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



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Centre in 2019

Dear readers,

At the time we put this text together, we are in the middle of a coronavirus crisis that has dramatically affected our activities. We work partly from home, we transfer a large part of our activities to the online environment, we negotiate with donors about changes in projects and we look for ways to continue them meaningfully. Therefore, from this point of view, last year looks orderly and almost idyllic. The reform of mental health care progressed relatively quickly, the project support of the first five Mental Health Centers (MHC) came up without any major problems and a follow-up funding has been agreed. Psychiatric hospitals have made progress with their transformation plans, at the end of the year the Government Council for Mental Health has been established and the National Action Plan for Mental Health 2020–2030 has been approved.

As for us, we did not stand idle either.

We are thinking of the necessary **changes in psychiatric hospitals**. That is why we had initiated a research into the use of restraints, commissioned and published by the Ministry of Health, in which we took an active part.

We participate in the systematic anchoring of the role of peer consultants at Bohnice Mental hospital. With the support of the EEA and Norway Grants, we organized a very inspiring seminar with Marit Borg and her colleagues, focused on the possibilities of peer support in acute psychiatric care. In three other mental hospitals – Horní Beřkovice, Opava and Jihlava – we are working together to create a job position of a "peer family member", which is a part of the hospital team with his own experience in caring for a loved one with mental health problems.

We have already piloted the role of peer family members in **community services** and are going to evaluate it. In this context, we have published two excellent

books by the German author Janine Berg-Peer. We were asked by the Ministry of Labor and Social Affairs to develop and test a methodology for quality assessment in emerging MHCs. This will allow us to capitalize on our experience with audits according to the procedures of the Dutch FACT model. Together with the Prague Fokus, we supported the development of IPS (Individual Placement and Support) services. We also participated in an IPS audit led by Sarah Swanson, a leading method trainer and method consultant from the USA. We also contribute to the quality of community services through education. We are very pleased with the interest in the courses of our **Educational Institute**.

Our cooperation continued with Domov Na cestě (Home on the Road, formerly Domov Rychmburk), which is a real pioneer in the transformation of residential services for people with mental health problems.

We received a follow-up grant to **support the transformation in Moldova**. Although promising steps have been taken to build new services, only people with learning difficulties have been admitted to sheltered housing, while the mentally ill remain in institutions. Thanks to the support of the Czech Development Agency, we have a chance to change that.

Our **Recovery Community Center – Recovery College** profiles itself as an independent and viable innovative project. In addition to organizing courses, literary and theatre workshops, we continued to establish contacts in the Czech Republic (Práh, Ledovec) and abroad (Eagle Shelter).

You can also read below about the activities of the **CARe Platform** or about the functioning of the **Stopstigma.cz online counselling service**.

Many thanks and appreciation to all those who help to create and maintain all this. It is a joint work.

Pavel Říčan

Educational Institute

In 2019, we organized 35 training courses, attended by a total of 442 participants. (Two courses started in 2019 run until 2020, so the number of graduates is not yet final.) Number of tailored courses, mainly organized for mental health service providers, was twice as high as the number of open courses (24 tailored courses, 11 open courses). 2 courses of *Model CARe* launched already during the previous year continued in 2019.

COURSES 2019	NUMBER OF COURSES	NUMBER OF TEACHING DAYS
Open courses	11	33
Tailored courses	24	64,5
Total	35	97,5

The greatest interest has traditionally been in the Peer Consultant Basic Course, which we opened four times in total, including one tailored course in the Moravian-Silesian Region. There is still great demand for the *Model CARe* course, which many organizations order as tailored directly to their teams. Most of these courses also took place in the Moravian-Silesian Region. The tailored course model has proved to be more effective in this case than open courses. The reason is that organizations are interested in implementing this concept comprehensively and training entire teams, not just a few selected employees. Two courses continued from the previous year (one open course in Prague and one course for Home at Rychmburk Castle), another five courses in 2019 took place completely (2 parallel runs in Opava Mental hospital, one course in Opava, ordered by Charita Frýdek-Místek together with several other smaller organizations from the region, one for Slezská diakonie in Český Těšín and one for Fokus Vysočina). Another two runs have started in the autumn and will continue this year (Fokus Mladá Boleslav and Bona). Overall, the number of CARe Model courses increased compared to the previous year, the course was innovated and new accreditation has been



Ending of one of the Model CARe courses at Rychmburk Castle

obtained, the teaching team has been significantly expanded and the regional representation of CARe coaches in the Czech Republic has been strengthened. We also offered a *GAF* course three times in total, twice as open. One of the most attended courses was the *Minimum in Psychiatry* (a total of 4 runs, of which 3 were tailored). After a long time, we managed to implement an interactive *Case management in stories* course twice, which was also a great success for the participants.

In 2019, a series of three new courses designed for graduates of the *Peer Consultant Basic Course* have been accredited. The courses with the collective title *Peer Consultant's Role* with the sub-topics *Strength-oriented communication and group work in practice, Supporting recovery in practice* and *Working with a personal story in practice* offer deepening of skills acquired both in the *Basic Course* and especially in practice and are designed for those who have been working in the peer consultant position for some time.

Stopstigma.cz - Counselling service

In 2019 we maintained the continuous and unlimited operation of the internet multidisciplinary counselling service at www.stopstigma.cz. The answers of experts in the counselling center, psychiatrist and psychologist, are provided with the help of the VIZDOM project of the National Institute of Mental Health.

We evaluated the operation of the multidisciplinary counselling service for the period 8/2015–12/2019 in terms of the content of the questions. During the whole period we answered 1955 questions (the service thus recorded a year-onyear increase of 50 %), in 65 % also peer consultants answered. In most cases (76 %) questioners asked about their own difficulties, in 19 % they sought advice for their loved ones. 60 % of the questioners or their relatives are not in professional care or it was not possible to determine from the question. In 56 % the questions were about "what to do", while the rest were focused on pharmacotherapy and diagnosis/treatment. In 8 % the questions were also about suicide or suicide attempt.

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CARe Platform Czech Republic

In 2019, the CARe Platform Czech Republic focused primarily on continuing its existing activities with a view to disseminating recovery-oriented practice. The CARe Platform has been joined by other experts from organizations working to put the CARe Model into practice. The CARe platform thus offers not only the interconnection of Model trainers, but also organizations and people who are interested in the CARe Model or work with it in practice. The CARe model is increasingly known and widespread in practice. It proves to be a tool for bridging intramural and extramural care and helps to find a common language between health and social workers. In 2019, targeted support in the implementation of the Model concerned the following organizations: Fokus Vysočina, z. ú., Horní Beřkovice and Bohnice Mental hospitals, Domov na hradě Rychmburk (since January 2020 Domov Na cestě). Closer cooperation with Bona o.p.s., Opava and Jihlava Mental hospitals, Slezská diakonie, Ledovec, z.s., Fokus Mladá Boleslav, z.s., Oblastní charita Polička, VOR Jihlava, z.ú.

One of the core activities of the CARe Platform Czech Republic is still the focus on education. Several courses of *Model CARe* (see Educational Institute activities) took place in 2019; the teaching of the CARe Model also extends to undergraduate and postgraduate education. Education in psychosocial rehabilitation is successfully carried out within the optional subject at the Polytechnic University in Jihlava and within the bachelor's and master's education of occupational therapists at the 1st Medical Faculty of Charles University. Teaching also takes place within the bachelor's study of occupational therapy at the Faculty of Health Studies of the University of West Bohemia in Pilsen. CARe trainers also advocated the inclusion of the basics of the CARe Model in the postgraduate education of psychiatric nurses.



Meeting of the CARe Platform Czech Republic on 25th February 2019

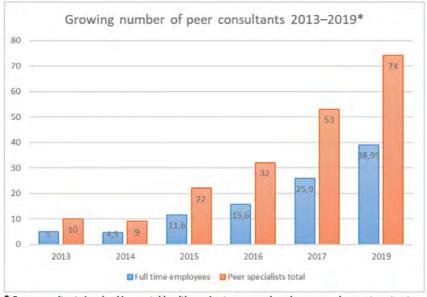
Two meetings of the CARe CR Platform took place during 2019. In February, the meeting focused mainly on experience with implementation of the CARe Model in psychiatric hospitals. The second meeting took place in December 2019 and our guests were Dirk den Hollander, Kees van Rest, Luciano Mafficioli del Castelleto and Mariane Heesakkers from the "Recovery Learning Community Nei Skoen" in Helmond. In September we were visited by Conny Ariens, Model CARe trainer and founder of the Eagle Shelter in Dongen, the Netherlands. We managed to arrange her visit in pavilion 30 of Bohnice Mental hospital, to organize a seminar for Horní Beřkovice Mental hospital, to share experience with our Recovery College and to organize a visit at Domov na hradě Rychmburk.

The Centre for Mental Health Care Development continued to work closely with The CARe Network in 2019. In May, representatives of the Centre participated in the international conference of The CARe Network in Nei Skoen, where the experience with the implementation of the CARe Model in Horní Beřkovice Mental hospital was presented.

Peer support

We have been supporting peer consultants and their integration into mental health care teams in both the social and health fields since 2012. We also continuously try to map the number of peer consultants in the Czech Republic, including those who are employed on an employment contract as members of teams. The below attached graph from the mapping in 2019 shows clearly that the number of peer consultants is growing year on year. Their geographical distribution is evident from the map. More information and an overview of resources can be found on our website.





* Peer consultants involved in mental health service teams employed on an employment contract

Since 2013, we have also participated in involving people with experience of mental health problems in the education of future professionals in mental health care. Four six-hour training modules were created on the following topics: Recovery; Destigmatization; Peer programs and Self-management, which became the basis for the courses of our Recovery College. The participation of peer lecturers in teaching in selected fields at universities has become the norm (Department of Social Work at the Faculty of Arts of Charles University, education of occupational therapists at the 1st Medical Faculty of Charles University, Polytechnic University in Jihlava, Masaryk University in Brno). Lecturers with their own experience also have a lion's share in the creation of the concept and specific courses and workshops of the Recovery College, which we have been running since 2017.

The beginning of the psychiatric, psychological and social online counselling service called Stopstigma.cz with the participation of peer counsellors dates back to 2015. In 2019, their number grew to eight. 65 % of all questions are answered also by peer workers.

In 2017, we started involving family members of the mentally ill people in mental health care teams. The project to involve them in community services is nearing completion and we will soon evaluate its impact.

Recovery College

Since 2017, the Recovery College has been offering a range of activities based on the principles of a community center to people with experience of mental health problems, their loved ones, students of helping professions and other people interested in mental health care. It offers mainly the courses dealing with the topic of recovery from mental illness and support for coping with everyday life. We work with students' own resources and develop their strengths. In addition to the courses, the offer also includes cultural activities in the form of a literary and theatre workshop. Another important part of its activities is focused on destigmatization. We found inspiration for the establishment of the Recovery College mainly in the United Kingdom, but also in the Netherlands, where the so-called 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 their own experience, especially peer lecturers, in all its activities, as well as the overall concept.

Overview of Projects



Moldova Project: Social Care Institute in northern Moldova, Badiceni district, entry gate



Moldova Project: Social Care Institute in northern Moldova, Badiceni district, women's room

transformation of and ho community wit services dis for people pe with mental dif disorders and people Pro	creased quality care in sheltered pusing for people th mental sorders and cople with learning fficulties	Jan Pfeiffer Myroslava Bubela Jan Paleček	Ministry of Health, Labor and Social Protection of the Republic of Moldova	1.6.2019 – 31.12.2021
difficulties in Ag Moldova As: ("Moldova") Im siti witi dis tra pro Ra aw	ofessionalization the National gency for Social sistance (ANAS) approving the utation of people th mental sorders in the ansformation ocess hising public vareness in the gions.	Jana Pluhaříková Pomajzlová Pavel Říčan	Člověk v tísni, o. p. s. / People in Need Moldova Keystone Moldova Trimbos Moldova	
and pe improvement dis of services of the the Recovery tau Community Re Center - suu Recovery College Lee ("Recovery leco College II.") the recovery College II." So action of So action an wc pu	a courses for cople with mental sorders and eir loved ones ught in the covery College, 40 ccessful students acture by peer cturers on e concept of covery and peer ork for students Protestant reological Faculty Charles University actio-cultural tivities – literary d theatre orkshop with ublic involvement ssues of Zámezí agazine, 3 literary enings, 2 literary orkshops, cheatre workshop o the topic dialogue	Pavel Říčan Michael Kostka Michal Kašpar Tomáš Vaněk Teaching team consisting of 12 peer lecturers and 10 professionals	Recovery and Wellbeing College within Central and North West London NHS Foundation Trust (UK) Protestant Theological Faculty of Charles University Eagle Shelter, Netherlands Nei Skoen, Netherlands	1.1.2019 - 31.12.2019

	 "Soul and Body" workshop Website www.stopstigma. cz update – multidisciplinary online counselling service Sharing experience with the Recovery College concept with partners from the Netherlands through 2 workshops Exchange of experience with the Recovery College concept within the Czech Republic – internships Evaluation of the impact of the Recovery College activities on the recovery of their students 			
Support of Family Members of People with Mental Illness in Psychiatric Hospitals ("Peer Family Workers in Psychiatric Hospitals")	Implementations of peer family members to the departments of 3 psychiatric hospitals, including training, methodological support, and internships abroad: 9 peer family members, 12 months Support for family members of patients involved in psychiatric hospitals: individual, thematic and weekend meetings Manual for the involvement of peer family members in psychiatric inpatient facilities, Guide to hospitalization and treatment for family members Evaluation: evaluation of the success of the introduction of the role of the peer family member and the educational cycle for family members, including the publication Guide to Hospitalization and Treatment	Jana Pluhaříková Pomajzlová	Mental hospitals Horní Beřkovice, Jihlava and Opava Emergis (Netherlands): Toon van Meel, Anna de Glopper	1.8.2019 31.7.2021

Name	Output	Professional guarantee	Partners	Implementa- tion / from–to
Systematic Support of Peer Support Workers at Psychiatric Hospital Bohnice ("Peer consultants in PH Bohnice")	 Rules for the operation of peer consultants in PHB - Integration of peer consultants into the HR management system Video about the role and benefits of peer consultants in inpatient facilities Leaflet describing the role of the peer consultant for patients A set of examples of good practice in the work of peer consultants Reflective meetings in hospital departments - support for the effective work of peer consultants in PHB teams Supervision support for peer consultants Verification of the effect of peer consulting 	Pavel Říčan	Psychiatric hospital Bohnice (PHB)	1.9.2019 - 31. 8. 2021
Support of Family Members of People with Mental Health Problems: Breaking the Vicious Circle ("Families")	 The course "Person with mental health problems in the family" - in 8 cities Internship program for family members - two-day internships in selected representative services in the Czech Republic Information materials for family members - publications for family carers and self-help group coordinators Implementation of a peer family carer position - training job and support for 8 family carers Evaluation of the effect of education of family members and involvement of peer carers in services Online counselling for family members and evaluation of its impact 	Zuzana Foitová Jan Stuchlík	National Institute of Mental Health Sympathea, o. p. s.	1.9.2017 - 31.8.2020



Marit Borg and Bengt Eirik Karlsson during the workshop Involvement of peer consultants in care in acute psychiatric wards

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Professional events, participation in conferences

MARCH 26–28	Participation in seminar IPS fidelity scale and team audit followed by a pilot audit associated with the training of auditors	Lecturer: Sarah Swanson As part of the Pathways to Trust – Innovative Methods for Working with People with Mental Illness project implemented by Fokus Praha.
MAY 30-31	New Shoes Summit 2019	Workshop: Pluhaříková Pomajzlová J., Procházka, M.: Training in the CARe approach and CARe methodology in the Czech Republic
SEPTEMBER 3	Workshop with the founder of the non-traditional Eagle Shelter Community Centre in the Netherlands; sharing the concept of the centre as a meeting place for everyone, regardless of age, past or life story	Guest: Conny Ariëns (Eagle Shelter, Netherlands)
OCTOBER 7-10	Internship in the Czech Republic for six representatives of the National Agency for Social Assistance, Moldova	
OCTOBER 8	Introductory meeting to the project <i>Support of Family</i> <i>Members of People with Mental</i> <i>Illness in Psychiatric Hospitals</i> : sharing experience of the involvement of peer family members in mental health care in our country and abroad	Guests: Toon van Meel, Anna de Glopper (Emergis, Netherlands)

OCTOBER 10	Mental health centers: First experience in practice	Workshop: Kostečka J., Říčan P.: Management in MHC: a necessity, or a basic premise for success?
		for success:
NOVEMBER 11	Seminar with Janine Berg-Peer: How to live a calmer and freer life with a mental illness in the family	Guests: Janine Berg-Peer, Henriette Peer
	Sharing information from the Congress of the Committee of the European Federation of Associations of Families of People with Mental Illness (EUFAMI)	Guests: Jana Poljaková, Alena Müllerová
NOVEMBER 21–22	Involvement of peer consultants in care in acute psychiatric wards – experience and further development	Guests: Marit Borg, Bengt Eirik Karlsson, Monika Landsverk – Centre for Mental Health and Substance Abuse – University of South-Eastern Norway Output: Preliminary analysis of barriers to the involvement of peer consultants in acute care in the Czech Republic.
DECEMBER 16	Workshop with representants of Nei Skoen, sharing experience of the Recovery College concept	Guests: Dirk den Hollander, Kees van Rest, Luciano Mafficioli del Castelleto, Mariane Heesakkers – Nei Skoen, Netherlands
DECEMBER 17	CARe Platform meeting in presence of the guests from Nei Skoen	Guests: Dirk den Hollander, Kees van Rest, Luciano Mafficioli del Castelleto, Mariane Heesakkers – Nei Skoen, Netherlands

Publications

- Berg-Peer, Janine. Self-help Groups Moderation: Advice, Tips and Recommendations (translated from German Moderation von Selbsthilfegruppen). Prague: Centre for Mental Health Care Development, 2019. 87 p. ISBN: 978-80-907318-2-0
- Berg-Peer, Janine. Self-sacrificing Is Not a Solution (translated from German Autophern ist keine Lösung). Prague: Centre for Mental Health Care Development, 2019. 126 p. ISBN: 978-80-907318-1-3
- Czechs treated in mental hospitals described their experience for the first time. Bed restraints, seclusion and net beds cause them new traumas. Deník N, July 22, 2019.
- Ďásková, Barbora; Kubinová, Petra. Peer lecturers in the education of future mental health professionals. Sociální práce 2/2019. Available on: http://www.socialniprace. cz/zpravy.php?oblast=3&clanek=1154&fbclid=IwAR3IIdhL7MHV6cBAkHF6hs-EP2qUyd_NsktbtVm5ikQm1hkCexjzifNoE9s
- Gabriel, Josef; Kašpar, Michal; Vaněk, Tomáš (eds.). Where do People with a Sick Soul Go. 2nd edition. Prague: Centre for Mental Health Care Development, 2019. 140 p. ISBN: 978-80-907318-3-7
- Hollander, Dirk; Wilken, Jean-Pierre. Supporting Recovery and Inclusion. Working with the CARe Model. (Czech translation) Prague: Centre for Mental Health Care Development, 2019. ISBN 978-80-907318-4-4
- Preliminary analysis of barriers to the involvement of peer consultants in acute care in the Czech Republic. Prague: Centre for Mental Health Care Development, 2019.
- Interview with the director of CMHCD Pavel Říčan and the Recovery College peer lecturer Michal Kašpar in Czech Radio Plus (11. 04. 2019).
 Available on: https://program.rozhlas.cz/zaznamy#/plus/42/2019-04-11
- Vlach, Tomáš. The Czechs are helping Moldova with sheltered housing and the destigmatization of the disabled [online]. iDNES. 22.12.2019. Available on: https:// www.idnes.cz/zpravy/zahranicni/cesko-moldavie-chranene-bydleni-destigmatizacepostizeni.A191221_214005_zahranicni_may?

Janine Berg-Peer

Sebeobětování není řešení

Věnováno rodičům duševně nemocných dětí i dospělých, aby našli odvahu žít klidnější a svobodnější život

Berg-Peer, Janine. Self-sacrificing Is Not a Solution



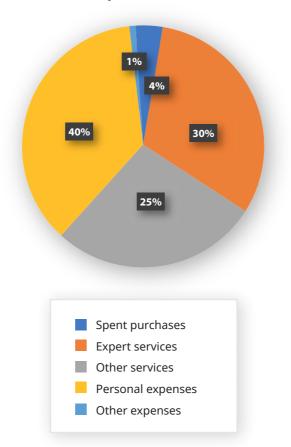


Magazine Zámezí

#1/2019: Theme NOTHING #2+3/2019: Theme HOME #4/2019: Theme HUMOUR

Finances

In 2019, the Centre managed a **positive balance of 189 000 CZK**. 72 % of the income came as grants and subsidies, mainly from EU sources and the state budget. The remaining income was provided by revenues from educational activities and by donations received.



Expenses 2019

Overview of economic activities in 2019

Expenses

Spent purchases	345 000 CZK
Expert services	2 805 000 CZK
Other services	2 358 000 CZK
Personal expenses	3 751 000 CZK
Other costs	47 000 CZK

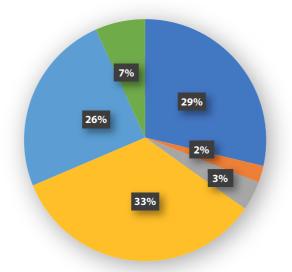
TOTAL

9 306 000 CZK

Income

Subsidies and grants	6 883 000 CZK	
of which:		
Moldova	1 985 000 CZK	
Peer consultants in acute wards	126 000 CZK	
Peer consultants in PH Bohnice	216 000 CZK	
Recovery College	2 299 000 CZK	
Families	1 806 000 CZK	
Peer Family Workers in PH	451 000 CZK	
Received contributions and donations	98 000 CZK	
Earnings	2 508 000 CZK	
of which:		
Educational Institute	1 760 000 CZK	
Commissions	748 000 CZK	
Other income	6 000 CZK	
TOTAL	9 495 000 CZK	

Subsidies and grants 2019





People in the Centre

Board members: Václava Probstová, Ondřej Pěč, Jana Žmolíková

Director: Pavel Říčan

Financial manager: Lenka Jůnová

Office manager: Pavla Šelepová

Educational Institute manager: Pavla Šelepová

Projects managers: Barbora Ďásková, Barbora Holá, Markéta Hulmáková, Martina Kratochvílová, Petra Kubinová, Pavla Šelepová, Martina Vavřinková,

Expert assistant / peer specialist: Šárka Michlová

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

External collaborators and lecturers: Michal Balabán, Miloslava Bednářová, Barbora Blažková, Myroslava Bubela, Dana Čechová, Magda Dosbabová, Markéta Dubnová, Marek Fiala, Lenka Flášarová, Zuzana Foitová, Martin Fojtíček, Tereza Formánková, Petr Hejzlar, Zdeněk Heřt, Jaroslav Hodboď, Petr Hraba, Kateřina Hronovská, Barbora Hrdličková, Michal Kašpar, Jaroslav Kerouš, Eva Klimešová, Lucie Kondrátová, Michael Kostka, Bohdana Kružíková, Vladimíra Křížová, Zdeňka Kuviková, , Vendula Machů, Juraj Marendiak, Jana Nováčková, Kateřina Obšilová, Martin Okáč, Ivona Országová, Jan Paleček, Miroslav Pastucha, Ondřej Pěč, Jana Pěčová, Jan Pfeiffer, Věra Pinkasová, Jana Pluhaříková Pomajzlová, Karolína Polívková, Jana Poljaková, Marek Procházka, Petr Příhoda, Tomáš Rezek, Vlasta Řezníková, Michaela Růžičková, Pavlína Růžičková, Pavel Říčan, Světlana Soldánová, Ondřej Skála, Jan Stuchlík, Vlasta Szutáková, Kateřina Szabová, Michal Šalplachta, Daniel Šebek, Petr Šípek, Lenka Škvorová, Jiří Štefl, Magdaléna Štochlová, Petr Šturma, Jiří Šupa, Tomáš Vaněk, Jakub Vávra, Martina Venglářová, Barbora Vráželová, Petr Winkler, Agáta Zajíčková and others.

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



The project Support of the transformation process of care for people with mental disorders and people with learning difficulties in Moldova was funded by the Czech Development Agency's International Development Cooperation Program:



The project Involvement of peer consultants in care in acute psychiatric wards – experience and further development was funded by the EEA and Norway Grants 2014–2021.





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