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1, centre in 2022

Dear readers.

This time, as I look back on what has happened in the past year, I feel more than ever that everything has "gone by so quickly". Writing the annual report is an opportunity to stop and look at what has been accomplished.

In 2022, some reform projects implemented by the Ministry of Health and the Ministry of Labour and Social Affairs were still underway.

As part of the Ministry of Labour and Social Affairs' project, part of our team was working on developing the **Quality Criteria** and piloting the **Quality Audits** for the mental health centres. We organised a webinar on the CARe approach for the Ministry of Health and held a course on **Recovery and Care Planning**.

It is also slowly becoming apparent that the past period, when the Czech Republic was supported in the reform of mental health care by the European Structural Funds, was a unique "window of opportunity". It is very likely that further changes will be much slower and there may be steps backwards. This makes it all the more important to continue the activities that we are involved in. Our Education for Improving the Human Rights Situation of People with Mental Health Issues project is an excellent example of how to work to transform attitudes and increase the competence of

inpatient mental health professionals to minimise the use of restraint. We continued our pleasant collaboration with **Domov Na cestě** - the flagship of the transformation of residential services in the Czech Republic, by producing an evaluation report reflecting on their latest project so far.

We managed to keep our Recovery College running, we helped train peer tutors to teach at the Jihlava Polytechnical University, and we were honoured to contribute to the launch of a Recovery College in Bratislava. We also took an important step in thinking about a new recovery college concept. This should be more based on a strong motivated team in the future and become as flexible as possible in identifying interest in courses and in adapting to the people it is intended to support and connect.

An example of the new approach is the international project Education and Empowerment for Transition to Community, in which our lecturers prepared an 18-hour educational programme for patients in two wards of the Kosmonosy Psychiatric Hospital.

As part of our cooperation with CARe Network, we participated in two major international meetings in Split.

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- https://www.thecarenetwork.com/post/report-training-newdevelopments-in-the-care-model
- https://www.thecarenetwork.com/post/report-conferenceresilience-and-recovery

In Moldova, we are implementing a major training of supervisors and the involvement of peer workers in local mental health services and preparing to start sheltered housing for clients of institutions. We have also managed to get a grant for peer training in Georgia, which is running very promisingly so far. Supporting peers in these countries is really groundbreaking here and we see the responsibility that this brings.

Not everything went well. Although we were very keen to have our **Stopstigma** internet counselling service taken over by a stable service provider, we did not succeed. A unique counselling service that had been operating since 2004 and in which people with their own experience have been working as counsellors for the last 8 years alongside professionals, had to be closed. During its existence, almost 4,000 enquiries have been answered and the counsellors deserve a big thank you for their many years of honest work.

Our organization also managed a **negative economic balance**. This was due to a number of factors, most notably a sharp increase in energy prices, the need to stabilise the organisation's operational support and the mandatory share of project funding. The loss has been covered from the reserves of previous years and the

economic condition of the Centre is good. We continue to have a financial reserve and can even afford to co-finance some projects from our own resources.

Thanks to the project team, the Centre's consultants, lecturers and many other collaborators. It has been an honour and a pleasure to meet you and to change mental health care for the better.

June 2023

Pavel Říčan

director
of the Centre for Metal Health Care Development



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2, educational institute

In 2022, we implemented 44 training courses, which were successfully completed by a total of 600 participants. Tailored courses, mainly run for mental health service providers, were almost double the number of open courses in 2022 (29 tailored, 15 open). Three Model CARe courses initiated in the previous year continued, and 4 courses were either fully delivered this year or were initiated with overlap into 2023.

The Centre has been selected as one of the training providers within the project of the Ministry of Health of the Czech Republic "Support for the introduction of a multidisciplinary approach to people with mental health issues". In the period from June to September 2022, we had the opportunity to successfully implement in all 14 regions of the Czech Republic a two-day training programme called Recovery and Care Planning, which is based on the

principles of the CARe model and is designed especially for members of multidisciplinary teams in mental health care.

In addition to the CARe Model mentioned above the Basic Course for Peer Specialists continues to be the most popular in the long term, having been held seven times this year. After a longer period of time, this year we also opened the training Specifics in the work of community psychiatric nurses, certified by the Ministry of Health, which was successfully completed by 10 participants, some of whom came from Slovakia. In cooperation with the Dutch lecturer Marlie van de Berg, we managed to organize a Basic Training in the Yucel method, which is so far known only abroad, but some organizations have already expressed interest in its use in our country.

COURSES 2022	NUMBER OF COURSES	NUMBER OF TEACHING DAYS
Open courses	15	70,5
 Tailored courses	29	58
 TOTAL	44	127,5

3, our projects

Name	Outputs	People involved	Partners	From - to
Supporting transformation and community services for people with mental disorders and mental illness in Moldova ("Moldova III")	Increased quality of care in sheltered housing for people with mental disorders and people with mental illness Professionalizati on of the National Agency for Social Assistance (ANAS) Improving the situation of people with mental illness in the transformation process Raising public awareness in the regions	Martina Kratochvílová Jan Pfeiffer Myroslava Bubela Jan Paleček Jana Pluhaříková Pomajzlová Pavel Říčan	Ministry of Health, Labour and Social Protection of the Republic of Moldova Charita Czech Republic Keystone Moldova Trimbos Moldova	1.6.2019 – 31.4.2022
Strengthening capacity for lasting change in Moldova's social care system ("Moldova IV")	12 Moldovan professionals will receive training in developmental supervision accredited by the European Association for Supervision (EASC) and will implement supervision in social services in Moldova	Martina Kratochvílová Jan Pfeiffer Pavel Říčan Petr Vítek Jiří Štefl Martin Halíř Zdeněk Císař	Ministry of Labour and Social Protection, Moldova Ministry of Health, Moldova Charita Czech Republic Trimbos Moldova The International Free University, Moldova	1.5.2022 - 31.12.2024

8 people with experience of mental illness will be trained as peer specialists and gain employment in Mental Health Centres

6 peer workers will complete a lecturing skills course and teach a new course on mental health at the university together with experts

Two sheltered housing units will be created for people with mental illness living in institutions. They will be provided with recovery-oriented care and integration into society.

A quality audit will be carried out in 15 existing sheltered housing facilities for people with mental disabilities and these facilities will be targeted for quality care

Transition plans will be developed for 29 existing sheltered housing units proposing their independence from social care institutions

Mental health Centres, Moldova







	Name	Outputs	People involved	Partners	From - to
	Recovery College		Petra Kubinová		
ško	coverny la zotavení				
	Recovery College (Czech Ministry of Health, Prague City Hall)	Preparation and teaching of courses Offer 9 face-to-face and 5 online courses, including 5 newly created courses 66 successful graduates Congregational meetings	Lenka Březinová Team of lecturers composed of 9 peer lecturers and 6 other professionals		1.1. – 31.12.2022
	Innovation and development of courses focused on mental health ("Support of peer lecturers in Jihlava")	Support in professional training of 6 peer tutors for teaching at the Polytechnic University Jihlava - pilot teaching by our "senior" peer tutors with subsequent reflection, tutoring skills course for peer tutors, support in course development Evaluation	Vlasta Řezníková Pavel Říčan Magda Dosbabová Kateřina Obšilová Marit Borg Bengt Eirik Karlsson		1.10.2021- 31.10.2023
		Internship in Norway - Bergen Recovery Skole Internship in the Netherlands - Nei Skoen, Helmond, Eagle shelter, Dongen			

Open to your communities – Impacts of developing communitybased approach in the field of public services ("Open to your communities")

Preparation and conduct of a 3day meeting of project partners in Prague "Methodology of community participation through open recovery" Topics: recovery, coproduction as a basic principle of service planning, support and use of experts with experience.

Development of service concepts based on co-production in all partner countries. Innovating the concept of Recovery College into a Flexible Recovery College, applying for funding.

International Recovery School Fan Platform online meetings with fans from the Czech Republic. Slovakia, Norway and Hungary. Topic: What is important for recovery college teams preparation and ongoing support.

Škola zotavenia Bratislava, o.z. Nájdi sa (SK)

Sharing experience, support and accompaniment in the development of the concept of the Recovery College in Bratislava Juraj Marendiak

Zdeněk Císař

Martin Halíř

Jana Pluhaříková Pomajzlová Hungarian Association of

Community
Development,
Budapest (HU)

Stowarzyszenie Centrum Wspierania Aktywności Lokalnej CAL, Warsaw (POL) 1.11.2021-1.11.2023







Michala Bošániová and 18 members of the Recovery College team with different expertise

Name	Outputs	People involved	Partners	From - to
Education and empowerment for transition to community ("Back to Community")	Supporting people with mental illness to return to the community from hospital: • § Creating an educational module focused on recovery support • Pilot teaching of the training module at Kosmonosy Psychiatric Hospital, a hospital/resid ential facility in Croatia and Estonia	Barbora Holá Jana Pluhaříková Pomajzlová Václav Jílek Magda Dosbabová Tibor Sedlický	Well-Being and Recovery College, Estonia Association for Psychosocial Support Susret, Croatia	1.4.2022- 30.6.2023
Development of psycho-social rehabilitation according to the CARe model ("CARe")	Translation of CARe Fidelity Scale tools, and the practical methodology of the CARe model 13 auditors of the CARe model trained by a Dutch trainer Realization of two-round CARe model fidelity audits in 7 teams of 4 care providers - Summary report: Experience of CARe model fidelity audits Consulting support for service development according to the CARe model	Markéta Hulmáková Jana Pluhaříková Pomajzlová Jean Pierre Wilken	Fokus Mladá Boleslav Fokus Karlovarský kraj VOR Jihlava Oblastní charita Polička The CARe Network	1.4.2020 - 31.3.2022

	Internships in services in the Netherlands for 30 workers Evaluation of changes in care receivers - Summary report			
Supporting peer work in Georgia - a first step ("Supporting Peers in Georgia")	Curriculum of the course for peer workers adapted to Georgian conditions At least 8 trained peer workers Standard for peer work - anchoring the role of the peer worker 3 miniconferences - introducing the peer worker role to Georgian mental health professionals	Markéta Hulmáková Pavel Říčan Zuzana Foitová Zdeněk Císař Jiří Štefl Magdaléna Štochlová Petr Vítek	UNION "PARTNERSHIP FOR EQUAL RIGHTS" (PER)	1.10.2022 - 30.9.2023
Support for the soul II – activity N°3 – Integrating peer workers in mental health care in the Moravian-Silesian region ("Supporting Peers in Moravian-Silesian Region")	6 supported organizations working in Moravian-Silesian region by methodical support in choosing and employing peer workers 22 employed peer workers in 6 organizations involved in the project	Lenka Březinová Václav Buchta Ivana Strossová	Project implementer: Moravian- Silesian Region Supplier of activity N'3 Centre for Mental Health Care Development	1.4.2020 - 31.3.2022

Name	Outputs	People involved	Partners	From - to	
Education for Improving the Human Rights Situation of People with Mental Health Issues ("Human Rights")	6 participating psychiatric inpatient facilities in the Czech Republic 3 internships for management and direct care workers in Norway Training in human rights and creating an environment that reduces conflict and promotes human rights Training with foreign trainers: Safewards Model (Geoff Brennan) and De-escalation techniques (Sikkerhed Institute) Development of a Methodology for the Evidence of Restraints Selection and training of trainers and preparation of trainers and preparation of training content: Safewards Model and De-escalation Techniques	Lenka Březinová Marek Procházka Tomáš Petr Pavel Říčan	University of South-Eastern Norway Psychiatric Hospital Horní Beřkovice Central Military Hospital Prague Psychiatric Hospital Jihlava University Hospital Plzeň Psychiatric Hospital Bohnice University Hospital Ostrava	1.1.2022 - 30.4.2024	
13		Canal			

4, other activities

With a team of external collaborators, we continued the pilot quality audits in mental health centers within the project Development and Support of Quality. Models for the Social Services System, implemented by the Czech Ministry of Labour and Social Affairs. A total of 15 audits were carried out. Mental health centres that passed the audit received feedback on their work and suggestions for further development. At the same time, the experience and lessons learned were used to adapt the quality criteria available for further use in the evaluation and development of mental health centers.

We continued to organise and support the IPS platform meetings. Representatives of organisations and teams that use the IPS method in their work met a total of four times in 2022. The meetings continued to be dedicated to sharing experience and good practice and supporting each other, while we also focused on specific topics in each meeting, inviting external experts. Thus, we focused on specific support from peer workers, working with people with dual diagnosis or discussing the benefits of IPS and the advantages and disadvantages of the sheltered market. Due to the great success in the previous year, in addition to the regular meetings in Prague, we repeated the outgoing meetings, this time in Fokus České Budějovice. Since 2018. we have been collecting and evaluating data for the IPS statistics, which in 2022 involved 14 teams.

We have closed one chapter of our longterm cooperation with Domov Na cestě, which has been ongoing since 2018. We have followed with interest admiration the transformation of the service of the home with special regime and its subsequent development and deepening in three follow-up projects, which we have participated in the evaluation of. The project completed in 2022 was inspired primarily by the Dutch ART methodology, aimed at supporting the recovery of people with serious mental illness who are long-term clients of residential services. We tried to capture the process of change and its impact in evaluation reports.

In 2022, the CARe Platform Czech Republic continued its existing activities the intention to disseminate recovery-oriented practice, but at the same time began to consider its further development (supporting the role of CARe coaches in teams, implementing coach training or a follow-up CARe course). A large amount of work to develop the model was done during the project, which was completed in 2022 and whose results and outputs can be found on our website: Rozvoj psychosociální rehabilitace podle modelu CARe. In 2022, the 2nd CARe Summer School and the CARe Platform Symposium took place, both events with international participation. In 2022, the Centre for the Development of Mental Health Care continued to work closely with the CARe Network.

5, professional events, participation in conferences

20.1.2022

International online meeting of the Recovery Colleges Fan Platform Meeting with fans from the Czech Republic, Slovakia, Norway and Hungary.

Topic: What is important for recovery college teams - preparation and ongoing support.

1.2. – 28.2.2022

Out of the Suburbs (exhibition)

Travelling exhibition of photographs by journalist and photographer Tomáš Vlach, in which he captured two social welfare institutions in the towns of Badiceni and Cocieri in Moldova, their clients, and the first sheltered housing with its residents.

Café Na půl cesty, Prague 4

14.2.2022

Initial meeting of the project Education for Improving the Human Rights Situation of People with Mental Health Issues Pracovna, Vlkova 36, Prague 3

1.3. - 31.3.2022

Out of the Suburbs (exhibition)

Travelling exhibition of photographs by journalist and photographer Tomáš Vlach, in which he captured two social welfare institutions in the towns of Badiceni and Cocieri in Moldova, their clients, and the first sheltered housing with its residents.

Café AdAstra, Prague 2

21.3.2022

Seminar related to the projection of the documentary film "One Day - Living with Mental Illness" Accompanying event of the One World Festival

Petra Kubinová a Jan Turek

Café Prostoru_, Děčín

31.3.2022	Final meeting of the project Development of psychosocial rehabilitation according to the CARe model	Guests and speakers: Jean Pierre Wilken, Jana Pluhaříková Pomajzlová, Juraj Marendiak, representatives of social services in mental health care
1.4. – 29.4.2022	Out of the Suburbs (exhibition)	Travelling exhibition of photographs by journalist and photographer Tomáš Vlach, in which he captured two social welfare institutions in the towns of Badiceni and Cocieri in Moldova, their clients, and the first sheltered housing with its residents. Skautský institut, Prague 1
12.4.2022	Out of the Suburbs (lecture)	The transformation of institutional care in Moldova and work with people with mental health issues from the perspective of Moldovan and Czech experts. Guests and speakers: Jan Pfeiffer, Myroslava Bubela, Zacharia Glod, Crigorije, Ion Gulica, Grigorie Sestacov, Lucia Veverita Skautský institut, Prague 1
26.5.2022 1216.6.2022 1014.10.2022	Internships for direct care workers and management of psychiatric inpatient facilities involved in the project Education for Improving the Human Rights Situation of People with Mental Health Issues	University of South-Eastern Norway Unit for specialized psychiatry (ASP), Lurud, Norway Nedre Romerike District Psychiatric Center, Lillestrøm, Norway
13.6.2022	Methodology of community participation through open recovery	3-day meeting of project partners in Prague. Topics: recovery, co-production as a basic principle of service planning, support and use of experts with experience. Centre for Mental Health Care Development, Prague 2 Alta Invalidovna Peer klub Bohnice

		10000
9.6.2022	Active participation at the final conference of the project Supporting Peers in MSK: Support for the Soul II	Speaker: Lenka Březinová House of culture Akord, náměstí SNP 1, Ostrava-Zábřeh
1416. 7. 2022	2nd CARe Summer School	Guests: Dirk den Hollander, Luciano Mafficioli del Castelletto Ledce near Pilsen
8.9.2022	CARe Platform Czech Republic Symposium	How to support recovery where it seems impossible? Sepakers: Lieke Zomer, Inge Goverde, Jeannet Achterstraat, Ludmila Horynová, Veronika Kudláčková Černá, Míša Růžičková
1213.9.2022	Safewards Model Training	Within the Education for Improving the Human Rights Situation of People with Mental Health Issues project Trainer: Geoff Brennan
34.11.2022	Conflict De-escalation Training	Within the Education for Improving the Human Rights Situation of People with Mental Health Issues project Institut for Sikkerhed, trainers: Michael Aaldering, Kenneth Juel
21. 11. 2022	Outcomes and experience from pilot quality audits: specialisation and recovery support in mental health centres	Final round table meeting within the project Development and Support of Quality Models for the Social Services System implemented by the Ministry of Labour and Social Affairs of the Czech Republic. Jan Vrbický Pavel Říčan, Jan Stuchlík, Jaroslav Hodboď, Anežka Buček, Tomáš Petr a Jana Pluhaříková Pomajzlová
6.12.2022	Initial meeting of the project Supporting peer work in Georgia - a first step	Speakers: Zuzana Foitová, Zdeněk Císař, Pavel Říčan, Petr Vítek, Olga Kalina (Geo)

6, publications and articles

den Hollander, D., Wilken, J.-P.: <u>Práce v propojení. Podpůrný vztahový přístup.</u>

<u>Praktická příručka modelu CARe</u> (Working in connection. Practice book

Supportive Relational Handling). Translated from Dutch, Werken in verbinding.

Praktijkboek Steunend Relationeel Handelen, 2020 Amsterdam. Centre for

Mental Health Care Development. Prague 2022. ISBN 978-80-908458-5-5.

Říčan, P., Procházka, M. (2022). <u>Experiences with QualityRights audits and</u> efforts to reduce restraints. WAPR Bulletin, 48, 26-30.

Říčan, P., Procházka, M., Petr, T. (2022). Methodology for Recording Restraints.

Available from: https://www.bezpecivpsychiatrii.cz/wp-content/uploads/2022/08/Metodika-evidence-omezovacich-prostredku_062022_FINAL.pdf [05.06.2023]

PROJECT OUTCOMES - Development and Support of Quality Models for the Social Services System (Czech Ministry of Labour and Social Affairs). Available from: https://rpq.mpsv.cz/vystupy-a-dokumenty/ [5.6.2023]

Website: www.bezpecivpsychiatrii.cz





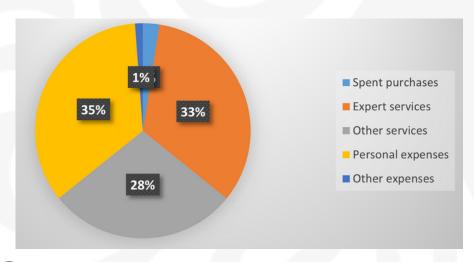
7, finances

In 2022, the Centre managed a negative balance of - **326 524 CZK**. 70 % of the income came as grants and subsidies from various Czech and foreign sources. The remaining income was provided by revenues from educational activities, commissions, and by donations received.

Overview of economic activities in 2022

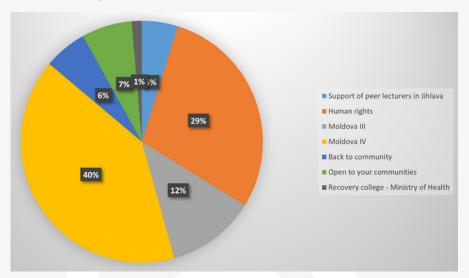
EXPENSES	
Spent purchases	365 175 CZK
Expert services	4 949 123 CZK
Other services	4 211 017 CZK
Personal expenses	5 132 313 CZK
Other expenses	174 602 CZK
TOTAL	14 832 230 CZK

Expenses 2022



REVENUES	
Subsidies and grants	10 176 696 CZK
Support of peer lecturers in Jihlava	403 826 CZK
Human rights	2 439 138 CZK
Moldova III	998 443 CZK
Moldova IV	3 405 442 CZK
Return to community	485 534 CZK
Open to our communities	567 364 CZK
Recovery college (Ministry of Health)	113 834 CZK
Recovery college (Prague City Hall)	80 443 CZK
CARe	1 682 672 CZK
Contributions and donations received	8 800 CZK
Revenue from own services	4 242 230 CZK
Educational Institute (VZIN)	3 201 903 CZK
Contracts	1 040 328 CZK
Other revenues	77 981 CZK
TOTAL	14 505 707 CZK

Subsidies and grants 2022



8, people in the centre

Board members:

Václava Probstová, Ondřej Pěč, Jana Žmolíková

Director:

Pavel Říčan

Financial manager:

Petr Bittner / Kristýna Kolder

Benešova

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Marek Fiala, Martin Fojtíček, Tereza Formánková, Drahomíra Franzová,
Jaroslav Hodboď, Kateřina Hronovská, Barbora Hrdličková, Václav Jílek,
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Juraj Marendiak, Jana Nováčková, Kateřina Obšilová, Martin Okáč,
Jan Paleček, Miroslav Pastucha, Ondřej Pěč, Tomáš Petr, Jan Pfeiffer,
Věra Pinkasová, Jana Pluhaříková Pomajzlová, Karolína Polívková,
Jana Poljaková, Petr Příhoda, Tomáš Rezek, Miroslav Roš, Vlasta Řezníková,
Michaela Růžičková, Pavlína Růžičková, Tibor Sedlický, Pavlína Schwarzerova
Ondřej Skála, Ivana Strossová, Vlasta Szutáková, Kateřina Szabová,
Michal Šalplachta, Petr Šípek, Lenka Škvorová, Petra Špryňarová,
Magdaléna Štochlová, Partř Šturma, Eva Teclová, Tomáš Vaněk, Jakub Vávra,
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CENTRUM PRO ROZVOJ PÉČE O DUŠEVNÍ ZDRAVÍ CENTRE FOR MENTAL HEALTH CARE DEVELOPMENT

annual report 2022

