration. We have planned to strengthen our consultant team with new faces and have been encouraged by their involvement in our work.

New themes - inpatient psychiatry

The Centre has worked primarily with community service providers over the last few decades. The highest benchmark for us was the establishment of the mental health centres. Gradually, we have added support to introduce innovations in psychiatric hospitals - employing peer workers and peer family members. From approximately 2018 onwards, we have been engaged in research activity around the use of restraint and regimes. In order not to just analyse what is wrong, we wrote a project for a call that appeared in the Norway Grants. And we succeeded! We now have the opportunity to support staff at six inpatient psychiatric facilities in implementing changes that will reduce the need to use restraints.

Education

Organising courses is a way for us to influence the quality of services, bring inspiration and exchange experiences. Our Educational Institute provided 30% more training days than last year and is set to expand further. In our educational



activities, we also count the Recovery College, a great initiative that we are keeping and developing, mainly thanks to the dedication and ingenuity of the project and tutor team.

International cooperation

The Centre has had a strong international orientation since its establishment in 1995. Typically, we have been the ones to import and develop good practice from the Netherlands and the UK in the Czech context. At the same time, for the last 6 years we have been helping with reforms in the Republic of Moldova, where respectively we have a role as those who bring our experience. More recently we feel that we are becoming an active part of European networks where we meet people who think like us. We find great proximity in countries such as Slovakia, Croatia and Estonia. As members of the CARE Network platform, we are more and more often involved in inventing new initiatives or being approached to participate in interesting projects. Actually, we could say it vice versa: Projects in which we would only work with Czech partners are now rare. Cooperation with foreign countries is our standard.

New publications

We have published a total of 6 practical publications, manuals, and translations. Just imagine the editorial work! I would like to mention the book entitled "Suicide Loss: A Guide for Survivors" by Dutch

authors Marieke de Groot and Jos de Keijser. The others can be found in Chapter 9 of this report.

Many thanks to the project team, the Centre's consultants, trainers, collaborators, all of you who have walked with us on the journey to better mental health care.

Pavel Řičan

director of Centre for Mental Health Care Development





2, educational institute

In 2021, we organized 47 educational and training courses, which were successfully completed by a total of 679 participants. The number of tailored courses, designed mainly for mental health service providers, was almost double in 2021, compared to open courses (27 tailored, 15 open and 5 as part of one of our projects, mainly aimed at supporting the introduction of the peer worker position). In 2021, four "Model CARE" courses already started in the previous year continued, and 7 more of these courses were either fully run in the year or started with an overlap into 2022.

Apart from the **CARe Model**, which is practically the most successful of our courses in terms of the number of

attendants, the most frequently offered course, as in previous years, was the **Basic Course for Peer Workers**, which was held five times, including one run as part of the project Integrating Peer Workers in mental health care in the Moravian-Silesian Region. Several courses (**Hearing Voices, Concept of Recovery**) were also implemented within the framework of the contract of the Statutory City of Ostrava for the training for employees of residential social services with a focus on the issues of people with mental illness, which continues this year.

This year, most of our courses were held partially or completely online.

COURSES 2021	NUMBER OF COURSES	NUMBER OF TEACHING DAYS
Open courses	15	40
Tailored courses	27	68
Courses as part of a project	5	14
TOTAL	47	122



3, peer support

We have been supporting peer workers and integrating them into mental health teams in both social and health care since 2012. We offer comprehensive support to organisations or hospitals in integrating people with lived experience into their teams. If the organisation already employs peer workers, we offer support in problem solving and further systematic development of the concept.

The training of peer workers is the focus of part of our training activities, in which we consistently involve experienced peer workers as trainers.

In 2021, we continued to support 22 peer workers from 6 organisations including 2 hospitals (Psychiatric Hospital Opava and University Hospital Ostrava) within the Moravian-Silesian Region project. The teams in which the peer workers were employed received ongoing methodological support and the peer workers themselves were supported with supervision and further training in the form of accredited courses and internships.

Working with families and loved ones is an integral part of recovery-oriented mental health services. Following the successful integration of family peers into community service teams after the first project in 2019, peer family carers in psychiatric hospitals also joined the ranks of staff with lived experience of illness. Five of the eight family peers trained and employed by the project remained working in the three psychiatric hospitals after the project ended.

In our projects, but also in our educational activities (Educational Institute, Recovery College), we work with a team of trainers with lived experience of mental health issues.





4, recovery college

Since 2017, our Recovery College has been offering people with experience of mental illness, their loved ones, students of the helping professions and others interested in mental health care a range of activities based on the principles of a community centre. In particular, it offers courses on the topic of recovery from mental illness and support for coping with everyday life. We work with students' own resources and develop their strengths. Alongside the courses, cultural activities in the form of

literary and theatre workshops are also part of the offer, and destigmatisation is also a big part of the offer. We found inspiration primarily in the UK, but also in the Netherlands, where Recovery Colleges are already well established as part of the mental health care system.

A key aspect of the Recovery College is the involvement of experts with lived experience, especially peer lecturers, in all its activities and overall concept.



Recovery College at the One World Festival in Děčín



5, other activities

Counselling Service Stopstigma.cz

In 2021, we have maintained the continuous and unlimited operation of the online multidisciplinary counselling service at www.stopstigma.cz. The answers of the professionals in the counselling service, a psychiatrist and a psychologist, are given with the help of the VIZDOM project implemented by the National Institute of Mental Health. A social worker and six peer counsellors also answered questions, and their responses were requested for approximately 65% of all questions.

With a team of external collaborators, we participated in the development of quality criteria and the implementation of **pilot quality audits of mental health centres** within the project Development and Support of Quality Models for the Social Services System implemented by the Ministry of Labour and Social Affairs. The experience from the first round of pilot audits is summarised in the report.

We also continued to organise and support the **IPS platform** meetings. Representatives of organisations and teams using the IPS method in their work met a total of four times in 2021. The meetings were dedicated to sharing experiences and good practice and to supporting each other. In addition to the

regular meetings in Prague, the IPS platform organised an away meeting in Fokus Tábor in June. Since 2018, data collection and evaluation for the IPS statistics has been ongoing, with 10 teams participating in 2021.

We also continued our **cooperation with the Domov Na cestě**, which further develops and deepens the transformation of the home with special regime service. We are following the process with interest and admiration and are involved in its evaluation. In 2021 the next stage was completed, and we have tried to capture this in **evaluation** reports

In 2021, the **CARe CZ platform** continued to focus on the existing activities with the intention of spreading recovery-oriented practice and at the same time began to consider its further development (support for the role of CARE coaches in teams, implementation of coach training). A great deal of work has been done during the project Development of psycho-social rehabilitation according to the CARE model, the results and outputs of which can be found on our website. Centre for Mental Health Care Development continued to work closely with the **CARE Network** in 2021.




6, our projects

Name	Output	Professional guarantees and counsellors	Partners	Implementation from - to
<p>Supporting transformation and community services for people with mental disorders and mental illness in Moldova („Moldova”)</p>	<p>Increased quality of care in sheltered housing for people with mental disorders and people with mental illness</p> <p>Professionalization of the National Agency for Social Assistance (ANAS)</p> <p>Improving the situation of people with mental illness in the transformation process</p> <p>Raising public awareness in the regions</p>	<p>Jan Pfeiffer</p> <p>Myroslava Bubela</p> <p>Jan Paleček</p> <p>Jana Pluhaříková Pomajzlová</p> <p>Pavel Říčan</p>	<p>Ministry of Health, Labour and Social Protection of the Republic of Moldova</p> <p>People in Need Moldova</p> <p>Keystone Moldova</p> <p>Trimbos Moldova</p>	<p>1.6.2019 - 31.4.2022</p>

sheltered housing in Moldova



Name	Output	Professional guarantees and counsellors	Partners	Implementation from - to
<p>Recovery College</p>  <p>Development and improvement of services of the Recovery Community Centre</p> <p>Innovation and development of courses focused on mental health ("Support of peer trainers in Jihlava")</p> <p>Open to your communities - Impacts of developing community-based approach in the field of public services</p>	<p>Offer of 14 attendance courses and 6 online courses</p> <p>Regularly Monday gatherings of the theatre workshop</p> <p>Gatherings of the literary workshop, issue of the memorial volume of Zámezi magazine, individual support in creative writing</p> <p>Workshop Soul and Body</p> <p>52 successful graduates of courses and other programs</p> <p>Involving peer lecturers in teaching at 3 universities</p> <p>An international platform of recovery colleges, support in the foundation of other recovery colleges</p> <p>Issue of publication "Recovery College as a meadow full of life. A Tracker's Guide on the Way of Establishing and Operating Recovery Colleges"</p> <p>Multidisciplinary internet counselling service Stopstigma.cz</p> <p>Support in the selection of candidates for the position of peer lecturer for teaching at the Polytechnic University of Jihlava</p> <p>Establishment of cooperation with Poland and Hungary in the transfer of experience in the functioning of the Recovery College</p>	<p>Pavel Řičan</p> <p>Petra Kubinová</p> <p>Šárka Michlová</p> <p>Barbora Ďásková</p> <p>Lenka Březinová</p> <p>Team of trainers composed of 15 peer trainers and 9 other professionals</p> <p>Counselling team Stopstigma.cz</p>	<p>Recovery and Wellbeing College as part of Central and North West London NHS Foundation Trust (UK)</p> <p>Recovery College, Práh Jižní Morava (CZ)</p> <p>Centre for Mental Health Care Development in the Moravian-Silesian region (CZ)</p> <p>Nájdí sa (SK)</p> <p>Bergen Recovery Skole (NOR)</p> <p>Polytechnic University Jihlava (CZ)</p> <p>Charles University (CZ)</p> <p>Kámen Theatre (CZ)</p> <p>Hungarian Association of Community Development (HU)</p> <p>Fundacja Biuro Inicjatyw Społecznych (PL)</p>	<p>1.1.2019 – 30.4.2021</p> <p>1.10.2021– 31.10.2023</p> <p>1.11.2021-1.11.2023</p>



Name	Output	Professional guarantees and counsellors	Partners	Implementation from - to
<p>Support of family members of mentally ill patients of psychiatric inpatient institutions (“Peer family members in psychiatric hospitals”)</p>	<p>Establishing the role of peer family member in 3 psychiatric hospitals, including schooling, methodical support, and study stay abroad: 8 peer family members, 15 months</p> <p>Support of family members of patients in cooperating psychiatric hospitals: individual support, thematic and weekend meetings</p> <p>Manual for the inclusion of peer family members to psychiatric inpatient facilities; Guide to hospitalization and treatment for family members and people close to the mentally ill patients</p> <p>Translations of publications for family and people close to the mentally ill patients</p> <p>Evaluation: assessment of the effectivity of establishing the role of peer family member and of the support provided to the family members</p>	<p>Jana Pluhařiková Pomajzlová</p> <p>Barbora Holá</p> <p>Pavel Řičan</p> <p>Magdaléna Štochlová</p> <p>Jiří Štefl</p>	<p>Psychiatric hospitals Horní Beřkovice, Jihlava a Opava</p> <p>Emergis (Netherlands); Toon van Meel and Anna de Gloppe</p>	<p>1.8.2019 – 31.10.2021</p>



Name	Output	Professional guarantees and counsellors	Partners	Implementation from - to
<p>Systematic support of the activities of peer workers in Psychiatric Hospital Bohnice (“Peer workers in Psychiatric hospital Bohnice”)</p>	<p>Guidelines for the activities of peer workers in PHB – integrating peer workers into the system of human resources management</p> <p>Video spot about the role and contribution of peer workers at an inpatient facility</p> <p>Flier describing the role of a peer worker designated for patients</p> <p>Package of examples of good practice of peer workers</p> <p>Feedback meetings at the wards – support of effective work of peer workers in teams of PHB</p> <p>Supervisory support for peer workers</p> <p>Verifying the effect of peer work – summary evaluation report</p>	<p>Pavel Řičan</p>	<p>Psychiatric hospital Bohnice</p>	<p>1.9.2019 – 31.8.2021</p>




Name	Output	Professional guarantees and counsellors	Partners	Implementation from - to
<p>Development of psycho-social rehabilitation according to the CARE model ("CARE")</p>	<p>Translation of CARE Fidelity Scale tools, and the practical methodology of the CARE model</p> <p>13 auditors of the care model trained by a Dutch trainer</p> <p>Realization of two-round CARE model fidelity audits in 7 teams of 4 care providers – Summary report: Experience of CARE model fidelity audits</p> <p>Consulting support for service development according to the CARE model</p> <p>Internships in services in the Netherlands for 30 workers</p> <p>Evaluation of changes in care receivers – Summary report</p>	<p>Jana Pluhařiková Pomajzlová</p> <p>Jean Pierre Wilken</p>	<p>Fokus Mladá Boleslav</p> <p>Fokus Karlovarský kraj</p> <p>VOR Jihlava</p> <p>Polička Regional Charity</p> <p>The CARE Network</p>	<p>1.4.2020 – 31.3.2022</p>



Name	Output	Professional guarantees and counsellors	Partners	Implementation from – to
<p>Support for the soul II – activity N°3 – Integrating peer workers in mental health care in the Moravian-Silesian region</p>	<p>6 supported organizations working in Moravian-Silesian region by methodical support in choosing and employing peer workers</p> <p>22 employed peer workers in 6 organizations involved in the project</p>	<p>Václav Buchta</p> <p>Ivana Strossová</p>	<p>Project implementer: Moravian-Silesian Region</p> <p>Supplier of activity N°3: Centre for Mental Health Care Development</p>	<p>1.4.2020 – 31.3.2022</p>
<p>Scaling up individual placement and support across Europe (“IPS Development Plan”)</p>	<p>Mapping IPS practice in the Czech Republic</p> <p>Plan to expand IPS in two regions of the Czech Republic with the involvement of people with lived experience</p>	<p>Pavel Říčan</p>	<p>Project implementer and consortium coordinator: Social Finance UK</p> <p>6 consortium members:</p> <p>University Psychiatric Hospital Vrapče, Croatia</p> <p>Centrum pro rozvoj péče o duševní zdraví, CZ</p> <p>Copenhagen Research Center for Mental Health (CORE), Denmark</p> <p>Working First, France</p> <p>Fundación Avedis Donabedian (FAD), Spain</p> <p>Social Finance NL, Netherlands</p>	<p>1.2.2021-31.8.2021</p>



7, professional events, participation in conferences

<p>12.1., 16.2., 11.3., 19.4. a 25.10.2021</p>	<p>Online meetings for family members of people with mental illness</p>	<p>A series of online meetings for family members and loved ones of people with mental illness based on both personal and professional experience:</p> <p>How to bridge the hospitalization of a loved one in a psychiatric hospital (and not lose hope)?</p> <p>How not to forget about oneself when caring about a close person?</p> <p>How to maintain health and mental well-being: a personal plan for family, loved ones and friends</p> <p>What should I do if I'm worried that my loved one is trying to take his or her own life?</p>
<p>20.4. a 7.9.2021</p>	<p>Online meeting of the Recovery Colleges Fan Platform</p>	<p>Mutual Support and Assistance Exchange</p> <p>Setting up a trainer's team</p>
<p>14.-16.7.2021</p>	<p>1st year of Model CARE summer workshop; Ledce near Pilsen</p>	

Model CARE summer workshop



16.–18.9.2021	XXXVI. Conference of Social Psychiatry	<p>Kostka M., Zajičková A.: Stopstigma - online counselling with peer workers. What next for a successful project?</p> <p>Kratochvílová M.: Moldova: Out of the Suburbs (poster)</p> <p>Petrásková M., Řičan P.: Are we doing enough for the families of people with mental health issues?</p> <p>Pluhaříková Pomajzlová J.: Current developments and important innovations of Model CARE in practice</p> <p>Stuchlík J.: Quality assessment in mental health centres</p> <p>Štefl J., Císař Z., Soldánová S., Řičan P.: Peer workers in the mental health care system - history and future prospects</p>
6.10.2021	Support of family members of mentally ill patients of psychiatric inpatient facilities – final meeting of the project	<p>Presentation of outcomes, sharing of experiences and future perspectives in the field of peer family involvement and family and loved ones support in psychiatric hospitals</p> <p>Guests: Anna de Glopper and Toon van Meel</p>
3.11.2021	Meeting of the CARE Platform Czech Republic	<p>Guest: Jean-Pierre Wilken</p>



8, publications and articles

Burza vzájemné podpory mezinárodní sítě Recovery College. Mutual Support and Assistance International Exchange of the Recovery Colleges Network. Centre for Mental Health Care Development, 2021.

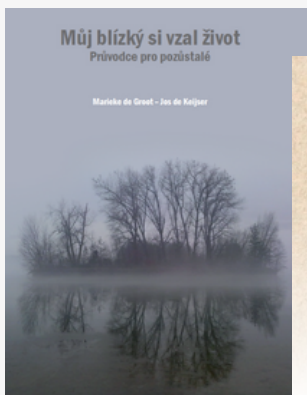
Císař Z., Štefl J., Řičan P.: **Mylné představy o peerech uvádíme na pravou míru. Setting the Misconceptions about Peer Work Straight.** Centre for Mental Health Care Development, 2021. (poster)

de Groot M., de Keijser: **Suicide Loss: A Guide for Survivors** (translated from Dutch, Verlies door suïcide. Werkboek voor nabestaanden). Prague: Centre for Mental Health Care Development, 2021. ISBN 978-80-908458-0-0.

Holá B., Pluhaříková Pomajzlová J., Řičan P., Kubinová P.: **Manuál Zapojení peer rodinných příslušníků do psychiatrických lůžkových zařízení. Manual for the Involvement of Peer Family Workers in Psychiatric Inpatient Facilities.** Prague: Centre for Mental Health Care Development, 2021. ISBN 978-80-908458-1-7.

Hraba P., Herna T., Herzán J. a kol.: **Sborník bohnických peerů. Příběhy z druhé strany. Collection of patients' stories from the Bohnice Hospital, told from the perspective of peer workers.** Prague: Centre for Mental Health Care Development, 2021. ISBN 978-80-907318-8-2.

Kubinová, P., Řičan, P., Marendiak, J. a kol.: **Škola zotavení jako louka plná života. Stopařův průvodce na cestě zakládání a fungování škol zotavení. Recovery College as a Meadow Full of Life. A Tracker's Guide on the Way of Establishing and Operating Recovery Colleges.** Prague: Centre for Mental Health Care Development, 2021.





Pečujeme o člověka s depresí: Pečujeme o dva? Jak je důležité při péči o blízkého nezapomínat sami na sebe (translated from English, **Caring for someone with depression: Caring for two?**, EUFAMI - www.eufami.org). Prague: Centre for Mental Health Care Development, 2021. ISBN 978-80-907318-9-9.

Říčan P., Krupčík O., Melicharová H., Benýšková A., Rektor J., Pěč O., & Plecháček O.: **První vlna center duševního zdraví z pohledu kvantitativní evaluace i zkušenosti**. The first wave of mental health centres from the perspective of quantitative evaluation and experience. Česká a Slovenská Psychiatrie, 117(5), 2021.

Swanson S. J., Becker D. R. (Dartmouth Psychiatric Research Center): **Metoda IPS (Individual Placement and Support): Praktický průvodce** (translated from English, **IPS Supported Employment: A practical Guide**. 2013 Edition). Prague: Fokus Praha, 2021.

Vlach T.: **Postel, mříž a léky. Moldavští asistenti se učí v Česku, jak změnit přístup k duševně nemocným**. A bed, a lattice and medication. Moldovan assistants learn in the Czech Republic how to change the approach to the mentally ill [online]. Lidovky.cz. 23.11.2021. Dostupné z: [Postel, mříž a léky. Moldavští asistenti se učí v Česku, jak změnit přístup k duševně nemocným](https://www.lidovky.cz/postel-mriz-a-leky-moldavsti-asistenti-se-uci-v-cesku-jak-zmenit-pristup-k-dusevne-nemocnym/) | Orientace | Lidovky.cz

Zámezí 8+9/2021: **Téma NÁSILÍ**. Topic of VIOLENCE.

www.cmhcd.cz/centrum/publikace



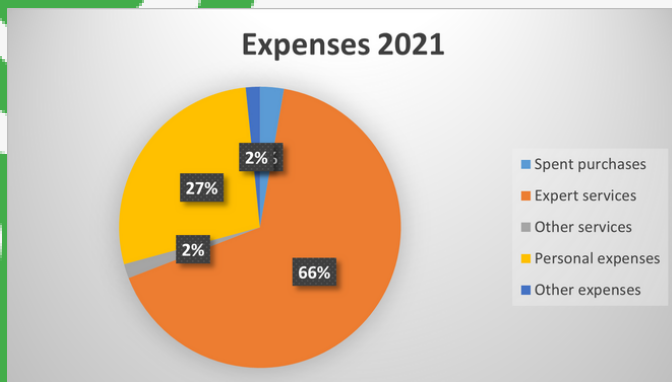


9, finances

In 2021, the Centre managed a positive balance of **1 017 151 CZK** before tax. 61 % of the income came as grants and subsidies, mainly from ESF sources and the state budget. The remaining income was provided by revenues from educational activities, commissions, and by donations received.

Overview of economic activities in 2021

EXPENSES	
Spent purchases	509 608 CZK
Expert services	12 352 809 CZK
Other services	307 117 CZK
Personal expenses	5 137 600 CZK
Other expenses	302 794 CZK
TOTAL	18 609 929 CZK





INCOME

Subsidies and grants 12 067 639 CZK

Support of peer trainers in Jihlava 70 584 CZK

CARe 1 962 688 CZK

Moldova 3 031 389 CZK

Peer specialists in Psychiatric Hospital Bohnice 1 128 135 CZK

Peer family members in psychiatric hospitals 4 589 163 CZK

Recovery College 1 061 732 CZK

IPS Development Plan 223 948 CZK

Received contributions and donations 25 121 CZK

Earnings from services 7 503 339 CZK

Educational institute (VZIN) 2 445 668 CZK

Commissions 5 057 671 CZK

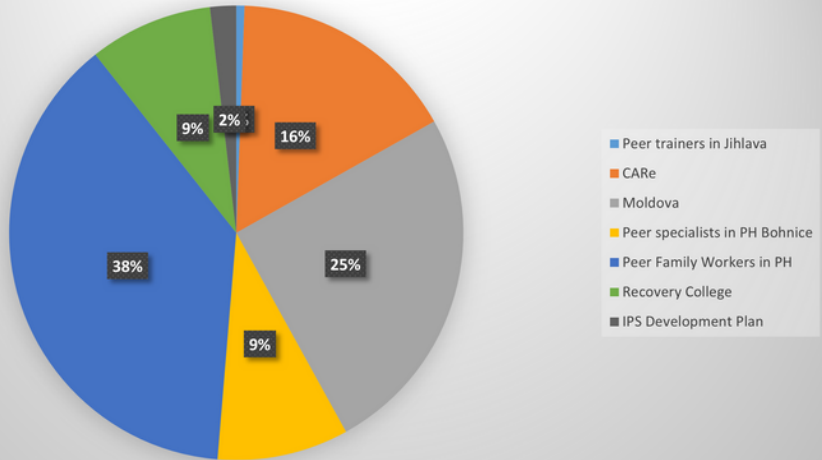
of which: Support of Peer Workers in the Moravian-Silesian Region 4 290 055 CZK

Other income 30 981 CZK

TOTAL 19 627 080 CZK



Subsidies and grants 2020



10, people in the Centre

Board members:

Václava Probstová, Ondřej Pěč,
Jana Žmolíková

Director:

Pavel Řičan

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Lenka Jůnová / Petr Bittner

Office manager:

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External collaborators and lecturers:

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11, acknowledgement

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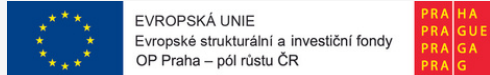
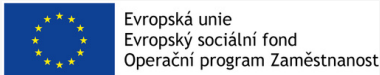


Sprinx
THE DOERS

techsoup



In 2021, The European Social Fund and the state budget of the Czech Republic in the Operational Program Employment and the Operational Program Prague – the Growth Pole of the Czech Republic contributed to the financing of projects of the Centre.



The project **Support of Transformation and Community Services for People with Mental Disorders and Mental Illness in Moldova** was funded by the Czech Development Agency's International Development Cooperation Program

The project **Innovation and Development of Mental Health Courses**, implemented by the Jihlava Polytechnic University and in which we are a partner, is funded by the EEA Grants 2014-2021.



Iceland
Liechtenstein
Norway grants

The project **Scaling up individual placement and support across Europe** was supported by the European Social Catalyst Fund, established and co-funded by the European Union's Horizon 2020 research and innovation programme, Genio, the Robert Bosch Foundation and the King Baudouin Foundation.

The project **Open to your communities – Impacts of developing community-based approach in the field of public services**, in which we are a partner is funded by the European Union under the Erasmus+ programme.



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Account number: 2247602504/0600

MONETA Money Bank, a.s.

Data box: zxr4h3a



CENTRUM PRO ROZVOJ PÉČE O DUŠEVNÍ ZDRAVÍ
CENTRE FOR MENTAL HEALTH CARE DEVELOPMENT

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