



ANNUAL REPORT 2016

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



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1. CENTRE IN 2016

Dear readers,

Our team is through another year filled with events, work on individual projects, creative meetings of people with different professional and personal backgrounds.

We are an organisation which has no guaranteed income in advance. Even though we have a clear vision, we can only implement activities for which we attract interest of other participants and financial resources. Flexibility is part of our work as well as readiness to reduce our workload, generate project intentions and then wait to see whether we will succeed in demanding grant competitions. All of this took place during the first half of 2016.

In the spring we organized, together with National Institute of Mental Health and Psychiatric society, a visit by professor David Crompton, who is among the top worldwide experts, who advocates a reduction of physical restraint usage during hospitalization of people with mental illness.

Another significant act was the work on the methodology of early interventions, which started by the April conference on the topic of current trends in mental health care, which was held in the majestic Gröbe's villa. One day was dedicated to dynamically developing peer programs in the Czech Republic. Our invitation was also accepted by proponents of Norwegian C-Flex team and TIPS model. Parallel with how the formation of mental health centers is gradually carried through by the Ministry of Health, we sense the strive for arising services to work at the highest possible level and include evidence based interventions as an actual need.

We managed to receive support for continuation of the multidisciplinary counselling service Stopstigma, in which we develop a concept of cooperation with professionals and people with real-life experience. We paid a lot of attention to destigmatizing campaign called „Even with a mental illness it is possible to live

a normal life“. Short spots were created mainly thanks to courage and openness of our peer colleagues, who were not afraid to talk about their lives with mental health issues on camera. Videos were translated into English and Romanian.

Since the summer of 2016 we have consequently launched three big projects of several years duration, which interconnect with plans of the Ministry of Health regarding changes in mental health care and which have the potential to change the quality of mental health care in the Czech Republic. In the project We Can Communicate, we continue in educating and coaching employees of state administration in six selected regions. In collaboration with the Dutch center for accreditation of FACT teams we support 26 outreach teams outside Prague in developing the FACT model of care. We are pleased we received a grant support and that we can continue in our work on implementation of position of another 20 peer consultants in the Czech Republic. Therefore, in 2017 there will be more than 50 people, who have completed our trainings, employed in this position.

We are also pleased that the rehabilitation model CARE, which we help to implement in pursuance of platform CARE Europe, is meeting interest in psychiatric hospitals. Our foreign engagement in Moldova seems to be very successful – at the end of the year the Moldavian minister of Labour, Social protection and Family approved all of the four transformation plans for residential facilities, which was our main commitment in its local transformation process.

Thanks to our team, our consultants, board, lecturers, peer specialists, partners, donors and sympathizers in the Czech Republic and abroad.

Everything we are successful at is only possible with interest and cooperation of many people and institutions, who enjoy setting off on new journeys.

Pavel Říčan

2. EDUCATIONAL INSTITUTE

In 2016 we offered 29 educational courses, that were successfully completed by 331 participants. The biggest share on the volume of realized education had turnkey courses arranged for organizations, among which there were not only providers of services in the field of mental health care but also psychiatric hospitals Dobřany, Šternberk and Kosmonosy. Apart from that, within S.U.P.R. project, with collaboration with educators from the Netherlands, we arranged two runs of Trainings of trainers in CARE method for Psychiatric hospital Bohnice. In a new project called With involvement of peer consultants against stigma, which we initiated in July, 4 runs of educational program How to prepare teams for involvement of peer consultant were realized.

We achieved a positive acclaim and interest mainly with new courses, that are to certain extent related to current events and developments in the field of mental health care – for example Model CARE course or courses related to destigmatization and peer issues.

Courses	Number of courses	Number of educational days
Within projects	6	18
Open courses	8	18,5
Turnkey courses	15	27
Total	29	63,5

3. STOPSTIGMA.CZ

We extended the informational part of a portal of individual section named Recovery, to which our colleagues from counselling worked out topics such as Psychotherapy from psychologist's perspective and from perspective of a person with experience with mental illness and Pharmacotherapy from psychiatrist's perspective and from perspective of a person with experience with mental illness. We adapted and published an on-line self-evaluating tool for recognition of depression symptoms.

The average attendance of the portal is 8000 unique visits and it is still raising.

We evaluated 20 months long operation of the multidisciplinary counselling service in terms of content of questions and also in terms of benefit for the inquirer. Within the period 7/2015 – 10/2016 we answered 262 questions, in 57% also answered peer counsellors. In most cases inquirers asked about their difficulties, 18% were looking for a piece of advice for their close ones. The rate among inquirers who are in a professional care and those who are not, was balanced. In 59% the questions were related to „what to do“ topic, the rest of the cases were related to pharmacotherapy and diagnoses.

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, the parallel answer of a peer counsellor raises evaluation in parameters of hope. It is also true in categories of questions in which an inquirer is concerned with his own problems. In questions related to a diagnose 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 both from a professional and a peer counsellor seems to be effective.

4. OVERVIEW OF PROJECTS

Name	Outputs	Professional guarantee	Partners	Realization from to
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>	Jan Pfeiffer	<p>Ministry of Labour, Social protection and Family</p> <p>Člověk v tísni, o. p. s. / People in Need Moldova</p> <p>Center for support of transformation, o.p.s.</p> <p>Keystone Human Services International Moldova Association</p>	1. 9. 2015 – 30. 9. 2017

Name	Outputs	Professional guarantee	Partners	Realization from to
Establishing of on-line multidisciplinary counselling service and platform of destigmatizing web – „Stopstigma.cz“	<p>Multidisciplinary counselling team (psychiatrist, psychologist, social worker, 6 peer counsellors)</p> <p>Functional on-line counselling service</p> <p>Complemented and updated web Stopstigma.cz</p> <p>7 destigmatizing videos</p> <p>Averaging 8000 unique visits each month.</p>	Zuzana Foitová Pavel Řičan	University College of Southeast Norway, Drammen	1. 4. 2015 – 31. 12. 2016
Creating methodology for early interventions in multidisciplinary outreach teams – „Metodika EI“	Methodology for early interventions in multidisciplinary outreach teams	Pavel Řičan Jan Lorenc	Psychiatric society of Czech medical society J. E. Purkyně	1. 1. – 31. 12. 2016
Educational manuals for help to children of parents addicted to alcohol – „Finnish manual“	2000 printouts of the Czech version of Finnish manual	Pavel Řičan	<p>Tytti Solantaus</p> <p>Antonia Ringbom</p> <p>Helena Sandman</p>	1. 1. – 31. 12. 2016

Name	Outputs	Professional guarantee	Partners	Realization from to
Development and quality improvement of social work with people with mental illness in state administration „We can communicate“	<p>Realization 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>Hradec Králové Region</p> <p>Pardubice Region</p> <p>Vysočina Region</p> <p>Central Bohemia Region</p> <p>Karlovy Vary Region</p>	<p>1. 8. 2016</p> <p>-</p> <p>31. 7. 2018</p>

Name	Outputs	Professional guarantee	Partners	Realization from to
Conference Current trends in care for people with mental illness	<p>A two day long Conference with the attendance of Norwegian experts in Villa Grébovka in Prague</p> <p>99 participants in total</p> <p>Topics of the conference:</p> <ul style="list-style-type: none"> - Introductory workshop of work group for creation and implementation of early interventions methodology - Implementation of innovative methods – early intervention and work of teams based on ACT model - integrating people with personal experience with mental illness into providing services, education, counselling, research, destigmatization activities, advocacy and the like 	<p>Pavel Říčan</p> <p>Zuzana Foitová</p> <p>Jan Stuchlík</p>	<p>Bror Just Andersen from Psychiatric center by the state hospital Vestre Viken</p> <p>Robert Leon Jørgensen a Sveinung Dybvig from University hospital in Stavanger</p> <p>Gunnhild Ruud Lindvig a Victoria Skretting – peer specialists and members of a web of National center for expert knowledge based on experience in the field of mental health care</p>	<p>18. 1. –</p> <p>13. 4. 2016</p>

Name	Outputs	Professional guarantee	Partners	Realization from to
With involvement of peer consultants against stigma – „Peer consultants“	<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“ – including practical examples</p>	<p>Pavel Říčan</p> <p>Zuzana Foitová</p> <p>Jan Stuchlík</p> <p>Zdeněk Heřt</p> <p>Vladimíra Křížová</p> <p>Petr Šípek</p> <p>Jiří Štefl</p> <p>Magdaléna Štochlová</p> <p>Agáta Zajíčková</p>	<p>National Institute of Mental Health</p> <p>Fokus Mladá Boleslav, Fokus Vysočina, Fokus Písek, Fokus Tábor, Fokus České Budějovice, Fokus Liberec, Mana Olomouc, Mental health care, Práh Brno, Ledovec a Psychosocial center Přerov</p> <p>GGZ Noord-Holland- Noord</p>	<p>1. 7. 2016</p> <p>–</p> <p>30. 6. 2018</p>

Name	Outputs	Professional guarantee	Partners	Realization from to
Support of FACT model in the Czech Republic – „FACT“	<p>Instrument FACT fidelity scale – translated into Czech and adapted to the Czech conditions</p> <p>Manual of FACT methodology – translated into Czech and adapted to the Czech conditions</p> <p>Summary report from the evaluation of all teams involved in the project</p>	Jan Stuchlík	<p>GGZ Noord-Holland-Noord</p> <p>Certification Centre for ACT and Flexible ACT</p>	<p>1. 9. 2016</p> <p>–</p> <p>31. 8. 2018</p>

Name	Outputs	Professional guarantee	Partners	Realization from to
Training of the trainers in psychosocial rehabilitation CARE methodology	<p>Training in the CARE method for workers of psychiatric hospitals around the Czech Republic led by foreign lecturers CARE Europe including a peer worker and Czech co-lecturers</p> <p>28 graduates of the training from which 27 received a certificate.</p> <p><i>Training of the trainers was part of the project of PH Bohnice named Creating System of Comprehensive Psychiatric Rehabilitation and its implementation in inpatient wards in institutions of ensuing care, num. of the project NF-CZ11-PDP-1-002-2014, project was supported by a grant from Norway.</i></p>	<p>Pavel Říčan</p> <p>Jana Pluhařiková Pomajzlová,</p> <p>Martin Fojtíček,</p> <p>Lenka Škvorová</p>	<p>CARE Europe</p> <p>Psychiatric hospital Bohnice</p>	<p>1. 11. 2015</p> <p>–</p> <p>30. 9. 2016</p>

Name	Outputs	Professional guarantee	Partners	Realization from to
Support of setting up peer consultants in inpatient wards in PH Bohnice – „Peers in Bohnice“	<p>3 peer consultants employed in inpatient wards of PHB</p> <p><i>Support of involvement of peer consultants was part of the project PH Bohnice named Care for physical health and practice of self-dependent life in PHB (SOMA), num. of the project NF-CZ11-OV-2-030-2015, project was supported by a grant from Norway.</i></p>	<p>Zuzana Foitová</p> <p>Jan Stuchlík</p>	<p>Psychiatric hospital Bohnice</p>	<p>1. 9. 2015</p> <p>–</p> <p>30. 4. 2016</p>



5. PROFESSIONAL EVENTS, PARTICIPATION IN CONFERENCES

March: seminar in Vondráček's auditorium with professor David Crompton about using physical restraint in Psychiatry

April: Current trends in the field of care for people with mental illness, a conference with international attendance

October: Introductory workshop of projects *With involvement of peer consultants against stigma* and *Support of FACT model in the Czech Republic* with international attendance

November: Conference of social psychiatry in which we contributed to the topics of involvement of peer consultants and peer counselling

6. PUBLICATIONS, TRANSLATIONS, CONTRIBUTIONS AT CONFERENCES

Foitová, Z. and team: Involvement of peer consultants in community and inpatient ward mental health care. 2nd edition. Centre for Mental Health Care Development, Prague 2016. Accessible from: http://www.cmhcd.cz/CMHCD/media/Media/Ke%20stazeni/Centrum/manual_WEB_1.pdf

Foitová, Z.; Stuchlík, J.; Kostka, M.; Kapková, V.: Stopstigma: Destigmatization in practice. Talk and workshop within 34th Conference of social psychiatry, Tábor 2016.

Foitová, Z.; Hejzlar, P.; Kondrátová, L.; Lorenc, J.; Machů, V.; Pastucha, M.; Říčan, P.; Šupa, J.: Methodology of early interventions in multidisciplinary outreach teams. Accessible from: http://www.cmhcd.cz/CMHCD/media/Media/Ke%20stazeni/Centrum/2017_02_metodika_fin_web.pdf

Holá, B.; Kubinová, P.; Říčan, P.: Programmes for the support of involvement of people with personal experience (so called peer programs). Poster within 34th Conference of social psychiatry, Tábor 2016.

Pluhaříková Pomajzlová, J.; Páv, M.; Říčan, P.: Model CARE in the Czech Republic. Poster within 34th Conference of social psychiatry, Tábor 2016.

Říčan, P.: Internet Consultancy Program Stopstigma. Contribution to Project 52 of web Promise Global.

Říčan, P.: Stopstigma internet consultancy. WAPR Bulletin č. 39, December 2016.

Říčan, P.; Zajíčková, A.; Holá, B.: Reflection of development of a role of peer consultant in mental health care. Talk within 34th Conference of social psychiatry, Tábor 2016.

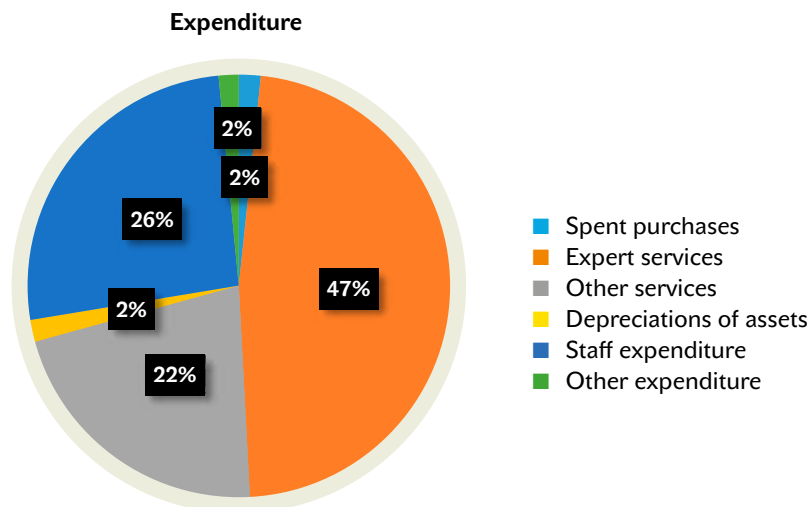
Solantaus, T.: How will we take care of children? Manual for parents addicted to alcohol and other addictive substances. Centre for Mental Health Care Development, Prague 2016.

7. FINANCES

The Centre managed **profit 246 960 CZK** in 2016. More than 3/4 of the income came as grants and subsidies, particularly from the state budget and EU resources. The remainder was provided by earnings from educational activities and also accepted donations.

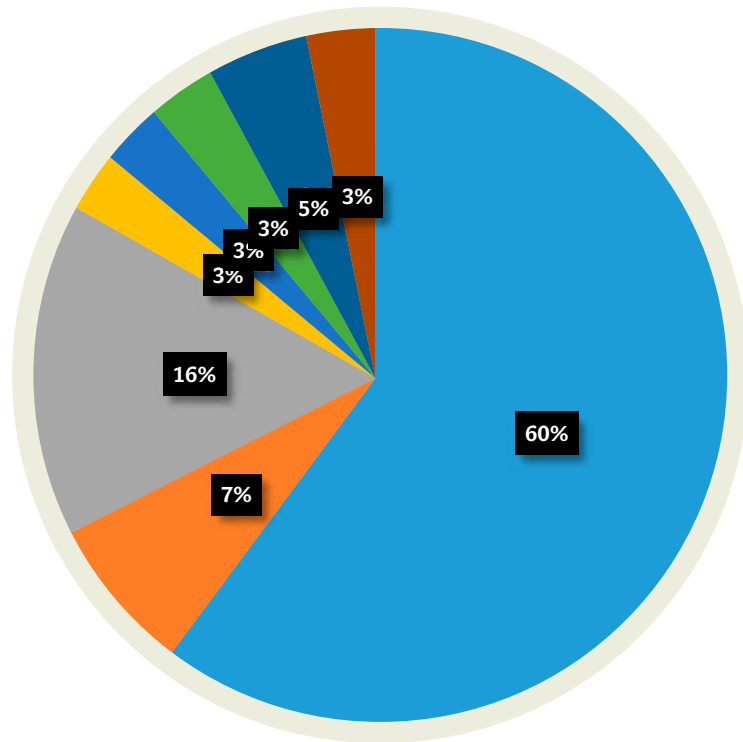
Overview of economic activities in 2016:

Expenditure	
Spent purchases	190 292 Kč
Expert services	5 384 506 Kč
Other services	2 445 680 Kč
Depreciations of assets	190 212 Kč
Staff expenditure	2 956 387 Kč
Other expenditure	173 875 Kč
TOTAL	11 340 952 Kč



Income	
Subsidies and grants	8 900 780 Kč
of which:	
Moldova	5 355 337 Kč
Peer consultants	655 083 Kč
Stopstigma.cz	1 397 913 Kč
FACT	250 158 Kč
We can communicate	257 939 Kč
MZ (Methodology EI and Finnish manual)	281 319 Kč
Norway grants – conference	419 160 Kč
Foundation ČEZ - Stopstigma.cz	283 872 Kč
Received contributions and donations	232 779 Kč
Earnings and other income	2 454 353 Kč
of which:	
Educational Institute (VZIN)	834 802 Kč
Commissions (CARE and Peers in Bohnice)	1 347 360 Kč
Book „Pathways to Recovery“	43 679 Kč
TOTAL	11 587 912 Kč

Subsidies and grants 2016



- Moldova
- Peer consultants
- Stopstigma.cz
- FACT
- We can communicate
- MZ (Methodology EI and Finnish manual)
- Norway grants - conference
- Foundation ČEZ - Stopstigma.cz

8. PEOPLE IN THE CENTRE

Board members: Václava Probstová, Ondřej Pěč, Jana Žmolíková

Director: Pavel Říčan

Financial manager: Petr Bittner

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, Jan Stuchlík, Petr Hejzlar, Michaela Růžičková

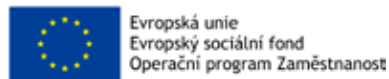
External collaborators and lecturers: Dana Čechová, Marek Fiala, Lenka Flášarová, Zuzana Foitová, Martin Fojtíček, Tereza Formánková, Petr Hejzlar, Zdeněk Heřt, Jaroslav Hodboď, Barbora Hrdličková, Veronika Kapková, Michal Kašpar, Lucie Kondrátová, Michael Kostka, Vladimíra Křížová, Jan Lorenc, Vendula Machů, Eva Neudörflová, Petr Nevšímal, Michal Noga, Michaela Nosková, Jana Nováčková, Miroslav Pastucha, Ondřej Pěč, Jana Pěčová, Jan Pfeiffer, Věra Pinkasová, Jana Pluhaříková Pomajzlová, Petr Příhoda, Eliška Rohlíková, Michaela Růžičková, Pavel Říčan, Ondřej Skála, Jan Stuchlík, Petr Šípek, Lenka Škvorová, Jiří Štefl, Magdaléna Štochlová, Petr Šturma, Jiří Šupa, Tomáš Vaněk, Martina Venglářová, Jana Votípková, Barbora Wenigová, Petr Winkler, Agáta Zajíčková

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