



# ANNUAL REPORT 2017

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



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# 1

## CENTRE IN 2017

Dear readers,

I reflect year of 2017 as ground-breaking in reformation intentions of the Ministry of Health. By launching major projects of Ministries, things started to get going.

Transformational thoughts and plans in the mental health care discontinue being an alternative shared among minor group of professionals. This shift was also brought by one paradox – fulfilling of thoughts of deinstitutionalization and destigmatization, which were helped to form, spread and establish by CMHCD, are realized through Ministry of Health and institutions NÚDZ and ÚZIS founded by it. We witness deinstitutionalization projects realized through big institutions.

The role of CMHCD in this new situation is of course in cooperation with all of those who take part in changing mental health care and implementing innovative and effective solutions oriented on Recovery. We help to form the key competences and attitudes of professionals by education and professional consulting, to a broad extent by the CARE Platform Czech Republic (CzR), which develops the Dutch model of psychosocial rehabilitation based on detection and support of client's strengths. We also took part in implementing the IPS Platform, which supports spreading of the only proved effective method of supported employment.

In 2017 we have implemented five major local projects and one international project in Moldova. It was the second year of our ambitious project called **Peer consultants**, which aims to decrease stigmatization mainly through a direct support provided to 20 peer consultants. In the



**FACT project** we cooperated with 26 community teams in CzR in order to map how they are successful in reaching the Dutch FACT model. A completely new type of activity we embarked on is establishment of the Community centre for Recovery – **Recovery college**. In this conception, coming from Great Britain, professionals and people with experience with mental illness work as lecturers of newly created courses for those, who are dealing with mental illness and their close ones. Our project **We can communicate**, focused on education of employees of state administration in six regions, continued. Our fifth local project called **Families** is in the Czech environment a pilot act in implementing the role of a “peer parent”, which, similarly as a peer consultant, uses his own personal experience in a vocational role. The project we are implementing in cooperation with People in need CR in **Moldova** is specific in several aspects. In this project we try to use our experience with changes in the care of disabled people and at the same time we see how every change is difficult and especially in a post-soviet republic environment.

Apart from our project work we were occupied with many other activities as well. We were pleased with interest of Polytechnical College in Jihlava, where we helped with implementing tuition of peer lecturers. We also took part in preparation of two successful transformational projects of Home in the Rychmburk castle, where we will participate in realization of transformation via consulting, education and implementing CARE method into practice.

My thanks to all colleagues from CMHCD, consultants, lecturers, close and distant collaborators for their work and energy.

Pavel Říčan



## 2

## EDUCATIONAL INSTITUTE

In 2017 we realized 34 educational courses, that were successfully completed by 376 participants. The biggest share of the volume of realized education had turnkey courses arranged for organizations among which were mainly providers of services in the field of mental health care. In 2017 several courses of **CARe model** took place: we participated in educational project in Psychiatric hospital Bohnice, where the **CARe model** was introduced to almost 200 employees, an open course of **CARe model** took place in Prague and another two turnkey courses started in Psychiatric hospitals in Horní Beřkovice and Jihlava.

In the Peer consultants project there were two runs of **Basic course for peer consultants** arranged, in project We can communicate four runs for employees of state administration in Moravian-Silesian region and Hradec Králové, Karlovy Vary and Vysočina regions.

The most positive acceptance was of the courses somehow related to current developments in the field of mental health care – for example course **CARe model** or courses related to peer issues and destigmatization.

Courses	Number of courses	Number of educational days
Within projects	6	18
Open courses	11	34
Turnkey courses	17	31,5
<b>Total</b>	<b>34</b>	<b>83,5</b>



# 3

## ON-LINE COUNSELLING STOPSTIGMA.CZ

Even in 2017 we maintained constant and unlimited operation of multi-disciplinary on-line counselling at [www.stopstigma.cz](http://www.stopstigma.cz).

We have evaluated the operation of multidisciplinary counselling in the time period 8/2015–12/2017 from the point of view both of the content of questions and benefit for the inquirer. During this period, we have answered 806 questions, in 58% peer counsellors were answering as well. In most of the cases (71%) inquirers asked about their troubles, in 24% they were looking for a piece of advice for their close ones. 58% inquirers or their close ones are not under the professional care or it was not possible to distinguish from the question. In 54%, the questions were related to a topic “what to do”, in other cases they were focused on issues related to pharmacotherapy and diagnoses. 12% of the questions contained suicidal tendencies. From the perspective of inquirers, the counsellors’ answers were evaluated best in parameters of intelligibility and respect.

From the feedback, we also found out that with questions addressed to a psychiatrist and questions related to medication and mentioning suicidal tendencies, the parallel answer of a peer counsellor raises evaluation in parameters of hope. This is also true in category of questions in which the inquirer is consulting his own problems. In questions related to diagnoses and symptoms, the personal experience of a peer counsellor is a contribution. On the contrary, with questions in which an inquirer asks for a piece of advice how to solve a difficult life situation, it seems professionalism to be more valuable than personal experience. The combination of answers from a professional and a peer counsellor seems to be effective.

# 4

## IPS PLATFORM IN THE CZECH REPUBLIC

Despite the fact that in the Czech Republic IPS (Individual Placement and Support) approach is recognized as an effective method of employment in the open labour market, education in this field and methodical materials in the Czech language were completely missing as well as a net of organizations aspiring on providing this type of service in high quality. And then CMHCD initiated several steps to change this situation.

On the 4th – 5th October 2017, the Training of trainers in IPS method took place in Prague. This training was led by Sarah Swanson from Rockville Institute in the USA and it was completed by 11 participants. The introductory training was followed up with establishing the IPS Platform in the Czech Republic, which meets regularly and the interest in taking part in meetings keeps growing. The aim of the platform is to support development and quality of IPS method in the Czech Republic. In addition to regular meetings, the plan for 2018 includes the translation of materials coming from the USA, sharing statistic data among organizations and other activities, which can be financed from the Fokus Praha resources. In cooperation with Fokus Mladá Boleslav, where they have vast practical experience in implementing the IPS method, we have created an IPS course accredited by Ministry of labour and social affairs.

# 5

## CARE PLATFORM IN THE CZECH REPUBLIC

In 2017, the activities of the CARE Platform Czech Republic were focused mainly on supporting organizations implementing CARE model into their practice, spreading the methodology in extramural and intramural care and on supporting the CARE model trainers in tutoring and implementation of the methodology. A targeted support in implementation has been provided to the following: Fokus Vysočina, Psychiatric hospitals in Horní Beřkovice and Bohnice, as well as to the Home in the Rychmburk castle.

Two meetings of the CARE Platform Czech Republic were held. We succeeded in an active involvement of CARE model trainers in Platform activities and tutoring the basic course. We have maintained a close cooperation with the international CARE Network in strategic development of this organization and also in recent international Training of trainers of CARE model Tepla 4.

Currently we cooperate with more than 50 lecturers from different places in the Czech Republic. This has proved successful in using different professional experience of trainers in order to tutor and support organizations in implementing the methodology. This way we can react on specific needs of the organizations. In 2017 we have also focused on processing methodology materials for evaluation of implementing the model into practice. The Control sheet of CARE implementation was translated, the tool Quick Scan CARE Model and translation of the tool INSPIRE have started to be standardized.



# 6

## OVERVIEW OF PROJECTS

Name	Outputs	Professional guarantee	Partners	Realization period
Support of transformational process in the field of mental health care for mentally ill and mentally handicapped in Moldova ("Moldova")	<p>Analyses of practicability</p> <p>4 transformational plans of institutions for adult clients</p> <p>8 trained mentors for transformation</p> <p>30 trained participants of transformation</p> <p>16 participants of transformation on an educational stay in the Czech Republic</p> <p>Draft of the Strategy of the care and protection of the mentally ill reform</p> <p>Conference – Transformation of the institutional care</p>	Jan Pfeiffer	<p>Ministry of health, labour and social protection of the Moldova Republic</p> <p>Člověk v tísni, o. p. s. / People in Need Moldova</p> <p>Centrum podpory transformace, o.p.s. /Center for support of transformation, o.p.s.</p> <p>Keystone Human Services International Moldova Association</p>	1. 9. 2015 – 31. 12. 2017

Name	Outputs	Professional guarantee	Partners	Realization period
<p>Development and quality improvement of social work with people with mental illness in state administration (<b>"We can communicate"</b>)</p>	<p>Implementation in 6 regions of the Czech Republic</p> <p>Course We can communicate: social work with people with mental illness focused on client´s recovery for 96 social workers in state administration</p> <p>6 methodologies "How to work with sources in a community in the field of care for clients with mental illness"</p> <p>120 hours of supervision</p> <p>72 participants on internship in community services</p>	<p>Petr Hejzlar</p> <p>Michaela Růžičková</p>	<p>Moravian-Silesian region</p> <p>Statutory town Ostrava</p> <p>Hradec Králové region</p> <p>Pardubice region</p> <p>Vysočina region</p> <p>Karlovy Vary region</p>	<p>1. 8. 2016 – 31. 7. 2018</p>

Name	Outputs	Professional guarantee	Partners	Realization period
<p>By involvement of peer consultants against stigmatization (<b>"Peer consultants"</b>)</p>	<p>20 new peer consultants in teams of social services in the field of mental health care around the Czech Republic including training and continuous support of implementation and maintenance of the position</p> <p>Evaluation of impact and attitudes of team workers and peer consultants</p> <p>Manual How to face stigmatization and discrimination – practical examples including solutions</p>	<p>Pavel Řičan</p> <p>Zuzana Foitová</p> <p>Jan Stuchlík</p> <p>Michal Balabán</p> <p>Zdeněk Heřt</p> <p>Vladimíra Křížová</p> <p>Daniel Šebek</p> <p>Petr Šípek</p> <p>Jiří Štefl</p> <p>Magdaléna Štochlová</p>	<p>Národní ústav duševního zdraví/ National Institute of Mental Health</p> <p>Fokus Mladá Boleslav, Fokus Vysočina, Fokus Písek, Fokus Tábor, Fokus České Budějovice, Fokus Liberec, Mana Olomouc, Péče o duševní zdraví, Práh jižní Morava, Ledovec and Psychosociální centrum Přerov</p> <p>GGZ Noord-Holland-Noord</p>	<p>1. 7. 2016 – 30. 6. 2018</p>
<p>Support of FACT model in the Czech Republic (<b>"FACT"</b>)</p>	<p>Instrument FACT fidelity scale – translated into Czech and modified to conditions in the Czech Republic</p> <p>Manual of FACT methodology – translated into Czech and modified to conditions in the Czech Republic</p> <p>Summary report from the evaluation of all teams involved in the project (26 FACT audits, 2x during the length of the project)</p>	<p>Jan Stuchlík</p>	<p>FIT Academy (GGZ Noord-Holland-Noord)</p> <p>Certification Centre for ACT and Flexible ACT</p>	<p>1. 9. 2016 – 31. 8. 2018</p>

Name	Outputs	Professional guarantee	Partners	Realization period
<p>Community centre for Recovery (“<b>Recovery College</b>”)</p>	<p>9 courses for people with mental illness and their close ones thought in Recovery College</p> <p>Lectures and discussions in branches of Municipal library in Prague on topic of recovery from mental illness</p> <p>Social – cultural activities – literary and theatre workshops</p> <p>Internships in Recovery and Wellbeing College in Great Britain intended for people with mental illness</p>	<p>Pavel Řičan</p> <p>Jana Pluhaříková Pomajzlová</p> <p>Michael Kostka</p> <p>Michal Kašpar</p> <p>Tomáš Vaněk</p>	<p>Recovery and Wellbeing College in Central and North West London NHS Foundation Trust (UK)</p>	<p>1. 2. 2017 – 31. 12. 2018</p>

Name	Outputs	Professional guarantee	Partners	Realization period
<p>Support of informal carers of mentally ill – step out of a vicious circle (“Families”)</p>	<p>Course „A mentally ill person in the family“ - in 8 towns</p> <p>Internship program for family members</p> <ul style="list-style-type: none"> <li>– one-day stay in services of region provider of mental health care</li> <li>-two-day stay in chosen representative services in CzR</li> </ul> <p>Information materials for family members – written life stories</p> <p>Implementing of peer carer post – a training work post and support of 12 peer carers</p> <p>Evaluation of the effect of education of family members and peer carers involvement into services</p> <p>Internet counselling for family members and evaluation of its impact</p>	<p>Zuzana Foitová</p> <p>Jan Stuchlík</p>	<p>Národní ústav duševního zdraví/ National Institute of Mental Health</p> <p>Sympatheia, o. p. s.</p>	<p>1. 9. 2017 – 31. 8. 2020</p>

Name	Outputs	Professional guarantee	Partners	Realization period
Stopstigma.cz – stop stigmatization of people with mental illness and their close ones (“ <b>Foundation ČEZ - Stopstigma.cz</b> ”)	Providing constant operation of the on-line counselling	Zuzana Foitová  Petr Přihoda  Michael Kostka		20. 3. 2017 – 20. 3. 2018
Multidisciplinary on-line counselling Stopstigma.cz – (“ <b>MZ -Stopstigma.cz</b> ”)	Providing constant operation of the on-line counselling  Evaluation of operation of counselling	Petr Přihoda  Michael Kostka  Zuzana Foitová		1. 7. 2017 – 31. 12. 2017

# 7

## PROFESSIONAL EVENTS, PARTICIPATION IN CONFERENCES

9th – 10th March 2017	International Conference on Mental Health Care in the Community „Client in the Centre“, Zagreb	Contribution: Pavel Říčan – “Reformation of psychiatric care in the CzR”
11th May 2017	16th National conference Days of Irena Strossová “Complex therapy of psychoses in practice, Opava	Contribution: Jana Pluhaříková Pomajzlová, Miroslav Pastucha – “Experience with implementation of CARE model into practice”
12th – 15th July 2017	1st internship in Recovery and Wellbeing College in London	
13th – 15th September 2017	Fourth European Conference on Integrated Care and Assertive Outreach, Hamburg	Contribution: Pavel Říčan – “Peer consultants in the CzR”
2nd – 6th October 2017	2nd internship in Recovery and Wellbeing College in London	
4th– 5th October 2017	Training of trainers in IPS method, lecturer Sarah Swanson, Rockville Institute, USA	

8th October 2017	Seminar with Craig Lewis, American peer specialist	
26th October 2017	Mini-conference of the FACT project – Specialization in a team	
31st October 2017	Closing conference of the project Moldova – “Deinstitutionalization process in the Republic of Moldova, achievements and perspectives”, Chisinau	Contributions:  Pavel Řičan – “Evaluation of DI process in Moldova”;  Jan Pfeiffer – “Experience with transformational process in the CzR and European countries”;  Zdeněk Heřt – “Experience with involvement of people with mental illness in the field of social services and advocacy in the CzR”
6th December 2017	Mini-conference of the FACT project – FACT board	

# 8

## PUBLICATIONS

- Kuhnová, E.; Pěč, O.; Dragomirecká, E. et al.: FBF: Frankfurt scale of difficulties (Mental health care – Methods of evaluation). Prague: Centre for Mental Health Care Development, 2017. ISBN 978-80-270-2616-6
- Páv, M.; Pluhaříková Pomajzlová, J.; Šťastná J.: Options of psychosocial rehabilitation in psychiatric hospital. *Psychiatry for practice* 2017; 18(2): 69-74. Available from: <https://www.psychiatriepropraxi.cz/pdfs/psy/2017/02/05.pdf>
- Říčan, P.: Ignorance, prejudice and discrimination. *Mediaplanet* 2017. Available from: <http://www.tabuonemocneni.cz/zdravotni-tabu-a-stigmata/stigma-spojene-s-dusevni-nemoci-je-zavazny-spolecensky-problem>
- Říčan, P.: Patients are mainly humans. *Cultural biweekly A2* 8/2017, str. 30.
- Říčan, P.: Psychiatrist directly to home prevents trouble. *Mladá Fronta Dnes*, 2. 2. 2017, page 17.
- Veldhuizen, J. R. van; Bähler, M.: *Manuál Flexible ACT* [Manual Flexible ACT] [online]. 1st edition. Translated from the English original into Czech by Martina Vavřínková. Prague: Centre for Mental Health Care Development, z. s., 2017. Available from: [www.cmhcd.cz](http://www.cmhcd.cz) a [www.factfacts.nl](http://www.factfacts.nl).

# 9

## FINANCES

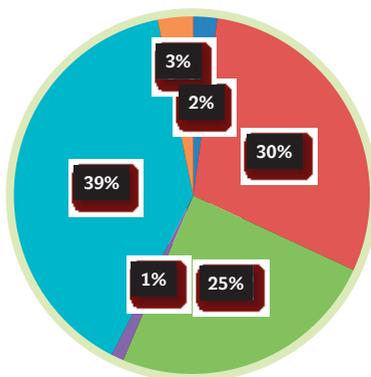
The Centre has made a profit of **349 219 CZK** in 2017. More than 3/4 of the income were from grants and subsidies, particularly from the state budget and EU resources. The remainder was provided by earnings from educational activities and also accepted donations.

Overview of economic activities in 2017:

Expenditure	
Spent purchases	272 649 CZK
Expert services	3 745 871 CZK
Other services	3 093 737 CZK
Depreciations of assets	142 643 CZK
Personal expenditure	4 944 162 CZK
Other expenditure	403 764 CZK
<b>TOTAL</b>	<b>12 602 827 CZK</b>

### Expenses 2017

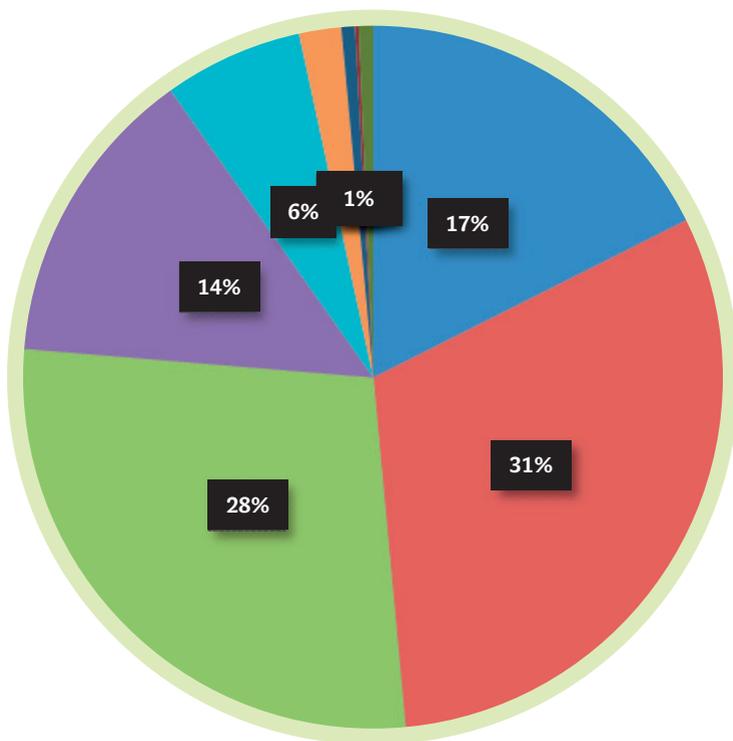
- Spent purchases
- Expert services
- Other services
- Depreciations of assets
- Personal expenditure
- Other expenditure



<b>Income</b>	
<b>Subsidies and grants</b>	<b>11 029 435 CZK</b>
of which:	
Moldova	1 941 174 CZK
Peer consultants	3 411 072 CZK
FACT	3 063 385 CZK
Recovery college	1 531 927 CZK
“We can communicate” program	707 262 CZK
Families	213 216 CZK
MZ (Stopstigma.cz)	69 004 CZK
Norway grants (Stopstigma.cz)	19 119 CZK
ČEZ Foundation (Stopstigma.cz)	73 276 CZK
<b>Received contributions and donations</b>	<b>52 214 CZK</b>
<b>Earnings and other income</b>	<b>1 870 397 CZK</b>
of which:	
Educational Institute (VZIN)	1 034 135 CZK
Other commissions	469 776 CZK
<b>TOTAL</b>	<b>12 952 046 CZK</b>

## Grants and subsidies 2017

- Moldova
- Peer consultants
- FACT
- Recovery college
- "We can communicate" program
- Families
- MZ (Stopstigma.cz)
- Norway grants (Stopstigma.cz)
- ČEZ Foundation (Stopstigma.cz)



# 10

## PEOPLE IN THE CENTRE

**Board members:** Václava Probstová, Ondřej Pěč, Jana Žmolíková

**Director:** Pavel Říčan

**Financial manager:** Petr Bittner / Michaela Vodenková Poláková

**Office manager:** Pavla Šelepová

**Educational Institute manager:** Barbora Holá

**Project managers:** Petra Binderová, Barbora Holá, Markéta Hulmáková, Petra Kubinová, Pavla Šelepová, Martina Vavřínková

**Expert consultants:** Zuzana Foitová, Petr Hejzlar, Veronika Kapková, Michael Kostka, Jana Pluhaříková Pomajzlová, Michaela Růžičková, Jan Stuchlík

**External collaborators and lecturers:** Michal Balabán, Miloslava Bednářová, Dana Čechová, Marek Fiala, Lenka Flášarová, Zuzana Foitová, Martin Fojtíček, Tereza Formánková, Petr Hejzlar, Zdeněk Heřt, Jaroslav Hodboď, Barbora Hrdličková, Veronika Kapková, Michal Kašpar, Lucie Kondrátová, Michael Kostka, Vladimíra Křížová, Zdeňka Kuviková, Jan Lorenc, Vendula Machů, Michal Noga, Jana Nováčková, Miroslav Pastucha, Ondřej Pěč, Jana Pěčová, Jan Pfeiffer, Věra Pinkasová, Jana Pluhaříková Pomajzlová, Jana Poljaková, Petr Příhoda, Tomáš Rezek, Eliška Rohlíková, Michaela Růžičková, Pavlína Růžičková, Pavel Říčan, Ondřej Skála, Jan Stuchlík, Kateřina Szabová, Daniel Šebek, Petr Šípek, Lenka Škvorová, Jiří Štefl, Magdaléna Štochlová, Petr Šturma, Jiří Šupa, Tomáš Vaněk, Jakub Vávra, Martina Venglářová, Barbora Vráželová, Barbora Wenigová, Petr Winkler, Agáta Zajíčková and others.

# 11

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Evropská unie  
Evropský sociální fond  
Operační program Zaměstnanost

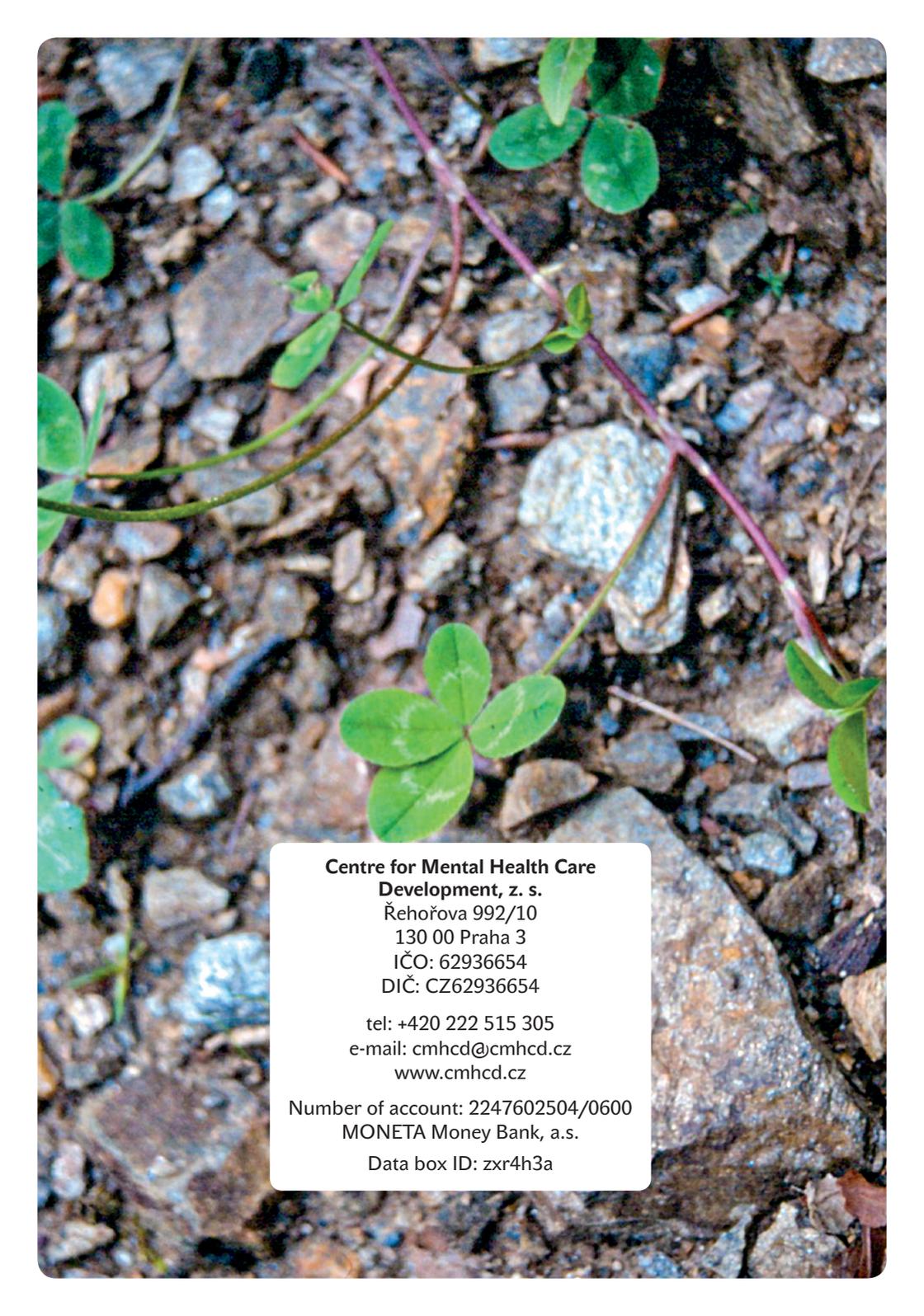


EVROPSKÁ UNIE  
Evropské strukturální a investiční fondy  
OP Praha – pól růstu ČR



Other projects of the Centre in 2017 were endorsed from the Programme for supporting NGO activities in the field of health care of Ministry of Health of the Czech Republic and the Programme of foreign development collaboration of the Czech Development Agency:





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Data box ID: zxr4h3a