



# Annual Report 2020



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## INTRODUCTION

On behalf of my Board colleagues at EUFAMI I am pleased to introduce you to EUFAMI's activities and achievements in 2020.

The EUFAMI activities were based around three main strategic pillars - Advocacy, Membership and Research.

The year 2020 was marked by the global coronavirus pandemic and as a result it affected every single household, physically and mentally. EUFAMI's activities were instantly affected from the beginning of last year. EUFAMI and its member organisations adapted their activities and services so as to provide the best possible support to mentally ill people and their relatives during a difficult period. This exceptional year was a challenge for the well-being of individuals and families affected by mental ill health and therefore, the role of EUFAMI and its member organisations is more central now than it ever had been. EUFAMI has highlighted the situation and the burden on families at several European virtual congresses (for example EPA, ECNP) and meetings over the past year.

EUFAMI, together with the London School of Economics (LSE), conducted a survey to determine the impact of the pandemic on the lives and well-being of family carers. The survey showed, as expected, a decline in their well-being.

The results of the Value of Caring study were discussed with member organisations, and basic information about the study was also shared with other key stakeholders during the past year. In addition, an information campaign on the results of the study was prepared.

EUFAMI also examined the impact of the pandemic on the support services that were provided by member organisations to their individual family carers. For all the associations that responded to the survey, the support services were adapted to take place mainly virtually. Member organisations also reported a higher number of crisis contacts

of family carers to the association than usual.

EUFAMI also collected useful information regarding the pandemic, as developed by its member organisations to family carers, and published these on its webpage.

EUFAMI with other mental health organisations wrote an article on “How mental health care should change as a consequence of the COVID-19 Pandemic”, which was published in the Lancet journal. Furthermore, a webinar was organized for EUFAMI member organisations on the research topic “The view of family caregivers on the capacity of people with schizophrenia or bipolar disorder to make Rational decisions about their health-care and medical treatments” in summer 2020.

EUFAMI continued successfully its Prospect Plus project, which commenced in 2019, on updating the Prospect peer-to-peer programme for families and friends. Part of the test training sessions were organised in the year 2020, by providing valuable information on the use of the training material in an online environment. The whole project on updating the programme was modified and organised fully as a virtual process. Partner organisations who actively implemented the Prospect group model in their respected countries were heavily involved in EUFAMI's programme. There also was a pilot member organisation from Eastern Europe implementing the group programme for the very first time.

The Prospect programme is an excellent tool to support families and friends and we hope to be able to share the updated group programme with new EUFAMI member organisations as Prospect partners, as soon as the updating process is finalised.

EUFAMI was also involved in other projects, such as the Share4Carers project, with emphasis on the views of young carers, the Pecunia project, which developed

the methods and tools in order to enable multisectoral and multiperson economic evaluations focusing on mental healthcare, and also the EPA/EBC Value of Treatment project, in which EUFAMI participated in different working groups. In addition, a Schizophrenia companion guide 2 was developed in collaboration with Gamian-Europe, among others, where EUFAMI participated in the Breaking Depression project, which was to promote the discussion and encourage talk on depression.

I take this opportunity to thank EUFAMI former Board members Eulalia Pereira and Spyros Zorbas for their valuable contributions to EUFAMI. We also thank EUFAMI's recent and long term Administrator Rita Geerts together with former Executive Director Margaret Walker for their interest and deep commitment to EUFAMI for many years and last but not least, our very helpful intern Malin Hollaar. In this occasion, we also welcome current EUFAMI President Urs Würsch to the Board, as well as EUFAMI Directors Philippa Lowe and Emmanuelle Rémond.

As I am writing this introduction in May 2021 in my role as the previous EUFAMI President, I would first of all like to thank all the member organisations and partners for the excellent projects and moments we shared together. I also wish wisdom and courage to my fellow Board colleagues. The family perspective is very important and by working together we are stronger.



Miia Männikkö,  
Former EUFAMI President 2020



# 2020 AT A GLANCE:

## JANUARY

- ★ **10** EUFAMI's President attends a Mental Health Stakeholder Group Meeting organised by GAMIAN and EPA
- ★ **16-17** EUFAMI's President attends the kick-off meeting of the Share4Carers Project organised by DYNAMI ZOIS in Athens, Greece
- ★ **24** EUFAMI's Board of Directors hold their first teleconference meeting of the year

forcing Youth Guarantee in Brussels, Belgium.

- ★ **12-14** Members of EUFAMI, including the President and Secretary attend the Prospect Kick-off virtual meeting
- ★ **27** 2<sup>nd</sup> teleconference meeting of the EUFAMI Board of Directors
- ★ **27** EPA Board of Directors Meeting

- ★ **18** Members of EUFAMI including the President attend virtual meeting on Value of Treatment 2 Project on autism, depression and eating disorders (anxiety nervosa) organised by the EBC (European Brain Council)
- ★ **19** EUFAMI representative World Health Assembly virtual panel

## FEBRUARY

- ★ **18** EUFAMI's President represents EUFAMI at the MEP Alliance for Mental Health meeting "Shaping the Future, EU Mental Health Strategy" in Brussels, Belgium organised by GAMIAN Europe and Mental Health Europe
- ★ **28** EUFAMI Board of Directors have their first in person meeting of the year in Leuven

## APRIL

- ★ **15-16** EUFAMI Board Member attends the PECUNIA Special Advisory Board Virtual Meeting
- ★ **17** 3<sup>rd</sup> teleconference meeting of the EUFAMI Board of Directors
- ★ **25-26** The President represents EUFAMI at the European Patients' Forum (EPF) Annual General Meeting (AGM) and Leadership Meeting 2020. The meeting was held virtually.

## JUNE

- ★ **5** 5<sup>th</sup> teleconference meeting of the EUFAMI Board of Directors
- ★ **6** EUFAMI holds its Annual General Meeting 2020. The meeting was held virtually.

## MARCH

- ★ **2** EUFAMI's now Vice-President attends the Strategic Dialogue meetings organised by DG Employment on rein-

## MAY

- ★ **11** 4<sup>th</sup> teleconference meeting of the EUFAMI Board of Directors

## JULY

- ★ **3** EPA Board of Directors Meeting
- ★ **5** EUFAMI's President represents EUFAMI at the EPA Annual General Meeting
- ★ **4-7** The President of EUFAMI attends the 28<sup>th</sup> European Congress of Psychiatry – The Shared Heritage of European Psychiatry organised by EPA. The meeting was held virtually

- ★ **29** 6<sup>th</sup> teleconference meeting of the EUFAMI Board of Directors

## AUGUST

- ★ No events were held during this time

## SEPTEMBER

- ★ **9** 7<sup>th</sup> teleconference meeting of the EUFAMI Board of Directors
- ★ **12-15** EUFAMI's President attended the 33<sup>rd</sup> ECNP Virtual Congress organised by the European College of Neuropsychopharmacology where EUFAMI was also offered an exhibition booth
- ★ **18** EUFAMI's President attended Equal Pay Day Virtual Meeting 2020 organised by the Equal Pay International Coalition
- ★ **22-23** EUFAMI Representative attends OECD Mental Health performance framework meetings
- ★ **28** EUFAMI's President was an invited speaker to EPIONI's BBC Webinar "Addressing the growing prevalence of depression in Europe"

- ★ **30** The President of EUFAMI attends the OECD Mental Health performance framework meetings

## OCTOBER

- ★ **1** EUFAMI's President attended the "Virtual Roundtable: Patient Safety best Practices across Europe" organised by EP IG on Innovation in Health and Social Care
- ★ **3** EUFAMI's President attends the EPF (European Patient Forum) 2020 General Meeting
- ★ **7** 8<sup>th</sup> teleconference meeting of the EUFAMI Board of Directors
- ★ **16** The President of EUFAMI is invited as a special member to the World Psychiatric Association (WPA) Visual General Assembly
- ★ **26** EUFAMI's President attends the "EU Health Summit – Time for Action – Lessons learned from the COVID-19 pandemic" organised by the EU Health Coalition. The summit was held online.

## NOVEMBER

- ★ **10** The Secretary represents EUFAMI at the virtual Meeting of MEP Alliance for Mental Health.

- ★ **10** 9<sup>th</sup> teleconference meeting of the EUFAMI Board of Directors

- ★ **19** The President, Secretary and Treasurer of EUFAMI held a videomeeting with Ms Stella Kyriakides, European Commissioner for Health and Food Safety
- ★ **20** EPA Board of Directors Meeting
- ★ **25** EUFAMI was invited to the World Health & Wellness congress Mental Health – How to deal better (speak, share, evolve)
- ★ **27** EUFAMI's Treasurer was invited to speak to the St Patrick's Mental Health Services Founder's Day Annual event

## DECEMBER

- ★ **3** EUFAMI attends the online webinar on Children of parents with mental health problems: The need for a European strategy, organized by Share4Carers project
- ★ **9** EUFAMI Board of Directors holds its 10<sup>th</sup> and final teleconference meeting of the year

# COVID-19 AND MENTAL HEALTH

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The situation regarding COVID-19 has affected everyone. These times have been especially tough on people's mental health. To provide everyone with trustworthy and relevant information regarding COVID-19, EUFAMI had listed a collection of useful websites.

## EUFAMI is re-circulating these below.

The first section consists of a collection of websites with information on COVID-19 in general and advice for carers. The second section consists of websites that provide good advice for maintaining good mental health during the Corona crisis. Lastly,

there is a section with websites that were recommended by EUFAMI's member organizations. Read on to find out whether these websites are able to help you and your family.

## General Information about COVID-19

### FOR EVERYONE

- Updates and general information about COVID-19 from the WHO:  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Updates and general information about COVID-19 from the ECDC:  
<https://www.ecdc.europa.eu/en/covid-19>

### FOR RESEARCHERS AND HEALTH WORKERS

- Lancet's Updates about Latest Research:  
<https://www.thelancet.com/coronavirus>

### FOR CARERS

- Practical advice for carers:  
<https://www.carealliance.ie/Covid19>



## COVID-19 and Mental Health

### FOR EVERYONE

- Recommendations on maintaining good mental health:  
<https://www.euopsy.net/covid-19-resource-centre/>
- Tools for everyone experiencing mental distress:  
<https://wellbeingandcoping.net/>
- Practical advice for staying at home and looking after your mental health:  
<https://www.mind.org.uk/information-support/coronavirus/coronavirus-wand-your-wellbeing/>
- Mental health and psychosocial considerations and advice:  
<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>
- Eight ways to look after your mental health:  
<https://www.mhe-sme.org/covid-19/>

### FOR HEALTH WORKERS

- Recommendations on maintaining good mental health:  
<https://www.euopsy.net/covid-19-resource-centre/>

### FOR THE YOUTH AND CHILDREN

- Tips, advice and guidance on where to get support for your mental health:  
<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

## Recommendations from Our Member Organisations

**ENCONTRAR+SE** has been active on their social media during the Corona crisis. The material that they are sharing is also available on their website. This website is in Portuguese:

- <https://www.encontrarse.pt/formacao-informacao/promocao-da-saude-mental-covid-19/>

**Hafal**'s website offers an overview of useful information about COVID-19 itself and about taking care of your mental health during this time:

- <https://www.hafal.org/coronavirus/>

**HPE Austria** wants to let you know that the HPE consultants are available from Monday to Friday from 10am to 8pm during the Corona crisis.

You can call the following telephone number: +43 1 526 42 02

**MindWise** offers advice on how to take care of your mental health during this time:

- <https://www.mindwisenv.org/info-support/covid-19/>

**Rethink Mental Illness** offers an online hub providing practical support and information for people living with mental illness and for carers:

- <https://www.rethink.org/advice-and-information/covid-19-support/>

**Salud Mental España** has made a presentation about how they are coping with the COVID-19 outbreak. You can download the presentation by following the link below. The webpage and document is in Spanish:

- <https://consaludmental.org/centro-documentacion/salud-mental-covid19/>

**Shine** recommends these websites with relevant information and explanations about COVID-19:

- <https://www2.hse.ie/coronavirus/>
- <https://www.hpsc.ie/az/respiratory/coronavirus/novelcoronavirus/guidance/>
- <https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>
- <https://www.nala.ie/covid-19-words-explained>

**Unafam** offers support and information about COVID-19 and taking care of your mental health. The website is in French:

- <https://www.unafam.org/besoin-daide/covid-19-lunafam-vos-cotes>

**Ypsilon** offers support, information and advice for carers and relatives.

The website is in Dutch:

- <https://www.ypsilon.org/corona>



# MEMBER FOCUS

## Association of Families for Partnership in Psychiatry Contribution (Bulgaria)

Our main activities in 2020 were in two directions:

1. Participation in the public consultation initiated by the government on a proposal for a new 10-year "National Strategy for Mental Health 2020-2030" - the final draft (as of May 2021 still pending cabinet approval) now contains explicit references to the "families" of the patients, e.g. the acknowledgement that "A number of medical and rehabilitation services are not paid for in any way by the state and are left to the financial means of the addicts themselves and their families" and also in the following paragraph: "Mentally ill people in Bulgaria are so-

cially discriminated against. This is especially clear if we compare the ratio of direct/indirect costs in Bulgaria with other countries. Direct are the costs for doctors and drugs, and indirect - those for care and family care. In schizophrenia this ratio is 1:12 in Bulgaria, while in other countries it is 1:2." A specific reference to the role of families is also included in one of the "priority tasks" of the Strategy: "A priority task of the National Strategy is the paradigm shift in the direction of complex bio-psycho-social and human rights-based decision-making and effective case management in the community, aimed at the so-called "therapeutic alliance" or equal union of patients and their families, with professionals "

2. Charity work: In 2020 we continued our traditional Christmas visit to the largest psychiatric hospital in Bulgaria ("St. Ivan Rilski State Hospital", located close to Sofia city), donating some festive foodstuffs and other small

items for personal use by the inpatients. During these visits we take the opportunity to talk to some of the inpatients and staff about any current problems they may wish to talk about. Also in 2020 we continued our fundraising effort through an online platform ("HelpKarma": <https://bg.helpkarma.com/campaign/lineyka-za-kuri-lo-451>) for procuring a dedicated ambulance (to be based at the "St. Ivan Rilski State Hospital" for servicing the needs of the inpatients there by speedily transferring them to other hospitals, as needed).

Unfortunately, in the course of 2020, in November, the online platform suffered heavily from a public relations crisis and the fundraising de facto was stopped. Before that the sum accumulated (through small online donations) reached 4000 euro (out of 20 000 needed). We hope at some point in the future this fundraising effort to be resumed.

# MEMBER FOCUS

## BEDRE PSYKIATRI (Denmark)

In the coming year, Bedre Psykiatri will still be keeping a strong focus on Government commitment to ensuring appropriate agreement on a 10-year plan for psychiatric care with binding targets. We are still not at the finish line, but we are striving for a plan that gives people with mental illnesses, their families and caregivers a better treatment and leads to a higher rate of recovery.

This year is also the year for local and regional council elections. It is a high priority that the local elections in November 21 will be used to strengthen the political work and knowledge of our local branches' and it will be used to strengthen our local organization.

After all, Covid 19 has forced us to look at how we can digitally help more caregivers and families. In the light of the corona situation, Bedre Psykiatri has also launched a new digital venture for children of parents with mental illness and for siblings of a brother or sister with mental illness. Please go visit the website (in Danish) <https://www.ensommig.net/>

## ARIADNE Contribution, (Bolzano/Italy)

The association Ariadne, Bolzano/Italy, can present the following activities in 2020 for the whole province of Bolzano:

- advocacy at the political level to improve laws and living conditions for families concerned with mental illness
- information and awareness-raising events to educate and improve community coexistence
- counselling service that catches desperate people and accompanies them in their difficult life situation
- holiday activities for people with mental illness that promote health and bring people together who tend to live in isolation
- supporting self-help groups, which are an important source of support for many people and families, as well as triological meetings, where professional and experiential knowledge contribute equally to a better understanding of mental illness and the possibilities of recovery

- recreational support services that reinforce social values such as humanity, respect or living together
- organization of the second course of peer-to-peer EX-IN recovery facilitators, which focuses on the inclusion of people with mental illness in the social and health care system in South Tyrol

## FINFAMI (Finland)

FinFami – Finnish Central Association of Families of People with mental illness (Finland) is the central organisation for local families' associations, and a national lobby organisation for the families of people recovering from mental health issues. The purpose of FinFa-



mi is to support local member associations (18) and provide them with services to help the families of people with a mental health issues. FinFami works to promote the interests of families with mental health issues, with respect to political decision-making and service system development.

FinFami associations in Finland arranged different ways to support family members and carers during Covid-19 regulations; by face to face on limited ways, by phones and by virtually (counselling, chats, peer-to peer groups, webinars etc.). FinFami's expert by experience volunteers and carers were seen remarkably in many media channels both nationally and locally.

FinFami developed and followed the Prospect-programme for Families and Friends in a virtual way. FinFami's volunteers, peer-to peer facilitators and experts by experience had a big role on the development work. FinFami was also an active partner on the EUFAMI's Prospect Plus project.

## EPIONI (Greece)

The new difficult conditions brought to the fore by the COVID- 19 pandemic, as well as the deterioration of the condition of people with chronic illness or disability, have resulted in an increased burden for thousands of caregivers and members of these families in Greece. The pandemic is a particularly stressful condition that adds additional psychological and physical burden to both patients and their caregivers. From March 2020 until the end of the year many daycare centres and support centres provided their services by social distancing and alternative communication methods. The association Greek Carers Network EPIONI had to cancel the meeting in April at the Psychiatric Hospital of Attica, in August the summer camp in collaboration with the Municipality of Athens as well as the program of entertainment and socialization of members (Art & Therapy). In order to meet the new circumstances, we sought to be close to members and friends by maintaining regular communication through social media as well as by holding online meetings (eg webinars). Finally, the support



teams were planned online, and will take place in the coming months. 2020 was a year of development of international collaborations within the framework of Erasmus + programs, EEA Grants etc., a fact that offers new opportunities for information campaigns for carers. In closing, it is worth mentioning the efforts made with the assistance of a legal advisor to promote the implementation of the new European directive for carers at the Ministry of Health and the Ministry of Labor and Social Affairs.

EPIONI on the occasion of the European Carers Day which was celebrated for the first time on October 6<sup>th</sup> 2020 but also the World Mental Health Day that is celebrated every year on October 10, organized a webinar for family caregivers on Friday 9 October 2020. The focus was on caregivers' need for access to more and better health services.

The webinar on October 9 was held with the support of the European Parliament office in

# MEMBER FOCUS



Greece, under the auspices of the World Federation for Mental Health (WFMH) and the European and Hellenic Psychiatric Association. Through short interventions, Greek and foreign speakers referred to the aggravated conditions created for caregivers by the COVID-19 pandemic and the need for more awareness regarding brain diseases

## Mental Health Spain (Spain)

Mental Health Spain has published a report, outlining how



our organisation adapted in 2020 to the pandemic:

<https://consaludmental.org/centro-documentacion/salud-mental-covid19/>.

This document analyzes the consequences for mental health during the COVID-19 pandemic, contextualizing it with data provided through both national and international studies and research.

It also includes a summary of the actions carried out by the **SPAIN MENTAL HEALTH** Confederation to provide information to society and also the claims that the organization proposes to public institutions to prevent and take care of the mental health of people living in Spain.

See more here:

<https://consaludmental.org/sala-prensa/movimiento-asociativo-salud-mental-pandemia/>

## HAFAL (Wales)

Through 2020, Hafal set in motion its intention to merge with three other charities – Adferiad Recovery, CAIS and WCADA – to become a single charity called Adferiad Recovery. We were



delighted to announce that on 1<sup>st</sup> April 2021 Hafal successfully merged with the other organisations and will now have bigger scope to provide support for vulnerable people in Wales and their families and carers.

Adferiad Recovery will have a particular focus on people with mental health problems, substance misuse problems, and those with co-occurring and complex needs, and brings together the broad range of skills, knowledge and experience of dedicated teams who are passionate about making a difference in the lives of the people and communities we serve.

All four charities have been working closely for some time now, and the merger builds on our great partnership arrangements. Providing Adferiad Recovery's service to the highest standards remains our top priority and we look forward to a new era in recovery service delivery in Wales.

For more information visit:

<http://www.adferiad.org.uk/>



## Rethink Mental Illness (England)

2020 will be forever remembered for two global events. One that changed everyone's lives and one that needs to. The former is of course the Covid-19 pandemic. The latter is the murder of George Floyd and the resulting worldwide calls for change. As a Charity these tragic events have shaped and informed our year.

We knew relatively early into the pandemic that while there was likely to be a population level impact on people's mental health, those already living with mental illness were going to be amongst the hardest hit. Both in physical and mental health outcomes, compounded by changes in support and the economy. Rethink Mental Illness moved quickly. Reaching out to people severely affected by mental illness and their carers to develop a clearer understanding of the challenges they faced, providing the information and advice they needed and adapting our services so that they continued to provide vital support. Many of our services have remained physically open during the pandemic, with all

efforts taken to protect service users and staff. Others moved online at pace. More recently our communications have focused on encouraging as many people as possible living with severe mental illness and their carers to be vaccinated against Covid-19. To the credit of our staff, during this time, we have continued to support the NHS transformation of community based mental health services. We are the sector leader in the development of place-based alliances. Breaking down barriers and bringing together providers of care and support to work in the best interests of people living with mental illness.

While longing for some sense of normality to return, one thing we know has to change is the racism experienced by people from black and minority ethnic backgrounds. Further to the call for change by Black Lives Matter, Rethink Mental Illness has committed to becoming an anti-racist organisation. Internally embedding equality and diversity, externally calling out racism – notably on the intersection with mental illness. In 2021 we look forward to the overdue reform of the Mental Health Act, which in its implementation, led to black men being detained at a shockingly disproportionate rate.

## SIMILES (VLAANDEREN vzw)

The most important event this year was the Covid pandemic, the initial lock-down and the ensuing restrictions of movement that prevented face-to-face meetings for the greater part of the year. Services to the members and to the larger community of families in Mental Health had to be reorganized. After an initial period of reduced activities members and staff discovered that on-line meetings offer new opportunities to reach more members and hold meetings more frequently. It soon appeared that group dynamics have changed allowing those who are less inclined to speak out now respond more easily when invited by the chair of the meeting. It also appears that meeting from home allows more members to attend.

The efforts to reach out to the larger community of health carers, esp. psychiatric hospitals and connected services have continued with success. In many instances it were the health institutions who asked for contact to be briefed about the effects of mental health issues on the families. This new development is still in its initial phase but signs that it will be growing are encouraging.

AD May 2020



# MEMBER FOCUS

## SHINE (Ireland)

Conventionally, Shine, like many mental health services, provided mental health recovery support to individuals and family members through face to face meetings, with individuals or within groups. Due to the COVID-19 pandemic, Shine has had to quickly learn to use new tools and find innovative ways of working, while maintaining as much service provision as possible.

Throughout 2020, Shine had to change support services to phone, text and/or e-mail. We began to roll out online support groups for people with lived experience of mental health difficulties and their family members / supporters. Information and resources are shared by e-mail, on our social media platforms, video conferencing and phone calls. Teams have been busy creating online resources based on our training and education programmes. Across our services, we have seen a continuation of support to those who were actively accessing our services and a return of those who may not have been accessing for a while. There is an understand-

able anxiety experienced by many during these unprecedented times.

As part of the current Shine Strategic Plan "Making Change Happen", Shine is working towards becoming a key influencer in the development and implementation of national mental health services policy and practice in Ireland, and the reduction of stigma and discrimination. As part of this work, during 2020, Shine engaged in the development of an advocacy strategy to focus on a selected number of advocacy issues, and work, over the next three years, to achieve positive change. Shine supports the integration of a human rights perspective in mental health, and the realisation of the human rights and fundamental freedoms of persons experiencing mental health difficulties. Within an overarching human rights framework, this advocacy strategy highlights key areas of advocacy work as identified by Shine, as well as the road map for implementation and the achievement of results.

## FAMILIAR-MENTE (Portugal)

"Throughout 2020, and despite the limitations imposed by the SARS-CoV-2 pandemic | Covid-19, we continued to meet and be heard (mainly in online format meetings) in the Parliamentary Health and Labour and Social Security Committees; by all Parliamentary Groups; and in meetings with the Secretary of State of Health, with the Board of the National Program for Mental Health and with the Mental Health's National Commission of the Integrated Continuous Care Network, having as main objectives the situation of Mental Health and the lack of investment in implementation of measures of the National Mental Health Plan, among others.

Another vertex of our action was our participation in the National Mental Health Council and in the National Health Council, participating in dozens of meetings of these bodies. Also in 2020, we organized our "V National Meeting", dedicated to the theme "Equity and Equal Access to the Treatment of Mental Illness", in a mixed format (online and face-to-face with limitations), a format that we will adopt for the

“VI National Meeting”, on May 21, 2021 (between 9:00 am and 5:00 pm), where the “Democratization of Mental Health - Public Participation in Health” will be debated and, among others, the “Charge and Cost of Mental Illness” survey will be presented, that has had our scientific sponsorship.

We could also list a wide range of activities, we must emphasize that, by Joint Order of the Ministers of Justice and Health, we were part of the Monitoring Committee for the Execution of the Compulsory Internment Legal Regime (2020/2023) and of the Group of Work for the Presentation of the Proposed Revision of the Mental Health Law."

## LOKA (Hungary)



LOKA has built up a strong co-operation with all psychiatric stakeholders during pandemic in Hungary the foundation has got an information hub.

### LOKA achieved:

- The dosing schedule for long-acting antipsychotics injections has recently been



modified to allow to be given by a GPs, not only by psychiatrists

- The telemedicine has been included into the reimbursed treatment, the psychiatric patients could get treatment via zoom.
- The number of suicides and suicide attempts among psychiatric patients has been increased as a result of the a lack of care and an increase in decompensation LOKA has helped the survivals and tried to get therapy for the people in danger.
- Permanent control of the treatment information via volunteers.
- LOKA initiated an ombudsman inquiry of the relocation of the Psychiatric Clinic from Szeged to Mako. LOKA tried to protect the dignity and interest of the patient of Szeged region.

## PROMESSES (France)

The impossibility to meet one another last year because of Covid 19 pandemic has led PromesseS to arrange zoom meetings called **Caf'Conf'**. The goal resides in inviting a guest concerned with any sort of experiment with schizophrenia.

The first zoom was dedicated to the meeting with the filmmaker Véro Crazeborn who directed « La forêt de mon père » (My Father's Forest). Her movie is even more important as a testimony that her father was himself schizophrenic. Therefore, this work allows on-lookers to apprehend how the disease is experienced in the very inside of the family and to shake down prejudice. Being used for educating carers and secondary school teachers about schizophrenia, the film will boost an internet platform to bring support to young people soon.

What is more, PromesseS organization has planned other meetings as with Philippa Motte, a carer and a coach and an advisor who will handle health recovery matters, and PromesseS will also benefit from the participation of Guillaume Fond, a psychiatrist doc-

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tor in charge with the Expert Centre of Schizophrenia and Resistant Depression, in University hospitals in Marseille, on the topic “psycho-nurturing, a necessary approach to mental health”.

PromesseS has merged with **Santé Mentale France** which constitutes an organization federating the active structures in the French health realm as

well as in the medico-social field covering all the French territory, and participating in a national committee which works by the Prime Minister to support people with handicaps. This organization is one of the founders of PSSM France Association and its active members played a great part in adapting the curriculum “**Premier Secours en Santé Mentale**” (PSSM) coming from “Mental

Heath First Aid”. The purpose is to train first aid rescuers in mental health: the primary aids brought in mental health emergencies are more or less the same as in physical rescuing. This training is meant to allow everyone who is interested in bringing help to an individual in mental distress, either at the beginning of a crisis or in the process of a crisis or at the climax of a crisis.

## EUFAMI STATS 2020



4 393 FANS

+31 NEW FANS



12

EU MEETINGS

97

PROJECT MEETINGS

3 603

FOLLOWERS

+ 165

NEW FOLLOWERS



11 + 3

EUFAMI MEETINGS  
AND WEBINARS



## Gusta Frooninckx

was the founder of mental health organisations EUFAMI and Similes Flanders. She had been an advocate for families with members with mental health issues since she came to the realisation 50 years ago that, at the time, there was nowhere for a young person with a mental disability to go after they had turned 18. Such was the case for her brother Hub.

She cared for her brother, who had Down Syndrome, for several years and during that time she was professionally active in youth work while she used her political contacts she had through her job to lobby for the case of the family members and their loved ones. She acted as the first president of Similes Flanders and throughout the years she worked hard to connect and collaborate with similar organisations in Europe so that the voices of those families could be strengthened at European level.

Although the foundation of the two organisations was the big achievement of her life she was also an avid artist who left behind a great



amount of paintings that she spoke very highly of and which she occasionally sold to fundraise for Similes Flanders or for EUFAMI.

In 2017, Gusta gave an interview for EUFAMI. You can use the following link to read this.

<https://medium.com/@EUFAMI/eufami-founder-gusta-froonickx-it-all-started-when-my-brother-turned-18-adda971bc4a8>

*Gusta sadly passed away in February 2021 at 95 years of age. Her legacy will live on.*

# EUFAMI STRATEGY 2020-2022

**EUFAMI** is the European Federation of Associations of Families of People with Mental Illness, a democratic, non-profit organisation with an ongoing commitment to improving care and welfare for people affected by mental ill health.

## Mission

To be 'the voice' at European level of family members of people affected by severe mental illness.

## Vision

That every person affected by mental illness and their family members receives the understanding and support they need without exclusion or discrimination so that their rights are recognised and protected.

## Our Strategic Pillars



Advocacy



Membership



Research



Advocacy

EUFAMI will be the voice at European level of families affected by mental ill health by:

- (i) Strengthening advocacy work and networks through specific projects which create capacity at membership and Secretariat level.
- (ii) Building closer networks and collaborations with other European institutions and international mental health organisations, and organisations such as the World Health Organisation (WHO) and the Organisation for Economic Co-operation and Development (OECD).



- (iii) Enhancing EUFAMI communications by using online and print media and to assist, where appropriate and feasible, in the translation of selected documents to support advocacy at a national level.
- (iv) Leading the fight against stigma, and promoting inclusion, by taking a multichannel approach to increase external communication, and emphasising the importance of safeguarding the human rights of people affected by mental ill health in line with the Convention on the Rights of Persons with Disabilities (CRPD).

## Membership

EUFAMI will connect and support EUFAMI membership more effectively by:

- (i) Supporting and enhancing two-way communication with its members.
- (ii) Increasing the number of member organisations and strengthening co-operation with existing members.
- (iii) Encouraging and supporting the establishment of new family associations and strengthen those already in existence.
- (iv) Engaging in projects that include member associations, particularly those focusing on capacity building.
- (v) Developing and growing by strengthening and diversifying its financial and human resources, and working more closely with likeminded organisations and other partners, to become an alliance-based organisation.

## Research

EUFAMI will ensure the voice of families is heard in research by:

- (i) Supporting and promoting family-focused research and collaboration with relevant stakeholders, including EUFAMI members, and actively following relevant research projects of other organisations.
- (ii) Using the most beneficial methods determined through research to support family members.
- (iii) Sharing research outcomes with member organisations, the media, and the wider public.

Find out more: [www.eufami.org](http://www.eufami.org)

# PROSPECT IN 2020!



## Introduction:

The PROSPECT Family and Friends Training programme has been considered a valuable experience by family and friend carers for nearly 20 years. This Training Programme is regarded as a contribution to improving the informal carer's quality of life.

It encourages, gives hope, and opens new perspectives by way of peer-to-peer understanding and knowledge which empowers the informal carer with better coping skills.

For this reason, it was considered essential to refresh the training programme.

In 2019 EUFAMI successfully developed a new partnership with the Janssen EMEA Fund (Johnson & Johnson Foundation) which has enabled EUFAMI to work with six EUFAMI member organisations who implement the Prospect Training Programmes and update the Family and Friends Training Programme.

**There are six EUFAMI member organisations taking part in the updating process:**

<b>FinFami</b>	Mielenterveysomaisten keskusliitto ry (Finland)
<b>SALUD MENTAL ESPAÑA</b>	Confederación Salud Mental España (Spain)
<b>Schizofreniförbundet</b>	Schizophrenia Association (Sweden)
<b>ŠENT</b>	Slovensko Združenje za Duševno Zdravje (Slovenia)
<b>SYMPATHEA</b>	Celonárodní Organizace Příbuzných Duševně Nemocných (Czech Republic)
<b>UNAFAM</b>	Union Nationale de Familles et Amis de Personnes Malades et/ou handicapées psychiques (France)

This project partnership consisted of National Prospect Coordinators and experienced Prospect Facilitators. All have been

working on and contributing invaluable to updating and revising the original content and materials.

## Project Partner Meetings

A face to face Kick Off meeting for the project partner members was planned for 12-15 March 2020 in the Netherlands. The plans for this meeting were made before the Covid-19 pandemic was acknowledged, and by the beginning of March, it was clear that we would need to adapt to the daily changing new circumstances.

On March 6<sup>th</sup> we decided that we had no choice but to cancel the face-to-face meeting. We needed to prevent any risk to the participants who were travelling to the event. There was much deliberation within the project partnership on whether to postpone or adapt to the new circumstances. We decided to adapt, and within days we

modified a 4-day event of approximately 24 hours into an online virtual event consisting of just four sessions of 2 hours each spread over 3 days.

This virtual event was a first-time experience for nearly all the participants. Not all had adequate resources such as the necessary IT equipment and stable internet connections. However, the Kick-Off event proved successful and after 3 days the participants were surprised to be positive about it and about the project progress made.



#### The participants were:

Finland, France and Spain have all developed in recent years new training content for the Prospect Family & Friends Training Programme. The virtual meeting therefore looked at both the feedback and comments collected on the original Prospect Training Programme content from all participants and the newly developed training content.

## THE OBJECTIVE OF THE EVENT AND DISCUSSIONS WAS TO

- *A create a concept version of the EUFAMI Family and Friends Prospect Plus Training Programme which will be tested in 4 pilot countries.*

The outcome of the meeting was a 10-page document listing further suggestions, recommendations, and best practice.

The next steps were to begin the work on incorporating these into a draft concept version of the training programme.

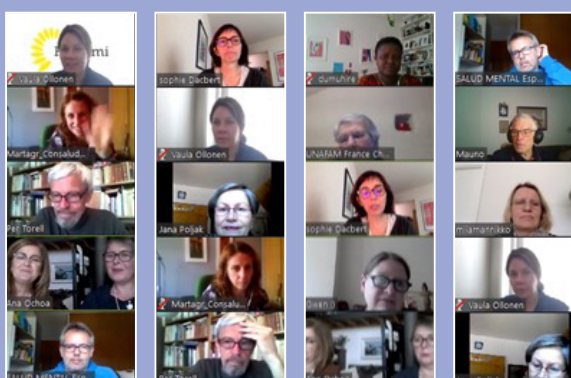
In 2020, the Prospect Plus project partnership decided to have monthly Catch-Up virtual meetings. This was to be able to have visible contact with each other, and to monitor the impact of the Covid-19 pandemic at the national level and therefore on the project tasks.

## WE USED ZOOM AS A VIRTUAL PLATFORM FOR OUR PROJECT DISCUSSIONS:

A concept revised version of the Prospect Family and Friends Training Programme was initially ready for the Prospect Plus project partners to be able to start with their National Test Trainings before the summer of 2020. However, the impact of the measures and restrictions on national activities meant that in July 2020, it was still impossible to plan the dates for these test training sessions.

In the end, two Project partners - Finland and Spain - were able to carry

out their national Test Training Sessions and these were held online virtual test trainings.



## National Test Trainings in 2020

PARTNER	VIRTUAL OR FACE TO FACE	DATES
Finland	Virtual	8-10-2020
Spain	Virtual	26, 27 & 28 November 2020
Czech Republic	N/A	2021
Slovenia	N/A	2021
France	N/A	/2021

### • FINFAMI - MIELENTERVEYSO-MAISTEN KESKUSLIITTO RY (FINLAND)

Organised a day test training session with their experienced Prospect Facilitators. They went through the concept version of the revised Prospect Family and Friends Training Programme discussing the changes made and testing some of these. They came up with a list of further feedback and comments to be incorporated into the final version. They also most importantly agreed that they the concept revised version was positive and an improvement to the original version produced between 2001-2003. The added extras – links to the Prospect Toolkit and Well-Being were well received.



Nelli Santala - Annika Forth

This virtual test training session motivated FinFami to take the next steps in adapting Prospect to the online virtual environment. With the pandemic restrictions still in place, the need to be able to also implement Prospect online was crucial. Two Finnish group instructors, Annika Forth and Nelli Santala, dared to carry out this work and successfully.

The online virtual Prospect was held over 10 weeks of 1.5-hour sessions. Both the Facilitators and the Participants were satisfied with the natural feeling to the experience. Taking Prospect online enables it to reach out and engage to more participants than ever before and develop its outreach towards the generations to come.

### • SALUD MENTAL ESPAÑA (SPAIN)

Organised a 3 day online virtual test training session with their experienced Prospect Facilitators. They went through the concept updated version of training programme and tested some of the revised activities. They were also positive as to the changes made to the original training programmes and found the new contributions an improvement.



In Spain this online virtual event also motivated them to take the next steps of being able to adapt Prospect to the online virtual environment. With the lessons learnt from Finland, they also started planning a virtual training event for the region of Catalonia in early 2021.

## Next Steps

By December 2020, provisional dates were known from the other Project Partners for their National Test Training Events to take place. These would depend on the future Covid-19 restrictions and measures in place.

Planning was taking place for an wrapping up event for the Prospect Plus project. Provisional dates were set and the decision was already taken that it would be an online virtual event.

Communication had begun with potential members of an external expert review group. The task of this group would be

to review the final version of the revised Prospect Family and Friends Training Programme and validate / endorse this as a valuable experience.

At the same time, a proposal was being put together for the next phase of Prospect Plus project to continue the updating process focusing on the Common Ground Module, the People with Self-Experience and the Health and Social Care Professionals Training Programmes.

2020 proved to be an intensive but also decisive year. The ability of the project partners to adapt to the impact of the Covid-19 not only to this project process but also to all their national activities strengthened the Prospect project group spirit and motivated them to continue sharing their experiences, lessons learnt and add value in order to achieve "A Better Prospect".



Thank You!



# PROJECTS

## PECUNIA

## PECUNIA



PECUNIA (ProgrammE in Costing, resource use measurement and outcome valuation for Use in multi-sectoral National and International health economic evaluAtions) is a project which aims to tackle the healthcare challenges of an ever-growing and rapidly ageing population in the EU by developing new standardised, harmonised and

validated methods and tools for the assessment of costs and outcomes in European healthcare systems. Comparing and exploiting data across different countries and sectors, PECUNIA aims to provide direct comparable solutions to improve chronic and mental healthcare in all EU health systems.

*EUFAMI is a member of the PECUNIA Advisory Board and is represented by Miia Männikkö*

## EU-VIORMED



EUFAMI is a partner in the European Study on Violence Risk and Mental Disorders (EU-VIORMED) project. EU-VIORMED is an EU-funded project working on improving and standardising forensic psychiatric care across Europe.

The project, which runs over a number of years, is examining best practice in 5 European countries (the UK, Germany, Austria, Poland, and Italy) with a focus on generating new data on violence and self-harm assessment. It will also attempt to formulate recommendations to assist in the planning of services for clinicians, managers, commissioners and politicians.

The kick-off meeting held in Brescia, Italy from 13<sup>th</sup> to 15<sup>th</sup> November 2017

was followed by an AGM in Duesseldorf in October 2018 with monthly teleconferences to discuss progress made so far. In 2019 the Annual meeting was held in Venice and the monthly teleconferences continued to take place. The project will end in July 2021 with the creation and dissemination of a non-technical paper by EUFAMI discussing the research papers in the context of the lay reader and from the perspective of family members.

In this project EUFAMI is involved in communications and dissemination. Please see <http://www.eu-viormed.eu/> for more information.

## Share4Carers



The Share4Carers Project aims to promote key solutions by uniting patients' organisations, academics, clinicians and carers at national level and providing them with the skills and knowledge necessary to promote psychoeducation and raise awareness on

the societal impact of children of parents with mental health problems in Europe.

EUFAMI has acted as a partner and representative of the project at a European level throughout 2020 and into 2021.

## Economic Value of Caring:

This project continued through 2020 with our partner, The London School of Economics and Political Science (LSE), delivering the results of the survey in midyear. The survey of more than 700 caregivers - sometimes referred to as informal carers - across Europe and Canada highlights the tremendous and too often hidden value of caregiving.

On receipt of the results, EUFAMI then embarked on a internal process to agree on the layout and content of the Key Messages and Recommendations that would be included in the final report. Also a full set of Infographics containing the Key Findings and Recommendations was developed. These are currently available in English, Spanish, French, Dutch and Finnish. Further language versions will be added. In the final quarter of 2020 EUFAMI embarked on an intensive dissemination programme, using social media and webinars. In total, EUFAMI facilitated four information webinars, one of which was specifically targeted at our own member associations.



The Infographics in the various languages and also a Value of Care Calculator tool are available for public access on our website - <https://tinyurl.com/3fhay74r>. This tool can be used to illustrate the value of care provided by family members and other unpaid carers to people living with poor mental health conditions. The final report is now also ready for launch and publication and will shortly be available for download from the EUFAMI website.

This survey has provided EUFAMI and its member associations with some very valuable data which it intends to use over the coming years in pursuit of its strategic goals for families.

## VALUE OF TREATMENT

Following the successful collaboration with the European Brain Council (EBC) on the first phase of the Value of Treatment (VoT) project for brain disorders in 2017, EUFAMI is now a partner in the follow up project; the main goal of this follow up project is to examine health gains and socio-economic impacts



resulting from best practice health-care interventions in comparison with current care or no treatment, and to join evidence to policy. The first meeting took place at the end of 2019 and despite Covid restrictions work on this project continues into 2021.

# PROJECTS

## Introducing PROSPECT



In 2001, EUFAMI member associations recognised the need for empowerment of family carers through a new approach to training. Existing courses were reviewed in Europe and the USA, and it was decided to develop a tailored training approach based on experiences, concerns, and contributions from sixteen EUFAMI member organisations and representatives of people with mental health problems, informal carers, health and social care professionals from twelve European countries.

### THE PROSPECT TRAINING PROGRAMMES

The Project developed four training programmes and a common ground module.

- **The Family and Friends Training Programme** addresses the needs of family members and friends, enables them to gain confidence, improves their coping skills, supports regaining control, and improves their quality of life.
- **The People with Self-Experience Programme** promotes recovery, enables greater community integration, and improves skills and work opportunities for people with self-experience of mental health problems.
- **The Health and Social Care Professionals Programme** aims to sensitize social and health professionals to new approaches of working with informal carers and people with self-experience. It is based on the driving idea that the role of Mental Health services is to facilitate citizenship. This places the person with self-experience in a social context, which also acknowledges the needs of families and friends as individuals.
- **The Common Ground Module** – is a programme designed from a mixed group of Prospect stakeholders and aims to improve, facilitate, and increase three-way communication among these.

### PROSPECT IS UNIQUE AND INNOVATIVE.

The Prospect idea is simple. It is based on a formula - to implement all three training programmes parallel, and at the same time to each other. This not only encourages communication and networking between the three stakeholder groups but enables the group members to have a new and fresh perspective of each other. Integrating the three stakeholder groups and being able to face each is essential to the idea and experience of Prospect and supporting the recovery process. The Prospect Training Programmes and Common Ground Module can stand alone, but are complimentary to each other, and this relationship is key for the success of each one.

Also unique to Prospect is the element of peer to peer. The programmes are facilitated by peers drawn from the respective participant groups and not by external experts.

The content of the training programmes is based on group participation. Sharing and exchanging personal experiences and knowledge. They are not information based. The programmes are designed to touch upon areas that are often excluded in formal education courses such as new ways of thinking with regards to social integration, education, and work opportunities.

The Prospect Training Programmes are also designed in a flexible and modular format. This allows them to be flexible and meet the local needs of each country where they are implemented.

The programmes are underpinned by the belief that given an atmosphere of inclusion and understanding, people dealing with mental health problems and their informal carers or friends can move forward in hope, regain control in their own lives and recover the abilities, skills and capacities which define every individual.

# FINANCIAL REPORT

## Audited Financial Results 2020

### Balance sheet

<b>Assets</b>		<b>2020</b>	<b>2019</b>
	<b>Fixed assets</b>	<b>0</b>	<b>0</b>
Plant, machinery & equipment			
Furniture			
Other tangible assets			
	<b>Current assets</b>	333.707	290.458
Trade debtors		1409	5.384
Other amounts receivable			
Cash at bank and in hand		319147	283.842
Transitory accounts		13151	1.232
<b>Total assets</b>		<b>333.707</b>	<b>290.458</b>
<b>Liabilities</b>		<b>2020</b>	<b>2019</b>
	<b>Capital and reserves</b>	69.267	59.865
Allocated funds		44.293	44.293
Profit carried forward		15.572	12.324
Profit of the year		9.402	3.248
<b>Loss of the year</b>			
Creditors			
Trade debts		6.972	40.996
Staff debts		5.174	10.544
<b>Transitory accounts</b>		<b>252.294</b>	<b>179.053</b>
<b>Total liabilities</b>		<b>333.707</b>	<b>290.458</b>

## Income and Expenditure

<b>Income €</b>	<b>2020</b>	<b>2019</b>
Membership fees	13.725	11.725
EUFAMI Collaborating Partner Programme	50.000	50.000
Project funding	53.364	110.214
Recovered expenses/Honoraria/Other	4.050	7.888
Financial income	0	22
Own fundraising activities	11.940	0
Staff subsidy	656	717
Congress 2019	0	24.185
<b>Total income</b>	<b>133.735</b>	<b>204.751</b>
<b>Expenditure €</b>	<b>2020</b>	<b>2019</b>
Board of Directors	2.090	7.352
General Meeting	78	4.651
Staff Costs	85.907	51.129
Write off trade debtors	2.563	2.295
Office/insurances/suppliers	8.716	10.984
Annual report/Communications	1.509	1.624
Website/promotion/representation/IT Costs	1.452	4.915
Finance and legal expenses	12.025	14.572
Misc. costs including depreciations	557	814
Project expenses	9.436	84.777
Congress 2019		18.390
<b>Total Expenditure</b>	<b>124.333</b>	<b>201.503</b>
<b>Profit/Loss</b>	<b>9.402</b>	<b>3.248</b>
<b>Detail of Income</b>		
<b>1. Core (Collaborating Partner Programme)</b>	<b>2020</b>	<b>2019</b>
Janssen	30.000	30.000
Boehringer Ingelheim	20.000	20.000
<b>Total</b>	<b>50.000</b>	<b>50.000</b>
<b>2. Projects</b>	<b>2020</b>	<b>2019</b>
EU VIORMED	0	7.579
Economic Case for Carers	1.778	60.000
Prospect Plus	49.052	15.967
Capacity Project	0	7.000
Agitation Project	0	3.500
Value of Treatment	0	359
Shizophrenia Advisory Board	0	5.809
World Mental Health Day	0	10.000
Share4Carers	2.534	0
<b>Total</b>	<b>53.364</b>	<b>110.214</b>



## Audited Accounts Commentary

Income received in 2020 to support our core and project operations amounted to €133,890, made up of a combination of funds from corporate donors through EUFAMI's Partner Programme, projects and membership fees.

Expenditure and charges for 2020 amounted to €124,489, the main items being staff and office costs, financial services and Project costs. This has resulted in EUFAMI reporting an excess of income over expenditure of €9,402 for the year 2020.

In terms of income, our Partner Programme income in 2020 stabilised at €50,000, in line with 2019.

As in the previous year, and while it is somewhat gratifying to be able to show a positive result, we continue to operate from year to year in a very uncertain environment - which is nothing unusual or unexpected. Like many other voluntary and not for profit organisations, 2020 was a very challenging year for EUFAMI in the pursuit and discharge of its strategic and statutory objectives. This was mainly as a result of the COVID19 situation.

The vast majority of our day to day work in 2020 was carried out remotely or via video links to meetings, conferences, etc. Due to the absence of an Executive Director, the actual discharge of these duties fell on the shoulders of the Officers of the Board, with increased support from time to time by other Board members.

Two major projects were current through 2020, namely the Economic Case (in conjunction with the London School of Economics and Political Science) and the Prospect Plus project. Both of these projects are multiyear projects and they will continue into 2021 - where they are expected to be successfully completed. Approximately half of our income in 2020 has come from project related activity. COVID19 did have an impact on these projects in terms of delivery. However, thankfully COVID19 did not have any material adverse effect on our overall finances. EUFAMI's Balance Sheet as at the end of 2020 still remains in a healthy state, from a financial perspective.



I would like to express my thanks to my fellow Directors and our office based personnel for their continued support. In closing, let me repeat what I stated last year - the challenge, from a financial perspective, is to attain stability. Once again, I can assure all our member associations, supporters and friend that this matter remains high on its agenda.

Kevin Jones  
EUFAMI Treasurer  
May 2021

"EUFAMI needs your donations to keep supporting families and combat stigma. You can donate directly to our account or through Paypal."

ACCOUNT DETAILS: IBAN BE41 0011 98562110

EUFAMI is grateful for the financial support received from the following sponsors:



# GOVERNANCE

## ANNUAL GENERAL MEETING

The Annual General Meeting (AGM) is EUFAMI's highest decision-making organ. Held once a year, the AGM approves new members and finances, and elects the Board of Directors. The 2020 assembly took place virtually due to the COVID-19 travel restrictions on 6<sup>th</sup> June and elections were held for two Director positions. Emmanuelle Rémond from UNAFAM in France and Philippa Lowe from Rethink Mental Health in the U.K were elected to the EUFAMI Board of Directors.

## BOARD OF DIRECTORS

EUFAMI is governed by its Board of Directors and has met 1 time in person and held 9 teleconference meetings in 2020. The Board sets out the strategic direction of the organisation and oversees the work of the Secretariat. Our Board of Directors are all non-remunerated volunteers, elected by the Annual General Meeting.

In 2020 the Board of EUFAMI consisted of:



★ **MIIA MÄNNIKKÖ,**  
President,  
FINFAMI,  
Finland



★ **KEVIN JONES,**  
Treasurer,  
SHINE,  
Ireland

★ **PER TORELL,**  
Secretary,  
SCHIZOFRENIFÖRBUNDET,  
Sweden



★ **SPYROS ZORBAS,**  
Officer,  
EPIONI,  
Greece  
(until June 2020)



★ **ANDRÉ DECRAENE,**  
Officer,  
Similes VI,  
Belgium



★ **EULALIA PEREIRA,**  
Officer,  
ENCONTRAR+SE,  
Portugal  
(until June 2020)

## ACKNOWLEDGEMENT

In 2020, Eulalia Pereira from ENCONTRAR+SE in Portugal and Spyros Zorbas from EPIONI in Greece retired from the Board of Directors. They were members of the board from 2017-2020 and 2012-2020 respectively.

We are most thankful to Eulalia and Spyros for their valuable contributions to EUFAMI, both in their capacity of members of the Board of Directors, but – equally important – as carers, representing EUFAMI on many occasions.



★ **FRIEDRICH LEIDINGER,**  
Officer,  
BApK,  
Germany

★ **EDO BELAK,**  
Officer,  
SENT,  
Slovenia



★ **URS WÜRSCH,**  
Officer,  
VASK,  
Switzerland  
(elected September 2019)

★ **PHILIPPA LOWE,**  
Rethink Mental Illness,  
UK  
(elected June 2020)



★ **EMMANUELLE RÉMOND,**  
UNAFAM,  
France  
(elected June 2020)

## SECRETARIAT

The Secretariat implements EUFAMI's strategy, with the guidance of the Board, and is responsible for the day-to-day running of the organisation.



**GWEN CRAWFORD,**  
Project Officer



**RITA GEERTS,**  
Administrator  
(until Sep. 2020)

### Farewell and Good Luck, Rita!

When I commenced working at EUFAMI in 2005, one of the very first welcoming persons I encountered was Rita Geerts, who had in fact

started working at EUFAMI a number of months prior to my own arrival. Since then she has served under four Presidents and has witnessed many changes in how EUFAMI goes about its business. But throughout, Rita has always remained as the one constant link between the central EUFAMI operations and its many members associations, supporters and networks. She has gone about her work over the years at EUFAMI in a quiet and very professional manner. Rita is what I would term as a 'safe pair of hands'.

But all things must come to an end and so in December 2020, we bade farewell to Rita as she departed EUFAMI to take up a new work position. On behalf of all at EUFAMI, including past and present staff, Board, member associations and funders, I would like to express much thanks to Rita for her work and efforts over the past 15 years. She will be missed. Good luck, Rita and do keep in touch.

*Kevin Jones, Treasurer and Board member and former Secretary General.*

# EUFAMI MEMBERS

## at 31 December 2020

### STATS

**38** members in **24** countries in Europe

in **22** of the **27**-member countries of the EU

a federation of **31** family associations and **7** other mental health associations

### Full members

[ARAP](#) – Associazione per la Reforma dell'Assistenza Psichiatrica (Italy)

[Ariadne](#) – Verband Ariadne – für die psychische Gesundheit aller (Italy)

[BApK](#) – Bundesverband der Angehörigen psychisch Kranker (Germany)

[Bedre Psykiatri](#) – Landforeningen Pårørende til Sindslidende (Denmark)

[BGFami](#) – (Bulgaria)

[ENCONTRAR+SE](#) – Association to Support People with Severe Mental Illness (Portugal)

[EPIONI](#) – Greek Carers Network (Greece)

[FamiliarMente](#) – Portuguese Federation of Associations of Families of People with Mental Illness Experience (Portugal)

[FinFami](#) – Mielenterveysomaisten keskusliitto ry (Finland)

[HPE](#) – Hilfe für Angehörige Psychisch Erkrankter (Austria)

[KINAPSI](#) – Siblings of People with Mental Health Problems (Greece)

[KIPRODIPSA](#) – Advocacy Group for the Mentally Ill (Cyprus)

[LSPŽGB](#) – Lietuvos Sutrikusios Psichikos Žmonių Globos Bendrija (Lithuania)

[MHA](#) – Mental Health Association (Malta)

[MindWise](#) (N. Ireland - UK)

[MIND -YPSILON](#) (Netherlands)

[New Choices](#) (Russia)

[OZMA](#) – The National Forum of Families of People with Mental Illness (Israel)

[Rethink](#) – Rethink Mental Illness (England – UK)

[SALUD MENTAL ESPANA](#) – Confederación Salud Mental España (Spain)

[Schizofreniförbundet](#) (Sweden)

[Shine](#) – Supporting People Affected by Mental Ill Health (Ireland)

[Similes VI](#) – Federatie van Vlaamse SIMILES kringen v.z.w. (Belgium)

[SIND](#) – Landsforeningen SIND (Denmark)

[SOPSI Athens](#) – Panhellenic Association of Families for Mental Health (Greece)

[Stichting Labyrint in Perspectief](#) (Netherlands)

[UNAFAM](#) – Union Nationale des Amis et Familles de Malades Mentaux (France)

[UNASAM](#) – Unione Nazionale delle Associazioni per la Salute Mentale (Italy)

[VASK](#) – Vereinigung der Angehörigen von Schizophrenie-/ Psychisch Kranken (Switzerland)

### Affiliated members

[EDRA](#) – Services in the Mental Health and Learning Disabilities Sector (Greece)

[HAFAL](#) – for Recovery from Serious Mental Illness (Wales – UK)

[Lélékben Otthon](#) – Közhaszú Alapítvány (Hungary)

[METIS Europe](#) (Belgium)

[MTÜ EPITÜ Lõuna-Eesti](#) (Estonia)

[OZARA](#) – Nacionalno Združenje za kakovost Življenja (Slovenia)

[PEPSAEE](#) – Panhellenic Association for Psychosocial Rehabilitation and Work Reintegration (Greece)

[ŠENT](#) – Slovensko Združenje za Duševno Zdravje (Slovenia)

[SYMPATHEA](#) – Celonárodní Organizace Příbuzných Duševně Nemocných (Czech Republic)







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