



# Annual Report 2015



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







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# 1. A few words of introduction

**D**ear Readers,

In 2015, the Center celebrated 20 years of existence and current and former staff members came together to remember its beginnings.

We continued to expand collaboration between health care professionals and people with living experience of mental illness – **peer consultants**. Majority of our projects were focused on the topic of peer involvement – be it innovating our online counseling service **Stopstigma** or involving peer consultants in community services in Prague and in the Psychiatric hospital Bohnice.

We also accepted several new challenges:

We started participating in the process of transformation of residential institutions for mentally ill patients in Moldova. We also prepared an analysis of strategic documents regulating residential institutions for mentally ill patients in South Moravia.

Our **Educational Institute** expanded its activities and staff members of psychiatric hospitals started utilizing our offer to a much larger degree. Training of 30 CARE trainers of psychosocial rehabilitation have begun in collaboration with CARE Europe and Psychiatric hospital Bohnice. The Center became a member of Promise Global – a worldwide network for development of programs focused on recovery of mentally ill patients. We also joined the primarily European **CARE Europe** network.

I would personally like to thank all the members of our team, whom I had the privilege to work with in 2015. I would also like to express our gratitude to all those, who participated in true transformation of mental health care system in the Czech republic.

Pavel Říčan



## 2. Reform

After rather intense work on defining standards of Centers for Mental Health in 2014, the reform did not move forward significantly in 2015. In January 2015, we participated in a workshop on transformation of the mental health care system organized by **WHO**. The Center stayed in touch with the special task force at the Ministry of Health and collaborated with Platform for Transformation of the Mental Health Care System.

## 3. Innovation

We further developed, expanded and stabilized programs that came into being in the last three years.

Within the means of the project, we supported expansion of work of the peer consultants in seven community service centers in four Prague organizations – Fokus Praha, Baobab, Green Doors and Bona. In the majority of teams, the newly created peer consultant positions remained functioning even after the support of the project was completed which we consider a great success. Also, the largest psychiatric hospital in the Czech republic decided to test the inclusion of peer consultants in their care system and requested our expert assistance. The end of the year was devoted to consulting the four hospital departments involved in the project, and to training the selected peer consultants.

We created two new courses – one for experienced peer consultants and the other for teams considering introducing this role.

While involving the peer consultants in the new organizations in 2015, we already benefited from several years of their experience. Collaboration with these “senior peer consultants” happening as part of the consultation and supervision process became a very pleasant and common occurrence.

Colleges and Universities involved in our pilot program – Social Work Department of the Faculty of Arts of Charles’ University and The Prague College of Psychosocial Studies – continued to employ peer consultants at their own costs or as part of their follow-up programs. The students’ interest in the peer consultants experience largely contributed to this development.

Peer consultants, side by side with other experts also participated in specialized trainings for administrators called “We Can Communicate”. These trainings were offered in Karlovy Vary and Moravskoslezsky districts.

We also partnered with Fokus organization in Mladá Boleslav in an education project for family members of people with mental health problems providing study visits abroad.

## 4. Destigmatization

Thanks to the support of the Norway Grants, a unique project was initiated: our on-line counseling team was expanded to include a psychologist and ten peer consultants. The consultants received initial training and started answering inquiries at the [www.stopstigma.cz](http://www.stopstigma.cz) counseling service. University College of Southeast Norway, Drammen assisted us in setting up the new counseling system as well as in receiving and analyzing feedback from the users.

## 5. Development support — Moldova

In August, we were selected by the Česká rozvojová agentura (Czech Development Agency) to support the transformation process of four centers for people with mental health problems in Moldova. We partnered with Centrum podpory transformace (Center for Transformation Support), Člověk v tísni (People in Need) and Keystone Moldova in realization of this project. In 2015, the project has slowly gotten on its way – we first spent time analyzing the actual situation in Moldova and the project's feasibility. Simultaneously, Keystone Moldova mapped out one of the centers involved in the process in detail.



# 6. Educational Institute

The number of trainings offered by the Institute has virtually doubled in 2015 compared to the previous year. We conducted 41 trainings for 571 participants. Trainings were either customized to the specific needs of the organizations – service providers in mental health care system, psychiatric hospitals and Národní ústav duševního zdraví (National Institute of Mental Health) – or they were open trainings offered under other projects. Our offer expanded to include new courses: Global Assessment of Functioning (GAF) (accredited by the MPSV (Ministry of Labor and Social Affairs) and Basic Course for Peer Consultants, and a series of four one-day courses in current trends in mental healthcare (Recovery, Self-management, Destigmatization and Peer programs). This series was partially presented by peer consultants. Our organization also received a certificate of a voluntary audit by the Fund for Continuous Education.

Trainings	Number of trainings	Number of training days
Within the projects	4	9
Open trainings	10	27
Customized trainings	27	42
<b>TOTAL</b>	<b>41</b>	<b>78</b>



## 7. Overview of Projects

Name	Outcome	Expert supervision	Partners	Duration of the project
<b>Support of the transformation process of healthcare system for people with mental health problems in Moldova – “Moldavsko”</b>	Analysis of feasibility 4 transformation plans for centers for adult patients 8 transformation mentors trained 30 transformation process participants trained 16 transformation process participants in training in the Czech republic	Jan Pfeiffer	Člověk v tísni, o. p. s. / People in need Moldova, Centrum podpory transformace, o.p.s. Keystone Human Services International Moldova Association	1.9. 2015 to 30.9.2017
<b>Creation of on-line multidisciplinary counseling service and destigmatizing website – “Stopstigma.cz”</b>	Multidisciplinary counseling team (psychiatrist, psychologist, social worker, 10 peer consultants) Functioning on-line counseling service Stopstigma.cz website updated 4 videos on destigmatization	Zuzana Foitová Pavel Říčan Jan Stuchlík	University College of Southeast Norway, Drammen	1.4.2015 to 31.12.2016
<b>Improving the quality of mental healthcare system by education – “Education for service providers”</b>	14 trainings offered (3 of those in 2015)		Assistance in organizing the trainings: Maltese Aid Olomouc, Center for Mental Health Ostrava	1.1.2014 to 31.3.2015



Name	Outcome	Expert supervision	Partners	Duration of the project
Education of state and local government employees in new approaches in mental healthcare "We Can Communicate"	Designing a 2-day accredited training <b>"We Can Communicate"</b>  Training offered 5 times, 62 participants total	Petr Hejzlar	Municipal Authority of Ostrava, Karlovy Vary District Office	1.10.2014 to 31.10.2015
Training about involving peer consultants in social services for people with mental health problems "Peer Consultant Training"	Designing and offering an accredited training <b>"Role of Peer Consultant in Care for People with Mental Health Problems"</b> (follow-up training)  Designing an accredited training <b>"How to Prepare Teams for Involving a Peer Consultant"</b> – offered 3 times	Zuzana Foitová Jan Stuchlík Pavel Říčan		1.11.2014 to 31.10.2015
Complex education of family members of people with mental health problems (project partner) "Education for family members"	Organizing study visits in other districts in the Czech republic, as well as study visits abroad in the Netherlands and Finland  Completion seminar for study abroad participants	Jan Stuchlík	Fokus Mladá Boleslav  GGZ Noord-Holland-Noord, Joint authority of Kainuu	1.10.2014 to 31.10.2015
Training of people with mental health problems for a Peer consultant role "Peer Consultants for Prague"	10 peer consultants trained  7 positions for peer consultants created  Report on benefits of peer consultants involvement	Zuzana Foitová Jan Stuchlík	Fokus Praha, Baobab, Green Doors a Bona	1.1.2015 to 31.10.2015

## 8. Professional events, participation in conferences

### **May:**

Pavel Řičan, presentation at CARE Europe international conference, Prague

### **June:**

Zuzana Foitová, Jan Stuchlík, Agáta Zajíčková, presentation at 3rd European Congress on Assertive Outreach, Oslo

### **August:**

first training in WRAP (Wellness Recovery Action Planning) in the Czech republic, presenters Annette Furnemont, Illona Hoogvorst-Riewald

### **December:**

Zuzana Foitová, presentation of Stopstigma.cz project with peer consultants involvement at the Norway Grants conference , Prague



## 9. Publications, translations, conference presentations

**Říčan, P., Foitová, Z., Stuchlík, J.:** Peer Involvement in the Czech Republic.  
WAPR Bulletin č. 36, May 2015.

**Foitová, Z., Říčan, P., Stuchlík, P.:** Peer Involvement In The Czech Republic. Poster: 3rd European Congress on Assertive Outreach REACHING OUT TOGETHER, 24–26 June 2015 – Oslo, Norway.

**Report on Benefits of Peer Consultants' Involvement** – Centrum pro rozvoj péče o duševní zdraví, Praha 2015 (<http://www.cmhcd.cz/centrum/publikace/>)

### Translations on the topics of recovery and peer support

**Davidson L, Chinman M, Sells D.:** Peer support among adults with serious mental illness: a report from the field – Schizophr Bull. 2006, 32:443–450.

**Larry Davidson, Janis Tondora & Priscilla Ridgway:** Life Is Not an “Outcome”: Reflections on Recovery as an Outcome and as a Process). American Journal of Psychiatric Rehabilitation, 2010, 13:1, 1–8.

**Repper, J.:** Peer Support Workers: A practical guide to implementation – London: Centre for Mental Health and NHS Confederation Mental Health, 2013.

**Slade, M.:** 100 ways to support recovery – London: Rethink, 2013

**Trachtenberg, M. et al:** Peer support in mental health care: is it good value for money? – London: Centre for Mental Health, 2013.



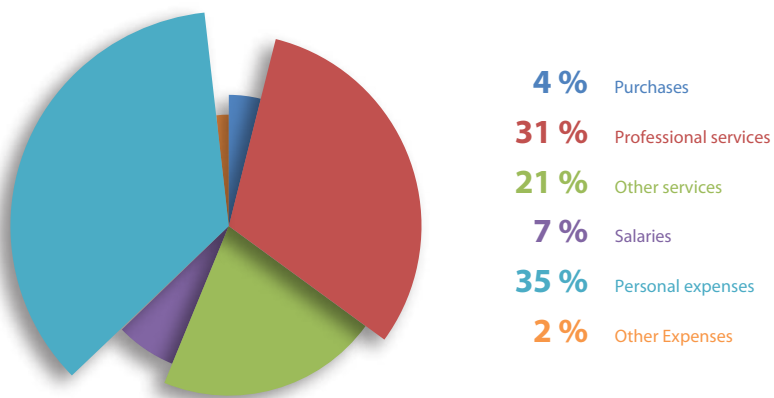
# 10. Finances

The Center completed its work in 2015 with a surplus of **CZK 171 985**. More then ¾ of the income was provided by grants a subsidies, mainly from EU sources. The remaining income came from tuition fees charged for training programs, and donations and sponsor gifts. Compared to the previous year, the income from the Center’s activities, mainly the training programs, has increased. Besides the EU subsidies, the Center managed to secure a grant from Nadace ČEZ (Czech Energy Company Foundation) which helped finance the Stopstigma.cz project.

## 2015 Financial Overview:

### Expenses

Purchases	CZK 336 102
Professional services	CZK 2 665 502
Other services	CZK 1 813 065
Salaries	CZK 561 274
Personal expenses	CZK 3 037 983
Other Expenses	CZK 152 360
<b>TOTAL</b>	<b>CZK 8 566 286</b>



## Income

### Grants and subsidies

**CZK 7 097 158**

*Of that:*

Moldova	CZK 1 615 102
Peer Consultants for Prague	CZK 1 786 144
Stopstigma.cz	CZK 1 003 501
Service providers' training	CZK 211 545
"We Can Communicate" program	CZK 723 575
Peer Consultants' training	CZK 712 270
Family Members education	CZK 952 293
ČEZ Foundation – Stopstigma.cz	CZK 92 728

### Contributions and donations

**CZK 26 150**

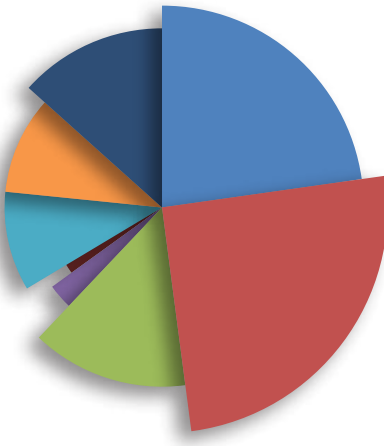
### Other income CZK 1 614 963

*Of that:*

Educational Institute (VZIN)	CZK 1 314 054
Peers in Psychiatric Hospital Bohnice	CZK 46 500
Book "Pathways to Recovery" ("Cesty k zotavení")	CZK 40 308

### TOTAL

**CZK 8 738 271**



<b>23 %</b>	Moldova
<b>25 %</b>	Peer Consultants for Prague
<b>14 %</b>	Stopstigma.cz
<b>3 %</b>	Service providers' training
<b>10 %</b>	"We Can Communicate" program
<b>10 %</b>	Peer Consultants' training
<b>14 %</b>	Family Members education
<b>1 %</b>	ČEZ Foundation – Stopstigma.cz

## 11. Staff of the Center in 2015

**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:** Petr Bittner, Barbora Holá, Markéta Hulmáková, Petra Kubinová, Pavla Šelepová, Martina Vavřínková

**Expert Consultants:** Zuzana Foitová, Jan Stuchlík, Barbora Wenigová

**External collaborators:** Petr Hejzlar, Michael Kostka, Jan Pfeiffer, Petr Příhoda, Petr Šturma

**Trainers:** Dana Čechová, Zuzana Foitová, Marek Fiala, Lenka Flášarová, Jaroslav Hodboď, Barbora Hrdličková, Michal Kašpar, Vladimíra Křížová, Eva Neudörfllová, Petr Nevšimal, Michaela Nosková, Jana Nováčková, Ondřej Pěč, Jana Pěčová, Petr Příhoda, Pavel Říčan, Ondřej Skála, Jan Stuchlík, Petr Šípek, Jiří Štefl, Magdaléna Štochlová, Petr Šturma, Tomáš Vaněk, Martina Venglářová, Jana Votípková, Barbora Wenigová



## 12. Acknowledgment

Our appreciation and thanks go to the following companies and organizations:



Financing for the projects of the Center in 2015 was provided by European Social Fund, as well as the Czech republic state budget/ under the following programs:



HUMAN RESOURCES AND  
EMPLOYMENT OPERATIONAL  
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[www.esfcr.cz](http://www.esfcr.cz)



European Social Fund  
Prague Adaptability Operational Programme  
Prague & EU: We Invest in Your Future

Other projects of the Center in 2015 were supported by the Norway Grants and Program of Development of International Cooperation of the Czech Development Agency.



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