



SINCE 1995

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

## 2014 ANNUAL REPORT







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# 1. A few words of introduction

Dear reader,

The year of 2014 in the **Centre for Mental Health Care Development** was somewhat more hectic than the years before, but also successful and filled with the feeling that we have done a good job and completed a lot of projects. The Centre successfully finished its role in building the service network in the Karlovy Vary Region, and also made its mark especially through its two innovative projects focusing on involvement of peer specialists in mental health care education.

Two professional-oriented events were held and very well received – the January lecture by Jaakko Seikkula and the June workshop with Michiel Bähler. The Centre also played a major role in providing presentations by foreign experts for the 33rd Conference on Social Psychiatry in November 2014.

In collaboration with the Czech Psychiatric Society, we coordinated creation of standards for the Mental Health Centers, which should become key elements in the Czech mental health care system. We also largely contributed to the publication of the “Pathways to Recovery: A Strengths Recovery Self-Help Workbook” in the Czech language, which will help stabilize the role of peer specialists in the Czech Republic.

Allow me to use this opportunity and thank all those who took part in various ways and to various degrees in running the Centre, as well as those who contributed to all the good things we have successfully done together.

Pavel Říčan

## 2. Reform

In 2014 the Centre aimed at provision of its coordination and expert capacities to form the standards for the Mental Health Care Centres. This was an uneasy task considering that the standards will be a new and crucial element in the Czech mental health care. We sought for the best within various foreign mental health care models and worked together on defining how multidisciplinary field teams should soon work in the Czech Republic. In collaboration with the WHO and the Czech Ministry of Health we also involved foreign experts in the preparation of the standards, namely Robert Mezzina and Tom Burns, who both provided us with highly valuable insights.

In November we took part in organizing the visit of Matt Muijen, the European WHO programme manager, to the Czech Republic.

## 3. Innovation

In 2014 we were fully and successfully engaged in developing the idea of peer consultants involved in professional mental health care services and tertiary education.

In collaboration with Dutch experts we have trained 10 peer consultants throughout the Czech Republic and contributed to their integration into helping teams. Nine out of the ten participating organizations decided to continue employment of the peer consultants following the project end.

At the Department of Social Work, Charles University Faculty of Arts in Prague, and at the Prague College of Psychosocial Studies we tested education provided by peer lecturers – mental health care consumers and/or survivors, who had successfully completed a year-long preparatory training course and also worked on the syllabus. This so far unique practice will also continue next year.

We aim at mutuality and professionalism in the peer consultants' integration. We believe that peer specialists will do their best in full-fledged roles, such as team members and university lecturers.

We do not want to create isolated peer programmes, and therefore seek partner-like encounters and professional preparation in all our activities. Our peer programmes are on principle based on creation of paid positions with a social prestige. Foreign experience also tells us that involvement of peer specialists requires good planning, communication with all the participants, and possibly also continual professional support, such as supervision and further education provided both for the peer specialists and the organizations interested in employing peer consultants.

## 4. Destigmatization

We successfully continued to run the destigmatization website portal and the internet counselling centre in 2014 despite their modest budgets covered by the Centre's internal funds. Altogether 100,971 people visited the website in 2014, and the counsellors answered 900 individual inquiries. Preparations were done to merge the Stopstigma, CMHCD, and Educational Institute websites in order to improve the visual outlook and make the structure of the Centre's activities more user-friendly. We are planning a major update of the Stopstigma.cz portal including enlargement of the counsellors' team by 10 peer consultants (people with their own mental health care experience), and adding videos of people who have succeeded in their recovery.

<b>"Stopstigma" Counselling Centre, number of inquiries according to topics, 2014</b>	<b>Total</b>
General	388
Eating disorders	26
Children issues (below 18 yrs)	106
Neurotic disorders	72
Schizophrenia	99
Mood disorders	138
Social counselling	72
<b>Total in 2014</b>	<b>901</b>

## 5. Educational institute (VZIN)

The Educational Institute was active throughout the year, although open courses only formed a very small proportion of the education provided. This was because of the big interest in the courses funded under the "Education for better mental health care (Education for providers)" project, as well as in courses specially tailored for organizations.

<b>Courses</b>	<b>Number of courses</b>	<b>Number of days</b>
"Education for providers"	11	24
Open courses	1	4
Tailored courses for organizations	6	15
Order for the Karlovy Vary Region	2	3
<b>Total</b>	<b>20</b>	<b>46</b>

The following courses have been newly accredited:

Comprehensive educational program for psychiatric nurses (certified programme; Ministry of Health)

Trauma: A mental health care consumer as a crime victim – introductory course (Ministry of Labour and Social Affairs)

## 6. Overview of Projects

Name	Outcomes	Guarantors	Partners	From—To
<b>Involvement of peer consultants in mental health care – “Peer consultants”</b>	10 peer consultants involved in professional teams; support manual for peer consultants	Jan Stuchlík, Zuzana Foitová	Fokus Mladá Boleslav, PDZ Pardubice, Fokus České Budějovice, Fokus Vysočina, Bona, Fokus Písek, Iskérka, Ledovec, Sdružení Práh, Zahrada 2000	1 Dec 2012 to 30 Nov 2014
<b>Involvement of consumers in mental health care education – “Peer lecturers”</b>	8 mental health care consumers lecturing at the partner college and university, 53 students attending the peer-led lectures; four 6-unit education models on Recovery, Destigmatization, Self-management, and Peer Programmes	Václava Probstová, Pavel Říčan	Department of Social Work, Charles University Faculty of Arts, and Prague College of Psychosocial Studies	1 Sep 2013 to 31 Dec 2014
<b>Development and improvement of the CMHCD services – “CMHCD Development”</b>	Organizational development strategic plan, fundraising plan; increased professional potential of the team’s lecturing and managerial skills; building of strategic partnerships	Barbora Wenigová	Buskerud and Vesfold University College, NAPHA Norway	1 Jul 2013 to 31 Dec 2014
<b>Education for better mental health care – “Education for providers”</b>	11 courses for professionals working with the target group	Zuzana Foitová		1 Jan 2014 to 31 Mar 2015
<b>Education of public and local administration workers in approaching mental health care consumers – “We know how to get along”</b>	2-day course “We know how to get along: Recovery-oriented social work with mental health care consumers” with 5 peer lecturers and 3 mental health care professionals	Petr Hejzlar	Ostrava City Hall, and Office of the Karlovy Vary Region	1 Oct 2014 to 31 Oct 2015
<b>Education for involvement of peer consultants in mental-health-care-related social services – “Education of peer consultants”</b>	1 accredited course for peer consultants, 1 accredited course for teams planning to introduce the peer consultant position	Jan Stuchlík, Zuzana Foitová		1 Nov 2014 to 31 Oct 2015
<b>Comprehensive education of mental health care consumers’ families – “Education of family members” (project partner)</b>	study-stays for 13 family members in the services in the Czech Republic, Netherlands and Finland	Jan Stuchlík	Fokus Mladá Boleslav GGZ Noord-Holland-Noord Joint authority of Kainuu	1 Oct 2014 to 31 Oct 2015

## 7. Professional-Oriented Events

**January 2014** – Jaakko Seikkula (University Jyväskylä, Finland) – lecture about open dialogue in practice

**June 2014** – Michiel Bähler, Jan Stuchlík and others – seminar on the FACT (Function Assertive Community Treatment) service model, a current trend in the Netherlands

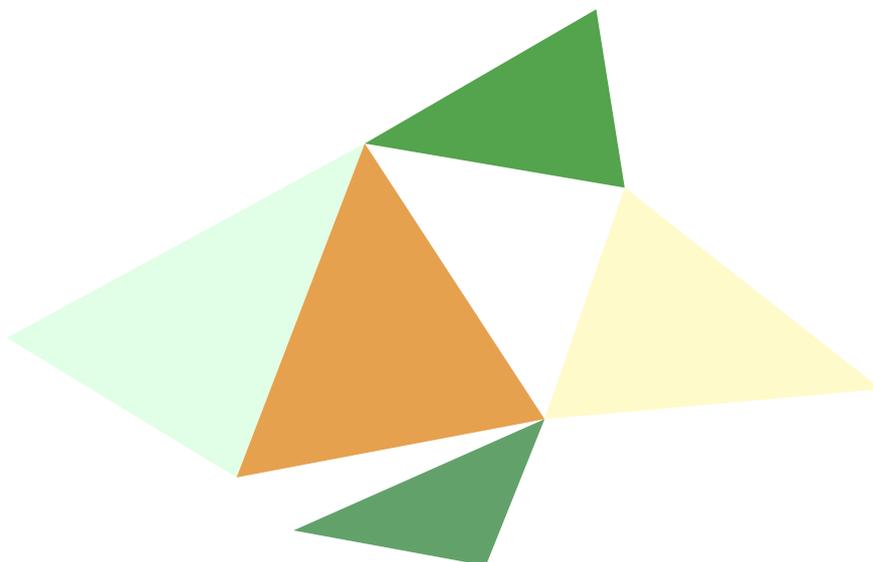
**November 2014** – Annette Furnemont, Illona Hoogvorst-Riewald, Marit Borg, and Sarah Rae as international speakers at the 33rd Conference on Social Psychiatry, which was co-organized by the Centre

## 8. Publications

**U**nder the Karlovy Vary Region project we updated and printed a new edition of the handbook titled **“Umíme se domluvit. Co potřebuje člověk s duševní poruchou při jednání na úřadě i jinde.”** (We know how to get along. What a mental health care consumer needs in contact with public bodies and elsewhere). This handbook is written in a highly intelligible way and is intended not only for the state and local administration staff who come into contact with mental health care consumers.

The Centre also provided for the Czech translation of the **“Cesty k zotavení: A Strength Recovery Self-Help Handbook”**, in collaboration with the University of Kansas – School of Social Welfare. The first copies went into distribution in November 2014. The book is a practical tool for peer specialists and all those interested in recovery. We expect the book to help strengthen the role of peer specialists in the Czech Republic, which already seems obvious from the reader’s feedback.

This book is considered as the “bible of peer specialists” in the Netherlands.

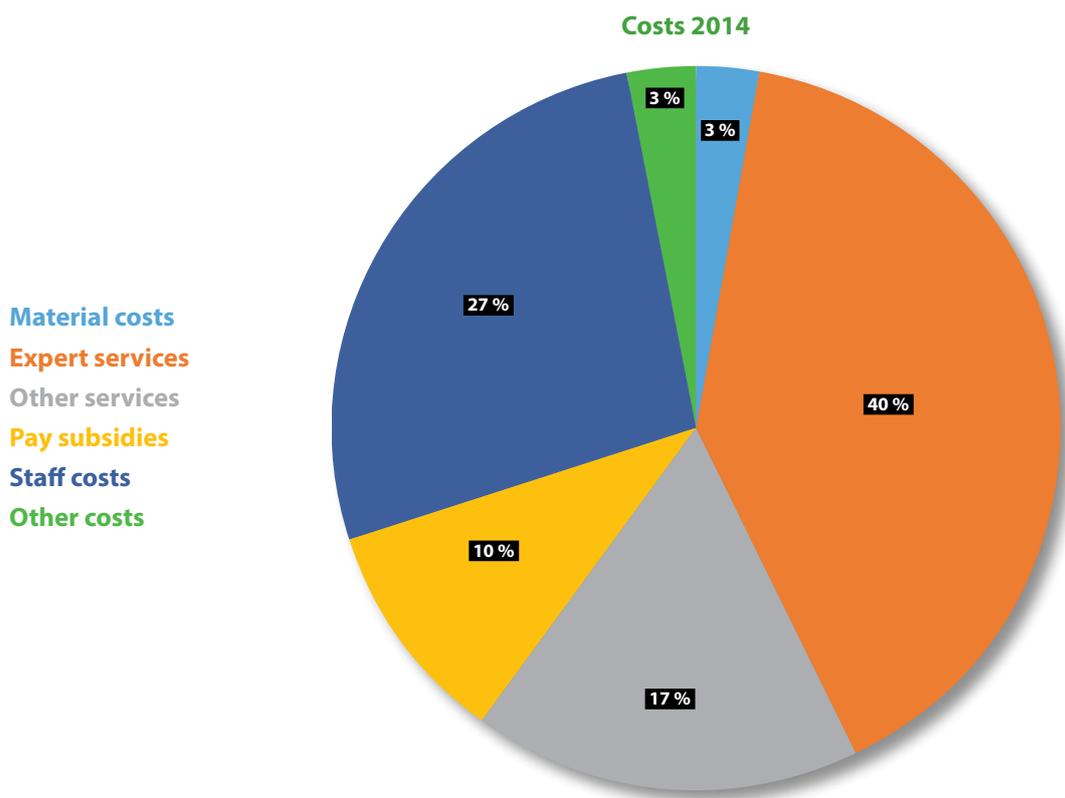


## 9. Funding

The Centre operated **with a profit of CZK 76,700** in 2014. More than 2 thirds of the income came as grants and subsidies, chiefly from the EU resources. The rest were receipts from the educational activities as well as donations and sponsoring. In addition to the grant- and subsidy-based funding, we will also aim at strengthening the share of the Centre's own resources and fundraising next year. This is linked with the need to develop the system of individual and corporate donations.

### 2014 Economic overview:

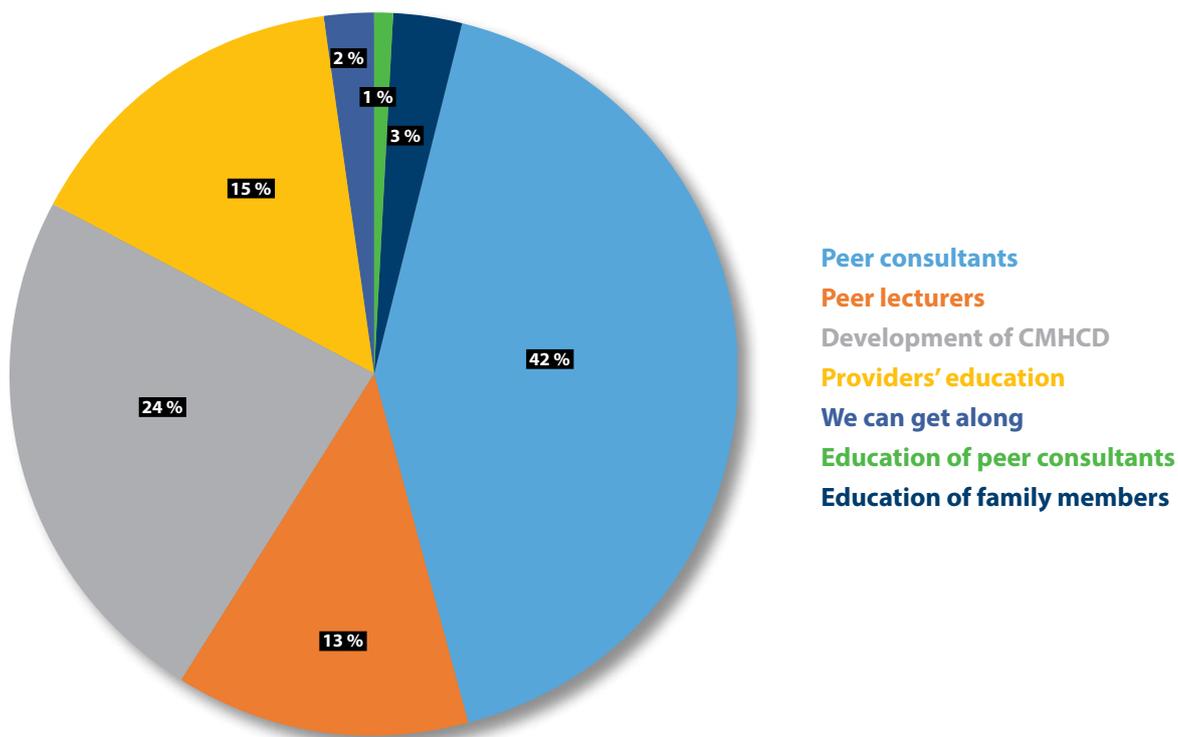
Costs (CZK)	
Material costs	253 824 CZK
Expert services	3 960 552 CZK
Other services	1 646 443 CZK
Pay subsidies	1 004 727 CZK
Staff costs	2 630 668 CZK
Other costs	272 109 CZK
<b>TOTAL</b>	<b>9 768 324 CZK</b>



## Revenues (CZK)

<b>Subsidies and grants</b>	<b>6 034 667 CZK</b>
<i>of which:</i>	
Peer consultants	2 538 689 CZK
Peer lecturers	789 438 CZK
Development of CMHCD	1 419 621 CZK
Providers' education	913 619 CZK
We can get along	102 135 CZK
Education of peer consultants	81 186 CZK
Education of family members	189 979 CZK
<b>Received contributions and donations</b>	<b>31 653 CZK</b>
<b>Turnover and other revenues</b>	<b>3 778 704 CZK</b>
<i>of which:</i>	
Order for the Karlovy Vary Region	2 940 257 CZK
Order for Fokus Mladá Boleslav	197 200 CZK
Order for Czech Psychiatric Society	91 100 CZK
<b>TOTAL</b>	<b>9 845 024 CZK</b>

**Subsidies and grants 2014**



## 10. People in the Centre in 2014

**Board of directors:** Václava Probstová, Alena Šteflová (till 16 May 2014), Ondřej Pěč (from 16 May 2014), Jana Žmolíková

**Managing director:** Barbora Wenigová (till May), Pavel Říčan (from May)

**Expert consultants:** Ondřej Pěč (till May), Zuzana Foitová, Barbora Wenigová, Jan Stuchlík

**External co-workers:** Petr Příhoda, Petr Hejzlar, Petr Šturma

**Financial manager:** Petr Špaček (till March), Petr Bittner (from September)

**Head of office:** Pavla Šelepová

**Project managers:** Anna Audrlická, Lenka Vagnerová, Petra Kubinová

**Educational Institute manager:** Barbora Holá

**Lecturers:** Dana Čechová, Zuzana Foitová, Marek Fiala, Jaroslav Hodboď, Barbora Hrdličková, Eva Neudörfllová, Petr Nevšímal, Michaela Nosková, Ondřej Pěč, Jana Pěčová, Petr Příhoda, Pavel Říčan, Ondřej Skála, Jan Stuchlík, Petr Šípek, Magdaléna Štochlová, Petr Šturma, Martina Venglářová, Jana Votípková, Barbora Wenigová

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ANTEE s.r.o.  
Jakub Petz

Mgr. Adéla Barešová

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**Centrum pro rozvoj péče o duševní zdraví, z. s.** (Centre for Mental Health Care Development)

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