

Supporting Families



2022

ANNUAL REPORT



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www.eufami.org



Roundtable on Mental Health Care
at the Royal Palace in Brussels

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PRESIDENT'S LETTER

During the year 2022, there had been a gradual departure from the coronavirus restrictions and limitations and for this reason we, the Board and Operational Staff of EUFAMI, were able to resume our normal activities. We were able to have six board meetings, the majority however still virtual.

Our first physical meeting, after many years of separation, took place in Vienna, Austria in October 2022, after our Austrian member's HPE kind invitation to hold the event on their exceptional premises. Objectives such as the future of EUFAMI, its new Strategic Plan, and also the organisation's approach to advocating for the families of people with different mental health conditions were raised and a very constructive dialogue took place.

EUFAMI attended several other meetings, congresses, training programmes and roundtables, such as the ECNP Congress in Vienna, Austria and the European Congress of Psychiatry, which was carried out as a virtual meeting in June 2022.

One of our highlights was the participation of our Board member and EUFAMI Vice-President, André Decraene, at a roundtable meeting with the Belgian Queen Mathilde, strengthening

the position of families for recognition, support and adequate training.

EUFAMI also attended two training programmes in Zagreb, Croatia within the framework of two ongoing programmes, S.U.C.E.S.S and Art4Me, where EUFAMI acts as associate partner. Furthermore, we were proud to launch Prospect Plus 2 in March 2022; the continuation of our training programme for families and carers. A big thanks to Gwen Crawford, who has accepted to lead this programme once again.

During 2022 EUFAMI was involved in additional activities, which are described in detail in our Annual Report. Specifically, I would like to mention our attendance at the Ministerial conference on Mental Health of vulnerable young people in Paris, France where we were involved in the coercion and the human rights working group. In this context, we were able to speak at the symposium, together with GAMIAN-Europe and EPA. During our AGM in June 2022, we presented our new Strategic Plan 2022-2024 and the position paper on coercive services titled "Coercive Practice in Mental Health Services".

In September we were invited to represent EUFAMI at The Portuguese VII National meeting, which discusses Mental Health as a Global Priority and in November we brought back

EUFAMI's tri-monthly Newsletter and Vol. I was released.

We continue to give our attention on actions taken by our partner organisations and also our member organisations. We are thankful to be able to work directly with EPA as part of their Board, and also GAMIAN-Europe. This helps us carry our message to psychiatrists and patients in Europe respectively, for the importance of families and carers.

“ We try to strengthen the position of families for recognition, support and adequate training ”

I would like to take this opportunity to thank my EUFAMI Board member colleagues for their continuous support and their great involvement in our mission. I would also like to thank John Saunders, our Executive Director and Dimitra Stefanopoulos, our Operations Officer for their good work, as they help us to keep EUFAMI going.

Together with my Board colleagues and with the assistance of our Executive Director and his staff, we will continue to do our best for EUFAMI, the Families and Carers. ■



▲ Urs Würsch
EUFAMI President

2022 AT A GLANCE:

JANUARY

- > **24** EUFAMI attends the final Share4Carers Project Meeting (online event)
- > **28** EUFAMI's Board of Directors hold their 1st Board Meeting of the year (online event).

FEBRUARY

- > **15-16** EUFAMI becomes part of the pan-European Mental Health Coalition and contributes to the on-line Mental Health regional consultation meeting, organised by the World Health Organisation, on the "Public mental health interventions across the life course".

MARCH

- > **24** EUFAMI attends the kick-off meeting of project S.U.C.E.S.S (SUpporting family CaregivErs of adults with mental health issues) as associate partners, organised by EPIONI, Greece in collaboration with Similes, Belgium and also University Hospital Vrapce, Croatia

- > **25** EUFAMI's Board of Directors hold their 2nd Board Meeting of the year (online event).

APRIL

- > **12** EUFAMI participates in the WHO and Partners meeting on the Global launch and Rollout of the global QR e-training on mental health, recovery and community inclusion

- > **23** EUFAMI's Executive Director John Saunders attends the EPF Annual General Meeting 2022 in Brussels, Belgium

MAY

- > **3-5** EUFAMI attends the Art4Me project Meeting in Aegina Island, Greece
- > **10** MEP Alliance for Mental Health Meeting
- > **11** EUFAMI participates in the virtual meeting of the MEP Alliance for Mental Health
- > **19** EUFAMI's Executive Director John Saunders

participates in the EUPHA/GAMIAN organised virtual webinar "Are Mental Health needs being met by services?"

- > **25** EUFAMI's INVOLVE Project kicks off today with the participation of 5 member countries

JUNE

- > **4-7** EUFAMI Participates in the 30th European Congress of Psychiatry organised by EPA (European Psychiatric Association) in a fully virtual meeting

- > **10** EUFAMI's Board of Directors hold their 3rd Board Meeting of the year (online event)

- > **11** EUFAMI holds its Annual General Meeting 2022 (online event)

- > **23** EUFAMI attends the European Patients' Forum Congress held in Brussels, Belgium

- > **30** EU-PEARL Stakeholder Meeting

JULY

- > **4-6** EUFAMI attends the S.U.C.E.S.S Training Programme in Zagreb, Croatia

- > **6-8** EUFAMI attends the Art4Me Training Programme in Zagreb, Croatia

- > **28** EUFAMI holds the 1st INVOLVE Information Session on Advocacy – Family Friendly Mental Health Services

AUGUST

- > No significant events took place at this time

SEPTEMBER

- > **7** EPA Webinar – Ethical principles and dilemmas in psychiatry

- > **23** EUFAMI holds the 2nd INVOLVE Information Session on Advocacy

- > **28** EUFAMI attends HEADWAY "A New Roadmap to Mental Health" in Brussels, Belgium

- > **29** EUFAMI President, Mr Urs Würsch, attends the VII National Meeting of the Families of People with

Experience of Mental Illness "Governance & Funding – Mental Health, A Global Priority" in Setúbal, Portugal

- > **30** EUFAMI's Board of Directors hold their 4th Board Meeting of the year (online event).

OCTOBER

- > **5** EUFAMI attends GAMIAN's Meet the Artist Webinar

- > **11-12** EUFAMI's Executive Director John Saunders attends the EPF Data-SavesLives Forum in Prague, Czech Republic

- > **13-14** 4th Global Mental Health Summit (Rome Summit)

- > **14** EUFAMI holds a member organisation meeting in Vienna Austria

- > **16-18** EUFAMI attends the 35th ECNP Congress organised by the European College of Neuropsychopharmacology held in Vienna, Austria

- > **17-18** EUFAMI Executive Director John Saunders attends the JA Implemental Stakeholder Forum in Zagreb, Croatia

- > **25** EUFAMI attends the MEP Alliance for Mental Health Meeting

NOVEMBER

- > **1** EUFAMI releases the 1st edition of its tri-monthly Newsletter

- > **2-4** EUFAMI Executive Director John Saunders attends the FAMILY project Kick-off Meeting in Rotterdam, Netherlands

- > **22** EUFAMI holds the 3rd INVOLVE Information Session on Advocacy

- > **23-24** EUFAMI attend the 2nd Meeting of the pan-European Mental Health Coalition 'Local Action, Regional Transformation' (online event)

- > **25** EUFAMI's Board of Directors hold their 5th Board Meeting of the year (online event).

DECEMBER

- > **12** EUFAMI releases its position paper on "Coercive Practice in Mental Health Services"

MENTAL HEALTH IN THE AFTERMATH OF THE COVID-19 PANDEMIC

Hopefully, 2022 was the last year of the COVID-19 pandemic and we will not have to report for this in the future.

Below is a succinct analysis from the point of view of mental health care services and families.



Article by **Shayna Geurten**

FHML Honours Programme – European Public Health Student - Maastricht University

EUFAMI Intern

It's hard to believe that it has been just over 3 years since the beginning of the COVID-19 pandemic and the drastic changes in our daily lives that ensued. Travel restrictions, limited workforce and a halt on face-to-face interactions left the healthcare sector being one of the hardest hit as a result of the pandemic. In-person mental health service delivery was significantly disrupted, especially amongst outpatient and community-based services ⁽⁵⁾. According to a World Health Organization (WHO) survey of 130 member states, 93% of one or more mental, neurological and substance use (MNS) services were disrupted, including 67% of psychotherapy and counseling services, as well as 30% access to medications for MNS disorders ⁽⁴⁾. The new barriers in access to care have resulted in a further widening of the already existing mental health treatment

gap ⁽⁵⁾. Furthermore, studies have shown that the isolation, economic uncertainty, and other effects of the pandemic have brought an overall increase in mental health issues such as depression and anxiety amongst the global population ⁽⁵⁾.

Fast forward to present day, health systems have begun to demonstrate signs indicating a transition beyond the critical phase of the pandemic in a journey to recovery ⁽³⁾. Global population-level immunity against the SARS-CoV-2 virus has significantly increased as a result of improved treatment, recovery and vaccines ⁽¹⁾. This has effectively reduced morbidity and mortality and allowed us to move in the direction of a point of normalcy that is somewhat comparable to pre-pandemic days ⁽¹⁾.

Nonetheless, while some services return to regular functioning, remnants of the pandemic's disruptions persist. Despite improvements compared to 2020-21, many healthcare settings and service delivery platforms still face COVID-19-related disruptions ⁽³⁾. Differences across countries in population immunity and inequality in access to diagnostic equipment and up-to-date treatment remain a problem ⁽¹⁾. Further, evidence has shown that people with pre-existing mental conditions are at a greater risk of morbidity and/

or mortality following a COVID-19 infection, thus classifying them a risk group ⁽⁵⁾. The importance of mental health and the role of caregivers has been highlighted by the events of the past 3 years. The WHO has determined mental health efforts to be an integral element of an effective COVID-19 response ⁽⁴⁾. Healthcare facilities continue to be high-risk settings for transmission of the virus, so it remains important that some precautions are maintained ⁽²⁾. ■

References

1. Considerations for implementing and adjusting public health and social measures in the context of COVID-19 <https://www.who.int/publications/i/item/who-2019-ncov-adjusting-ph-measures-2023.1>
2. WHO policy brief: Maintaining infection prevention and control measures for COVID-19 in health care facilities https://www.who.int/publications/i/item/WHO-2019-nCoV-Policy_Brief-IPC-2022.1
3. Fourth round of the global pulse survey on continuity of essential health services during the COVID-19 pandemic: November 2022–January 2023 https://www.who.int/publications/i/item/WHO-2019-nCoV-EHS_continuity-survey-2023.1
4. The impact of COVID-19 on mental, neurological and substance (MNS) use services <https://www.who.int/publications/i/item/978924012455>
5. Mental Health and COVID-19: Early evidence of the pandemic's impact: Scientific brief, 2 March 2022 https://www.who.int/publications/i/item/WHO-2019-nCoV-Sci_Brief-Mental_health-2022.1

Below is a list of recommendations and useful resources for carers, health workers, and the general population:

- Doing what matters in times of stress: https://www.who.int/publications/i/item/9789240003927?gclid=Cj0KCQjwu-KiBhCsARIsAPztU-F24le5nD20hCkDgSaThvRKAhthVvN0tCwwMhzbb0XVIGKw3DKoK7UaAqPVEALw_wcB
- How to manage post-pandemic stress and FONO (fear of normal) <https://namica.org/blog/how-to-manage-post-pandemic-stress/>
- Your 8-Step Pandemic Mental Health Recovery Plan <https://www.mindbeacon.com/strongerminds/your-8-step-pandemic-mental-health-recovery-plan>
- Beginning to Heal from COVID-19 Stress <https://mhanational.org/beginning-heal-covid-19-stress>
- Practical support to informal carers <https://eurocarers.org/covid-19>

STRATEGY 2022-2024

Introduction

Since its founding in 1992, EUFAMI has dedicated itself to supporting and advocating on behalf of family members and carers in mental health across Europe.

We continue to support the rights of involved families and carers to be part of the process of service delivery. We believe family members have a significant role to play in the recovery of people with mental illness. Over the thirty years of our existence, EUFAMI has witnessed many positive changes in the quantity and quality of mental health services across Europe. We are proud to have played our part in this progress.

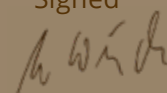
There is more to be done, however, including the delivery of family and carer support and training by mental health services, the continued reduction of stigma as it affects family members and the strengthening of the family voice in many countries.

This Strategic Plan builds on previous documents and renews our commitment to more focused activities in support of national member organisations and to espouse the need for advocacy and research, which is aimed specifically on the issues that affect families as carers of persons with mental illness.

We will continue to be the authoritative voice of families and carers in national and international forums, to all mental health audiences and the wider European public.

We will continue to work to our values and mission to be the voice of family members and carers and to work tirelessly to protect their rights.

Signed



Urs Würsch
 EUFAMI President



EUFAMI is the European Federation of Associations of Families of People with Mental Illness, a democratic, non-profit organisation with an ongoing commitment to advocate on behalf of families of persons with mental illness.

MISSION: To represent, at European level, all family members and carers of people affected by mental illness.

VISION: That every involved family member and carer 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 advocate at European level for families and carers affected by mental ill health, regardless of social, economic, cultural or ethnic differences, by:

- (i) Building closer networks and collaborations with European institutions, international statutory and not-for-profit mental health and professional organisations.
- (ii) Leading the fight against stigma and promoting the inclusion of families and carers.
- (iii) Upholding and safeguarding the human rights of families and carers.
- (iv) Promoting the involvement of families and carers in the development and provision of modern, effective mental health services based on multi-disciplinary interventions and recovery.



Membership

EUFAMI will connect and support EUFAMI membership more effectively by:

- (i) Supporting and enhancing two-way communication with its members.
- (ii) Encouraging and supporting the establishment of new family associations and strengthening those already in existence.
- (iii) Engaging in specific projects, which create and improve capacity of national member organisations.
- (iv) Strengthening and diversifying its financial and human resources and working more closely with like-minded organisations and other partners, to become an alliance-based organisation.

STRATEGY 2022-2024



Research

EUFAMI will ensure the participation of families and carers is heard in research by:

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

Find out more: www.eufami.org

Strategic Enablers

In order to achieve the strategic objectives as described, EUFAMI will focus on a number of specific enablers, as described below:

- (i) **Board Level** - Ensure Board membership is active, representative and operating strategically.
- (ii) **Appropriate skilled staff resources** - Identifying specific skill sets and requirements and where appropriate, utilise internship and volunteer programs.
- (iii) **Increased and diversified funding** - Seeking out specific project and core funding from a diverse range of sources, such as European institutions, corporate bodies and philanthropic organisations and foundations.
- (iv) **Explore and Develop new Digital Media** - Identify and utilise appropriate technology to enhance work and effectiveness.
- (v) **Communications policy and strategy** - This will include:
 - enhanced designated Board member communications with member organisations.
 - regular Newsletters to member organisations to be established by end of 3rd quarter 2022.
 - a revamped website to be in place by end of 2022.
 - a coherent social media platform programme will be developed in 2022.

Draft Strategic Outcomes

- (i) **Advocacy**
 - EUFAMI will continue to engage in advocacy supporting the interests of families and carers.
 - Advocacy activities can be stand-alone or in partnership with like-minded organisations.
 - Advocacy engagement can be with national governments, national mental health services and professional or European organisations.
- (ii) **Membership**
 - EUFAMI sponsored projects will be created to allow participation by individual member organisations or groups of organisations.
 - Member organisations will be supported to seek information, support and advice from EUFAMI via a designated contact.
 - Member organisations will receive a regular newsletter update on EUFAMI activities and other related information.
- (iii) **Research**
 - Member organisations will be invited to contribute information to the EUFAMI Newsletter.
 - Member organisations will be invited to share links with the EUFAMI website.
 - EUFAMI will continue to engage in research that supports the organisation's objectives and its member associations.
 - EUFAMI will only engage in research related to the social, physical and psychological wellbeing of families and carers in the context of caring for persons with mental ill health.
 - EUFAMI will partner in research projects that are aligned to the previous two objectives.
 - EUFAMI will develop and produce position and discussion papers on topics of interest to the membership organisations. ■

MEMBER FOCUS

ADFERIAD RECOVERY (WALES, U.K)

Cyfle Cymru

Cyfle Cymru is a service which helps people with substance misuse issues and/or mental health conditions into work, education, or training. The programme was built on the success of the former European Social Funded service and continues the delivery of effective peer mentoring interventions. We deliver the service throughout the majority of Wales and more than 14,000 people have accessed the Service, with more than 20,000 positive outcomes being achieved to date.

Crisis Sanctuaries

Adferiad Recovery provides Crisis Sanctuaries in Aberystwyth, Swansea, and Llanelli. The sanctuaries are out of hour support services, providing practical, therapeutic, holistic support to people at risk of mental health crisis, from 18:00 – 03:00, 365 days a year. People in acute crisis may formerly have not been able to access support during these times, however they now have a direct face-to-face or telephone support service available which has had universally positive feedback.

Money and mental health advice service

The Money and Mental Health Advice service is a national partnership between Adferiad, Rethink, Change Mental Health and Mindwise. The service is the first UK wide advice service that supports people affected by both mental health and money issues. This includes support for carers, friends and family of the affected person. The service provides one to one telephone support, but also a dedicated website with easy to understand, expert information with useful online resources including sample letters and budgeting tools.



BEDRE PSYKIATRI (DENMARK)

Activities and projects carried out by Bedre Psykiatri within the year 2022 have been ambitious and comprehensive. As part of a recent political financial agreement in September, Better Psychiatry was guaranteed the task of providing a psychoeducational program exclusively to informal caregivers of people with mental disorders throughout Denmark. Same year, Better Psychiatry was also granted funds for the purpose of initiating two major projects. One regarding evidence-based family psychoeducation in collaboration with The Region of Southern Denmark and another major project regarding mutual support groups and peer-support for children of parents with mental illness and their parents in collaboration with several municipalities in Denmark. Not least *Bedre Psykiatri Counseling Center* has had a significant increase in number of inquiries regarding caregivers seeking help coping with stress, legal issues and mental health concerns. Finally, we launched a new digital platform for caregivers seeking help at our website which results in an increasing number of inquiries and interest.

Please visit the website:
<https://bedrepsykiatri.dk/hjaelp-og-raadgivning/>

CON SALUD MENTAL (SPAIN)

On October 2023, the second national edition of the **PROSPECT** training courses took place in Madrid, aimed at training people with mental health, family and environmental problems, and professionals in mental health. This is a training action framed within the Mental Health School of



SALUD MENTAL ESPAÑA Confederation, which has the support of the Ministry of Social Rights and the 2030 Agenda. The **PROSPECT** formations are an essential tool of the associative movement that enables and promotes synergies, the creation of structures and communication spaces so that the three groups that are part of the Confederation can work in the same line, leaving behind the spaces of power that traditionally they were attributed to each of them. 39 participants, including people with their own experience (16), relatives (8) and professionals (15) from the associative network of **SALUD MENTAL ESPAÑA**, gathered in these face-to-face training sessions, with a representation of around 60% of the territories, at national level.

* *More info and pictures here:* <https://consalud-mental.org/sala-prensa/personas-familiares-profesionales-prospect/>.

In December 2023, the Confederation launched its National Observatory for Mental Health, Rights and Equality, an innovative space for denunciation, reflection, information and defense of the human rights of people with mental health problems, on the occasion of Human Rights Day. Its main function is to provide free guidance on how to act in case of suffering violations of rights due to a mental health problem. The Observatory is open to anyone, whatever their age, nationality or social class, and regardless of their legal situation in Spain. The Observatory works from the website www.observatorioderechosaludmental.org that has been specifically set up and in which, in addition, information on human rights in the field of disability can be consulted, so that the person knows if they are suffering any type of violation due to their mental health problem.

* *More info and pictures here:* <https://consalud-mental.org/sala-prensa/nace-observatorio-es-tatal-salud-mental/>

EDRA (GREECE)

Panhellenic Championship of Mental Health- The 2nd Panhellenic Mental Health Championship, co-organized by K.S.D.E.O. EDRA and Hellenic Football Federation. With the motto "football for all", without social discrimination, it brought joy and excitement to all the recipients of mental health services who participated and competed.

“ *Art is a means for people to find their connection with nature and mental well-being* ”

ART4MORE- In the 15th Art4More 2022 festival [for Art and Mental Health, which organized by K.S.D.E.O. EDRA], with theme “ECOMENTART”, art was the mean for the man to find its connection with nature and mental wellbeing. ART4MORE presented Contemporary Art Exhibitions, Workshops, discussion circles, Performances and Music.

Volunteering Event- The event "We live and plan, all TOGETHER", was held by Department of Volunteerism of EDRA on the occasion of World Volunteer Day [December 8] for people, who dare to offer, inspire and join forces for good!

Do One Good Thing- On December introduced a new project Do One Good Thing, a section with activities which are increase empathy, raising awareness and enhancing well-being.

COLPBOL- EDRA participates in the European project "EU-COLPBOL" ("Implementation of COLPBOL Sport at a European Level as a Tool to Improve the Quality of Life of Persons with Intellectual Disabilities"). The aim of the project is to establish it as a sport so it can be used to improve the daily life of people with disabilities.

MEMBER FOCUS



the director of the European federation Eurocares Mr Stecy Yghemonos made a presentation on the topic “European-Care Strategy and Informal Caregivers”

The conference was under the auspices of the Office of the European Parliament in Greece, the Region of Attica, the Municipality of Vari – Voula – Vouliagmeni and the Hellenic Psychiatric Association and is held in association with mental health organizations from Greece.

Sponsors : VIANEX, Janssen, and Pfizer.

EPIONI (GREECE)

Part of the activities of Greek Carers Network Epioni is the organizing of informative events with the participation of professionals who provide answers to a wide range of issues of interest to the public and in particular to caregivers of people with a chronic illness or disability.

EPIONI organized for the 3rd year the event “Caregivers and Depression”. The event took place on October 7, 2022 at the Amarilia Hotel in Vouliagmeni and was broadcasted online.

“Caregivers and Depression” hosted notable speakers. Psychiatrist Mr Dimitrios Kontis presented the topic “Caring for caregivers with depression”. Psychiatrist Mr Dimitrios Roukas referred to the epidemiological data of depression in Greece. Psychiatrist Mr Dimos Dimelis spoke about suicide in depression.

Finally, Dr Kelly Panagiotopoulou was referred to the hidden depression of the caregiver and



FINFAMI (FINLAND)

FinFami made the situation of mental health carers and the need for support visible through versatile advocacy work. In communication, consultation and expert speeches, advocacy networks and joint positions of the networks, FinFami highlighted the necessity and current inadequacy of timely support for mental health carers and how the unstable world situation has affected the lives of people with mental illness. In addition, FinFami brought out the fact that taking care of relatives is an effective means of pre-



FinFami actively participated in several exhibitions during 2022 and promoted the family perspective on mental health

ventive mental health work, which is not utilized sufficiently. Implementation of the Therapy Guarantee was also required.

During the year of operation, *the rights of a mentally ill person's family* were emphasized. FinFami headquarters held several expert discussions with

legal experts. In the fall of 2022, the organization assembled a group of experts with whom the development work on the rights of carers will continue. FinFami influenced the Municipal Elections in 2022. The Municipal Elections made it possible to make the position of mentally ill relatives and caregivers visible all over Finland. At the end of the year, influencing content was also produced for the 2023 parliamentary elections, which were held in April 2023. The rights of a mentally ill person's family and their strengthening were one of the goals of election influence. It was visible in regional election influence and was also raised as one of FinFami's board program goals for 2023-2027.

FINFAMI'S ELECTION GOALS WERE:

1. Access to essential mental health services
2. Identification and support of people with mental illness
3. Children and young people close to the patient
4. Mental health skilled and sufficient personnel
5. Promoting inclusion



Significant media appearances were TV interviews in National TV 'A-studio' (average viewership of 444,000) and Commercial TV (MTV3's Uutisaamu) (373,000) as well as in Commercial TV News (500,000) and National TV News (492,000), which made it possible to bring up important themes for people with mental illness to an even wider group of people.

Finnish Party leaders answered to FinFami on 2022 municipal elections: “how carers well-being could be strengthened in Finland's new well-being regions?”

MEMBER FOCUS

HPE (AUSTRIA)

2022 saw the continuation and further development in various media channels of the project #visible. The main objective of this project is to offer help to the children of parents affected by mental health issues, and therefore a group of young adults, with experience of growing up in families faced with this problem, is closely involved in the work carried out.

The Police Seminars, which have been offered for some years now all over Austria, continue with great popularity and are highly praised by the participants. The problem of stigma is still very much in the fore, but with the help of appropriate film evenings, dialogues and other events where people are prepared to “talk”, the hope that prejudices can be eliminated is ever present.

In the aftermath of covid, on-line events have maintained their popularity and enable interested participants all over the country, who may otherwise not have the opportunity to travel to the meetings, to inform themselves and take part in discussions. Themes range from “Resilience” over “Ways out of the Crisis” to “Communication”.

Finally, after a two-year interruption due to covid, a Seminar for the Leaders of Self-help Groups could be organised again. These are always very well attended and appreciated by the participants, who then return home armed with new ideas and full of motivation to carry on their honorary work in the various regions of the country.

In October HPE was very happy to offer their premises in Vienna for the Board Meeting of Eufami and for the ensuing gathering of several delegates from member organisations. It was very interesting to hear the individual reports and we were able to give them an overview of the work carried out by HPE in Austria.

MIND YPSILON (NETHERLANDS)



MIND YPSILON IS BUILDING A BACKBONE FOR ECOMMUNITIES BY WEB AND APP

The Netherlands alone has 280,000 people with a severe mental illness. They have a million close family members, often heavily burdened caregivers. Immense numbers that mean there must be someone like you living in every street in the Netherlands who only needs half a word to understand what you're talking about. But where do you find them? Despite these large numbers, loneliness is one of the most important problems. Not only for our relatives, the client, but if we are honest, our own world has become a lot smaller too. That. Exactly that is what we want to address with a unique new digital platform. Safe peer contact via app? Never been done before! Collecting and returning experiential knowledge via a Wikipedia-style platform? Never been done before! Every colleague organisation its own



face and yet a shared basis? We already have it! Connecting digital contact and live meetings? We have the expertise!

And no, we can't do it alone. Because that would make us just another island. We have to do it together as much as possible, connect with others. With other members of **MIND NL** in the first place. That's why it's so great that we've been working with colleagues from Plusminus, the association of people with bipolar disorder and their loved ones, since the beginning. Together, we are building a coat rack and inviting other organizations of clients and loved ones to hang their own coat on it.

The launch of this all is expected in June 2023.

RETHINK MENTAL ILLNESS (ENGLAND, U.K)

In 2022 we celebrated our 50th anniversary, highlights of which included a drive to raise awareness of psychosis in

March, featuring outdoor advertising and a social media campaign, and a parliamentary reception in July attended by the Speaker of the House, the Rt Hon Sir Lindsay Hoyle MP.

It was also a busy year of campaigning and influencing. As we emerged from the pandemic, we entered yet another crisis:



the rising cost-of-living. People severely affected by mental illness have been hit hard, alongside a health system and social care services struggling to deliver the support they need. Not enough was being done by the UK government to address these challenges, which is why we launched a new campaign: [Turn the Tide on Mental Health](#).

Hundreds of our supporters contacted their member of parliament to demand action. The good news was that the government raised social security benefits in-line with inflation and provided additional funding for health and social care services. There is still much more to do, so we'll be keeping up the pressure on decision makers in 2023.

As part of our [Stop Benefit Deaths](#) campaign, we continued to campaign alongside bereaved families in calling for a public inquiry into deaths and serious harm linked to the UK's social security system. Despite thousands of emails from members of the public and repeated requests, the government minister responsible has still refused to meet with families. On a more positive note, the families were able to meet with the Shadow Secretary of State for Work and Pensions (the opposition spokesperson) to share their loved one's experiences and set out what needs to change to avoid future tragedies. With a general election edging ever closer, a fairer and more compassionate welfare system must be a top priority in 2023 and beyond.

Video, review of the year: <https://www.youtube.com/watch?v=QNOZD-jQU5U>



MEMBER FOCUS

SIMILES VL. (BELGIUM)



Peer support is the cornerstone of our operations. Since 2020 our volunteers have been able to establish an offering which consists of both physical gatherings and digital encounters. Our members, (ex-) partners, parents, children and siblings of people with a mental illness have a wide choice of physical and digital events.

On October 10, 2022, World Mental Health Day, we launched www.warmebabbel.be. Here, families of people with mental health problems can request a one-on-one conversation with a volunteer in their region. They can choose which profile most appeals to them based on practicalities or on the person and their story.

Our volunteers, people with family experience themselves, specify in their profile on this website which type of contact they offer families. This can be over the phone, during a personal meeting over a cup of coffee or while walking, through videocall or via mail. With this website, we make the exchange between peers even easier.

On November 19, 2022, we celebrated the 50th anniversary of our association with a festive reception in the town hall of Leuven.

For more information see: www.similes.be and www.familie-praktijk.be

SHINE (IRELAND)



Shine was very proud to win the bid to host the Sharing the Vision (National Mental Health Policy) National Implementation Monitoring Committee Reference Group. The Reference Group, who reports to and consults with the NIMC Steering Committee on an ongoing basis, represents the voice of lived experience from a service user and family member perspective.

In 2022, we provided brief information and support, as well as one-to-one recovery support, to over 12,600 people. Our Peer Support groups continued both in-person and online across the country and we conducted an evaluation to ensure evidence-based best practices across our peer support initiatives.

Last year, we proudly celebrated the 10th Annual See Change National Green Ribbon Campaign. With over 700,000 green ribbons distributed, this campaign aims to raise awareness about all mental health challenges and contribute to ending stigma and discrimination surrounding mental ill health. In addition to launching two research guides, "Stand Up to Stigma" and "Let's Talk About Mental Illness," our See Change programme continued to conduct stigma reduction workshops, organise Ambassador lived experience talks, facilitate online information sessions, deliver their Workplace Programme, and provide Ambassador training.

Our Headline programme, Ireland's national media programme for responsible reporting, and representation of mental ill health and suicide, continued to implement training for media professionals and student journalists, along with engaging in media monitoring activities. Furthermore, Headline maintained successful collaborations with various external research partners. Headline also hosted the 4th Annual Mental Health Media Awards which recognise and celebrate Irish media who enhance the public's understanding of mental health challenges and aim to encourage best practice in Irish media so that other media professionals could see clear examples of responsible storytelling.

THE SWEDISH SCHIZOPHRENIA ASSOCIATION (SWEDEN)

A LIFE WORTH LIVING!

In 2018, the Swedish National Board of Health and Welfare published National guidelines for treatment and care of schizophrenia, covering a wide area of interventions - from pharmaceutical, psychological, psychosocial interventions to housing and work/studies. In late 2022, the National Board of Health and Welfare published an evaluation on how healthcare and social services performed and followed the guidelines from 2018. The result was horrendous: there were large areas in the guidelines that were totally neglected. Patients received medication for symptom reduction, but not in accordance

to the guidelines. Furthermore, there was a lack of psychological therapy, family support, psychosocial interventions and support for work, housing and studies - things that can make a difference and make life worth living. Now the Swedish Schizophrenia Association is running a national campaign to raise awareness of the situation for people suffering from schizophrenia and their families. We activate the local groups around the country and they write letters to politicians, heads of hospitals and social services and to local newspapers. This will be followed up by the Association and the data will be aggregated and presented to the parliament and ministers in government by the end of 2023.

STIGMAWATCH 2.0

Thanks to funding from Allmänna Arvsfonden (The Swedish Inheritance Fund), StigmaWatch 2.0 is a newly started project. The background is that prejudiced reports on people with schizophrenia are common in Swedish media. One way to solve this problem is to educate journalism students, and active journalists on mental illness and how to report on it. The aim of the project is to create and circulate digital courses on stigmatisation and discrimination, courses that can be used in an educational setting as well as by interested individuals. Being digital, the courses can be used by anyone irrespective of that person's location. Journalists are important opinion formers. By educating them, we hope to contribute to the destigmatisation of mental illness.

MEMBER FOCUS

VASK (SWITZERLAND)

VASK Switzerland is facing a recruitment problem due to its majority of advanced-aged members and the difficulty in finding committed individuals, especially in the case of relatives of mentally ill people. To address this issue, the organization has appointed Christian Pfister as a new co-president to initiate a strong and inspiring movement of relatives and friends of mentally ill people in Switzerland. The organization has also participated in various events and initiatives such as the EX-In family support course, Mad Pride parade, Joint Declaration on Mental Health Day, and the parliamentary group's resonance group on mental health. At the Congress of Relatives in Lausanne, three VASK Switzerland members presented their findings that the inclusion of relatives in treatment still leaves a lot to be desired despite its advantages of more effective and less expensive treatments, increased patient safety, and fewer adverse events.

VASK Switzerland is actively addressing the challenge of recruiting committed members by appointing new leadership and engaging in events and initiatives that promote mental health awareness. Despite the benefits of involving relatives in mental health treatment, the organization's findings at the Congress of Relatives in Lausanne revealed that there is still much room for improvement in psychiatric care in Switzerland. The organization also plans to continue working on the topic of "open dialogue - outreach psychiatric treatment at home" in 2023 through their participation in the parliamentary group's resonance group on mental health.



UNAFAM (FRANCE)

On World mental health day UNAFAM launched an anti-stigma campaign, called "*Parlons-en autrement*" ("let's talk about it in a different way") targeting the misuse of the word schizophrenia in the media and by politicians. The campaign also aimed at explaining what schizophrenia is, i.e. a brain disease many people suffer from and don't dare talk about for fear of stigma. UNAFAM stressed once again how much people suffering from schizophrenia are entitled to enjoy a full citizenship without discrimination and should be respected and encouraged. UNAFAM set up [a website](#) and published [a clip video](#) of politicians misusing the word. ■

PROJECTS



S.U.C.E.S.S (SUPPORTING FAMILY CAREGIVERS OF ADULTS WITH MENTAL HEALTH ISSUES)



Preparatory work for this project was initiated in September 2021. S.U.C.E.S.S aims to support family caregivers of adults with mental ill health through sharing good practices and training programmes, as well as national and international awareness campaigns for social inclusion of those adults and their family caregivers.

Caregivers, mental health professionals and advocates from Belgium, Croatia and Greece will meet on multiple occasions during the life-cycle of the project to share good practices and exchange perspectives on improving the availability of high-quality learning opportunities for adults with mental ill health and their caregivers.

During the project, S.U.C.E.S.S partners are:

- 1) Sharing good practices for supporting family members of people with mental health problems in Europe.
- 2) Sharing training programmes in order to support family members of people with mental health problems.
- 3) Sharing awareness campaigns for the inclusion of adults with mental illness and their caregivers.

EUFAMI is an associate partner and representative of the project at European level.

For further information on the project please visit the [S.U.C.E.S.S website](#).

PROJECTS



Share4Carers

SHARE4CARERS

The Share4Carers Project aimed to promote key solutions by uniting patients' organisations, academics, clinicians and carers at national level and provide 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.

The project fostered cooperation between seven different organisations from four different countries and other stakeholders by consistently promoting dialogue between patients,

caregivers, scientists and society. The goal was to draw the attention of the academic and general public, as well as relevant state institutions, to the importance of the development of basic and clinical psychoeducation as well as key solutions in the prevention, early detection, intervention and support of children.

EUFAMI has acted as a partner and representative of the project at European level throughout 2021. The programme ended in January 2022 and the final report and findings can be viewed on the EUFAMI website [here](#).

RUNNING IN THE FAMILY



This is a project lead by the University of Rotterdam and 15 other academic partners and commenced in October 2022.

Essentially the proposal is to explore pattern of risk and resilience in family members where there is a person with a severe mental illness and aims to understand and predict the inter-generational transmission of mental illness.

The proposal is in keeping with the Strategic plan of EUFAMI and will hopefully demonstrate how families can be further supported to respond to their situation. EUFAMI will be involved in identification of family members, communications and dissemination.

For further information on the FAMILY project, please visit the [FAMILY website](#).

ART4ME



The main mission of the Art4Me project is to promote mental health through art therapy to adults with mental ill health and highlight the importance of mental health promotion by visual arts.

European partners from Denmark, Greece, Italy, Croatia and Portugal have united around Art4Me to promote forms of art, such as painting, music, performing and expressive writing as beneficial ways to treat mental ill health.

The project links mental health and art in order to create a unique opportunity to provide a new platform for knowledge-sharing across borders and also a pathway for better empowerment for citizens with mental ill health or at risk of having mental health challenges.

The project will close off with an Art & Mental Health Festival, which will take place on 25th-26th May 2023 on the island of Aegina, Greece during the "European Mental Health Week".

The festival will bring together artists, mental health professionals and individuals with lived experience to explore the intersection between art and mental health.

Further information on the project and its objectives can be viewed on the project's website (<http://art4me.eu/>) and also the EUFAMI website (<https://eufami.org/>).

EUFAMI has acted as an associate partner and representative of the project at European level throughout 2021 and 2022.



INVOLVE



INVOLVE

The INVOLVE Project focuses on the training of participants in developing advocacy strategies regarding the involvement of relatives, friends, partners and carers in relation to the social needs and treatment of the individual they are supporting.

Mental Health Services often unconsciously and consciously exclude family members, friends or other care partners, from the care and treatment process and focus only on the person presenting a mental illness. International research reflects this experience and is supported by EUFAMI's research on the Value of Caring.

The project commenced in 2021 and has completed four Information Sessions in the form of Workshops on Advocacy within 2022, with participants from Malta, Slovenia, Hungary, Greece, and Ireland.

A Family Advocacy toolkit, which can be adapted by each national member, is underway and will include an analysis of inputs, outputs and outcomes.

THE PROSPECT PLUS PROJECT AND THE PROSPECT TRAINING PROGRAMMES

In 2019, EUFAMI has formed a collaborative partnership with the Johnson and Johnson Foundation to implement the Prospect Plus project.

THE PROSPECT PLUS PROJECT IS MADE UP OF 2 PHASES.

- Phase I** 2019–2021 Updating the
- Prospect Family and Friends Training Programme
- Phase II** 2021–2024 Updating the
- Prospect People with Lived Experience Training Programme
 - Prospect Health and Social Care Professionals Training Programme
 - Prospect Common Ground Programme

The updating of the Prospect Training Programmes is the essential component of the Prospect Plus project. Still 20 years after these were produced, EUFAMI member organisations are still implementing Prospect. This had to mean something so the need to revise and update the content was therefore crucial in order to ensure that they would still be able to support and improve the quality of participant lives through a process of empowerment.

The Prospect Plus project also contains other elements such as the:

- training of Prospect Facilitators
- national pilot test training sessions
- development of an evaluation mechanism
- endorsement of the Prospect Training Programmes
- design of an online digital platform
- dissemination and communication strategy

2022 was a year of mixed certainties and uncertainties. The Covid-19 epidemic still influenced being able to have and the planning of face to face meetings and then the war in the Ukraine again created a climate of uncertainty for many or the European member organisations who implement the Prospect Training Programmes.

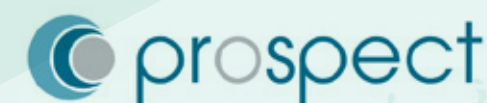


The Prospect People with Lived Experience Pilot Test Training Session, Oulu, Finland, Nov 2022

Still work progressed and by the last quarter of the year 2022, the concept versions of the revised Prospect Training Programmes for People with Lived Experience Training Programme, Health and Social Care Professionals Training Programme and the Common Ground Programme were ready for the next stage of pilot national test training sessions. The first of which took place in November 2022 in Finland.

THE REVISED PROSPECT FAMILY AND FRIENDS TRAINING PROGRAMME

This version of the Family and Friends Training Programme was finalised in 2021 and has already been translated and is available in 10 European languages !









Basque, Catalan, Czech Republican, English, Galician, Finnish, French, Slovenian, Spanish, and Swedish



THE PROSPECT PLUS PROJECT AND THE PROSPECT TRAINING PROGRAMMES

Although the war in Ukraine and still Covid19 pandemic influences the planning of activities, Prospect Training Programmes have taken place throughout 2022 in the Czech Republic, Finland, France, Slovenia, Spain and Sweden.

	FinFami – Omaiset Mielenterveystyön Tukena Keskusliitto Ry (<i>Finland</i>)	Organized 10 online and face-to-face Prospect Training Programmes	Approximately 60 participants
	Salud Mental España – Confederación Salud Mental España (<i>Spain</i>)	Organized 7 online and face-to-face Prospect Training Programmes	Approximately 198 participants
	Schizofreniförbundet – The Swedish Schizophrenia Association (<i>Sweden</i>)	Organized 2 face-to-face Prospect Training Programmes	Approximately 20 participants
	ŠENT – Slovensko Združenje za Duševno Zdravje (<i>Slovenia</i>)	Organized 2 face-to-face Prospect Training Programmes	16 participants
	SYMPATHEA – Celonárodní Organizace Příbuzných Duševně Nemocných (<i>Czech Republic</i>)	Organized 1 face-to-face Prospect Training Programmes	10 participants
	UNAFAM – Union Nationale de Familles et Amis de Personnes Malades et/ou handicapées psychiques (<i>France</i>)	Organized 49 face-to-face Prospect Training Programmes	Approximately 443 participants



Ana and Rocio Lozano, Facilitating the Prospect Family and Friends Training, Sevilla, Spain



Edo Belak, Facilitating the Prospect Family and Friends Training, Ljubljana, Slovenia

“A BETTER PROSPECT” EVENT

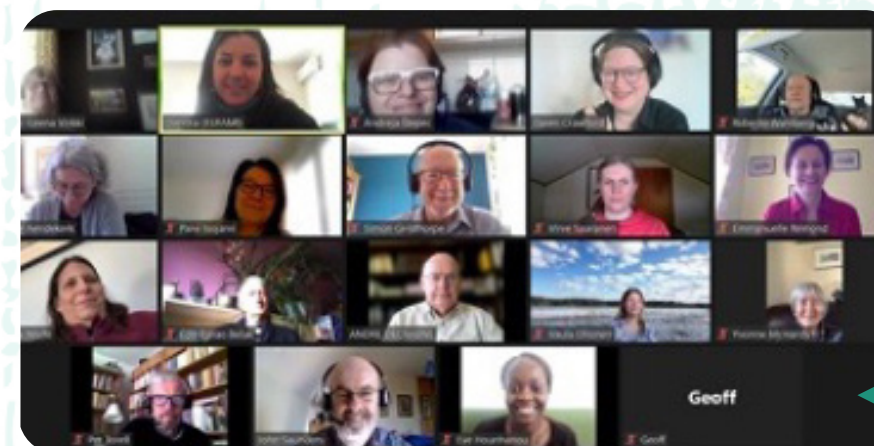
The **“A Better Prospect” Event** took place virtually via Zoom on 19th March 2022. The event was two-fold. To officially launch the 2021 edition in Europe of the Prospect Family and Friends Training Programme and to inform about Phase II of the Prospect Plus Project.

The participants and speakers were a mix of Prospect National Coordinators, Prospect Facilitators, **EUFAMI** member organisations and two external stakeholder parties.

The participants and speakers were a mix of Prospect National Coordinators, Prospect Facilitators, EUFAMI member organisations and two external stakeholder parties.

Prospect National Coordinators gave updates on the implementation of the revised Prospect Family and Friends Training Programme in their national countries and about the national situation in relation to implementing Prospect.

The Content Development Team Chairs – Andreja Štepec, ŠENT - Association for Mental Health (Slovenia) and Simon Gelsthorpe, Collaborating Partner. Consulting Clinical Psychologist, Visiting Fellow, University of Bradford (UK) gave presentations on the process and objectives for the Content Development Teams.



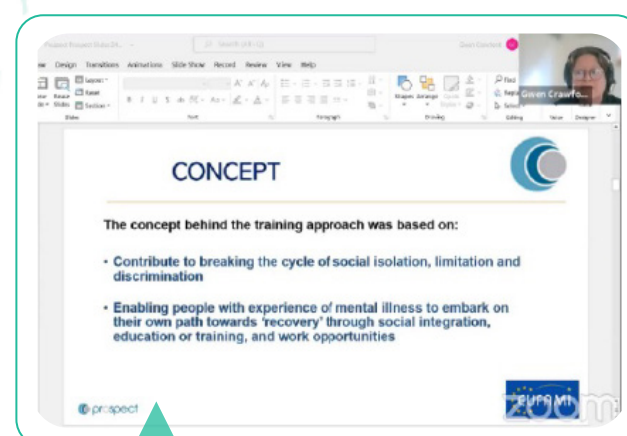
The participants of the “A Better Prospect” Event

THE PROSPECT PLUS PROJECT AND THE PROSPECT TRAINING PROGRAMMES

“BETTER PROSPECTS” VIA PEER-TO-PEER TRAINING

On 24 March 2022, Prospect took part in the Success Project Webinar for the support of families of people with mental health problems. The presentation was based on the content of the Prospect Training Programmes.

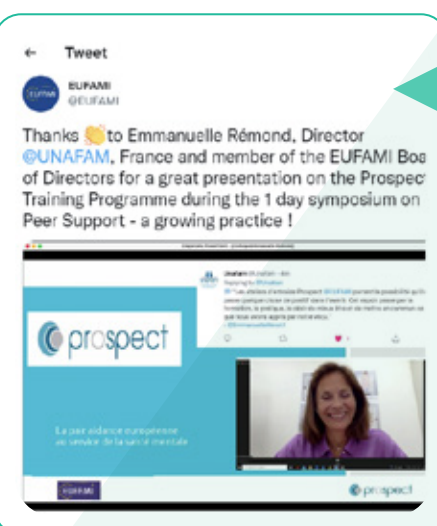
The project members are from **3 European countries**: Similes Vlaanderen, Belgium, University psychiatric hospital Vrapce, Croatia, and EPIONI, Greece.



PEER SUPPORT – A GROWING PRACTICE

On 8th June 2022, Prospect Plus project partner UNAFAM, France held a virtual symposium on the growing practice of Peer Support. EUFAMI's Board of Directors member

Emmanuelle Remond, also the Paris Director of UNAFAM, gave a presentation on the Prospect Training Programmes to **over 50** French national participants.



Presentation @ Peer Support – A Growing Practice, Online France

TRAINING PROGRAMME CONTENT DEVELOPMENT

In February and March 2022, the work of the People with Self-Experience (PSE), Health and Social Care Professionals (HSCP) and the Common Ground Programme (CG) Content Development Teams (CDT) commenced with kick-off virtual meetings.

Due to the language challenges, the Spanish Content Development Teams had separate meetings to the European Content Development Teams. In this way, all participants were able to fully take part and share their vital review feedback on the content and revision suggestions. The meetings were documented and shared between all the participants.

There were a total of 5 Content Development Meetings between February and September 2022 and during the last meeting the teams were able to approve the draft revised versions of the 3 training programmes for the next step of testing.

The work of the three content development teams has been intense. There was a lot involved with the revising process, and this work is not finished as once all the evaluative feedback, comments and thoughts have been collected from the national pilot test training sessions, this will be reviewed and taken into account before finalising the content of the Training Programmes.

There are a total of **18 members** in the diverse Content Development Teams. The members cover representatives and experts from each of the 3 stakeholder groups of family and friends (FF) people with lived-experience (PLE), health and social care professionals (HSCP). The team members come from **8 different European countries** (Belgium, Finland, France, Italy, Hungary, Slovenia, Spain and the UK) and are both internal and external stakeholders. Internal stakeholders are those members who know and implement Prospect and can therefore share experience and knowhow of the training programmes. External stakeholders are those members who are new to Prospect and provide therefore an objective viewpoint from their representative perspective.

EUFAMI has also via this process been able to strengthen its collaboration partnerships with for instance external stakeholders in the European mental health field such as

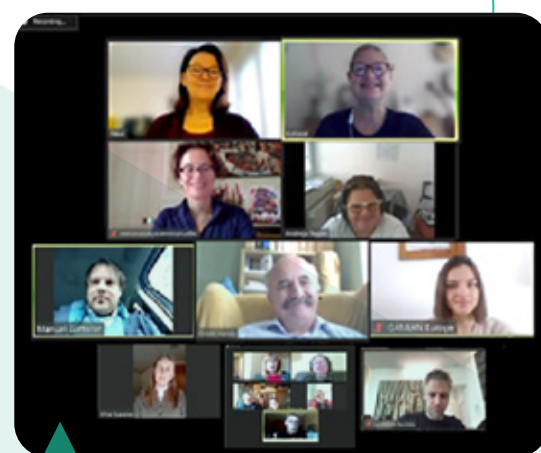
- GAMIAN Global Alliance of Mental Illness Advocacy Networks (Europe)
- Horatio - European Psychiatric Nurses

Both these external stakeholders were represented in the content development teams.

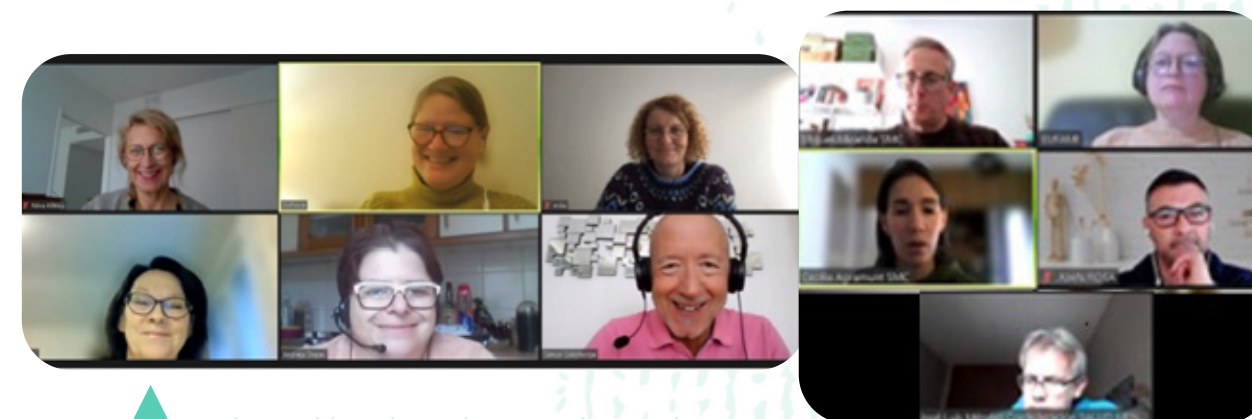
THE PROSPECT PLUS PROJECT AND THE PROSPECT TRAINING PROGRAMMES

THE PEOPLE WITH LIVED EXPERIENCE CONTENT DEVELOPMENT TEAM MEMBERS

- **Päivi Isojärvi** - HSCP Representative, Collaborating Partner, Hyvän mielen talo ry (Cheerful House), Finland
- **Gwen Crawford** –Prospect Project Leader, EUFAMI
- **Emmanuelle Rémond** - FF Representative, EUFAMI Prospect Member UNAFAM (France)
- **Andreja Štepec** - PLE Team Chair, EUFAMI Prospect Member, ŠENT - Association for Mental Health (Slovenia)
- **Manuel Gatterer** - PLE Representative, EUFAMI Prospect Member ARIADNE, (Italy)
- **Károly Oriold** - HSCP Representative, EUFAMI Prospect Member Lelekben Otthon Közhazsnú Alapítvány (Hungary)
- **Daphne Lamirel** - PLE Representative, Collaborating Partner, GAMIAN Global Alliance of Mental Illness Advocacy Networks (Europe)
- **Virve Saaranen** - HSCP Representative, Collaborating Partner, Hyvän mielen talo ry (Cheerful House), Finland
- **Elena Briongos** PSE Representative EUFAMI Prospect Member Confederacion Salud Mental Spain
- **Gwen Crawford** –Prospect Project Leader, EUFAMI
- **Lurdes da Costa** PSE Representative EUFAMI Prospect Member Confederacion Salud Mental Spain
- **Paco Rubio** PSE Representative EUFAMI Prospect Member Confederacion Salud Mental Spain
- **Luis Ramirez** PSE Representative EUFAMI Prospect Member Confederacion Salud Mental Spain
- **José Luis Méndez** HSCP Representative
- **Remi Uzzan** - PLE Representative, Collaborating Partner, La Maison Perchée, (France)



The People with Lived Experience Content Development Team Members



The Health and Social Care Professionals Programme Content Development Team Members

THE HEALTH AND SOCIAL CARE PROFESSIONALS PROGRAMME CONTENT DEVELOPMENT TEAM MEMBERS

- **Nina Kilkku** - HSCP Representative, Collaborating Partner, European Psychiatric Nurses (Horatio)
- **Gwen Crawford** –Prospect Project Leader, EUFAMI
- **Miia Männikkö** - FF Representative, EUFAMI Prospect Member, FinFami, (Finland)
- **Päivi Isojärvi** - HSCP Representative, Collaborating Partner, Hyvän mielen talo ry (Cheerful House), Finland
- **Andreja Štepec** - PLE Team Chair, EUFAMI Prospect Member, ŠENT - Association for Mental Health (Slovenia)
- **Simon Gelsthorpe**, Team Chair, HSCP/CG Representative. Collaborating Partner. Consulting Clinical Psychologist, Visiting Fellow, University of Bradford (UK)
- **Daphne Lamirel** - PLE Representative, Collaborating Partner, GAMIAN Global Alliance of Mental Illness Advocacy Networks (Europe)
- **Virve Saaranen** - HSCP Representative, Collaborating Partner, Hyvän mielen talo ry (Cheerful House), Finland
- **Miquel Miranda** - HSCP Representative, EUFAMI Prospect Member, Confederacion Salud Mental (Spain)
- **Gwen Crawford** –Prospect Project Leader, EUFAMI
- **Cecília Agramunt** - HSCP Representative, EUFAMI Prospect Member, Confederacion Salud Mental (Spain)
- **Juan Rosa** - HSCP Representative, EUFAMI Prospect Member, Confederacion Salud Mental (Spain)
- **José Luis Méndez** - HSCP Representative, EUFAMI Prospect Member, Confederacion Salud Mental (Spain)

THE PROSPECT PLUS PROJECT AND THE PROSPECT TRAINING PROGRAMMES

THE COMMON GROUND PROGRAMME CONTENT DEVELOPMENT TEAM

The Content Development Team, chaired by Simon Gelsthorpe, is made up of members from both the People with Lived Experience and the Health and Social Care Professionals Programme Content Development Teams.

As stated earlier, the Content Development Teams have worked intensively over the course of 2022 and contributed invaluable to the draft revised editions of the Prospect training programmes. ■



The Common Ground Programme originated from the coffee/tea/lunch breaks during the Prospect weekends between 1999 and 2004

**EUFAMI WOULD LIKE TO EXPRESS A MAJOR
THANK YOU**
TO ALL THE TEAM MEMBERS
FOR YOUR INVALUABLE CONTRIBUTIONS
TO THIS REVISION PROCESS!

EUFAMI STATS 2022



4,5K FOLLOWERS



36
EU MEETINGS

32

PROJECT MEETINGS

3K

FOLLOWERS



6+3

EUFAMI MEETINGS
AND WEBINARS



+ 200
MORE FOLLOWERS



STATS

- **37** MEMBERS IN **25** COUNTRIES
- MEMBERS IN **20** COUNTRIES OF THE EU **27**
- A FEDERATION OF **30** FAMILY ASSOCIATIONS AND **7** OTHER MENTAL HEALTH ASSOCIATIONS
- FULL: **26** MEMBERS
- AFFILIATE: **11** MEMBERS

FINANCIAL REPORT

Audited Financial Results 2022

BALANCE SHEET

Assets		2022	2021
	Fixed assets		
Plant, machinery & equipment			
Furniture			
Other tangible assets			
	Current assets	423.242	308.916
Trade debtors		1.182	2.684
Other amounts receivable			
Cash at bank and in hand		416.807	297.270
Transitory accounts		5.253	8.962
Total assets		423.242	308.916
Liabilities		2022	2021
	Capital and reserves	76.037	80.827
Allocated funds		44.293	44.293
Profit carried forward		34.743	24.974
Profit of the year		-4.791	11.560
Loss of the year			
Creditors			
Trade debts		17.298	8.979
Staff debts			
Transitory accounts		329.908	219.110
Total liabilities		423.242	308.916

INCOME AND EXPENDITURE

Income €	2022	2021
Membership fees	13.525	12.725
EUFAMI Collaborating Partner Programme	50.000	50.000
Project funding	86.065	151.794
Recovered expenses/Honoraria/Other	32.414	7.136
Financial income	0	0
Own fundraising activities	0	0
Staff subsidy	432	1.731
Congress	0	2.000
Total income	182.436	225.385
Expenditure €	2022	2021
Board of Directors	487	948
General/Board Meeting	6.840	0
Staff Costs	55.894	63.775
Write off trade debtors	1.600	1.575
Office/insurances/suppliers	9.368	5.837
Annual report/Communications	1.309	5.101
Website/promotion/representation/IT Costs	4.613	1.221
Finance and legal expenses	13.621	12.855
Misc. costs including depreciations	0	583
Project expenses	93.494	121.932
Total Expenditure	187.227	213.825
Profit/Loss	-4.791	11.560
Detail of Income		
1. Core (Collaborating Partner Programme)	2022	2021
Janssen	36.000	30.000
Boehringer Ingelheim	20.000	20.000
Total	56.000	50.000
2. Projects	2022	2021
EU VIORMED	0	8.684
Economic Case for Carers	0	63.222
Prism H2020	0	3.571
Prospect Plus	79.571	76.316
Share4Carers	0	0
Running in the Family	494	0
Involve	6.000	0
Total		151.794

FINANCIAL REPORT

Treasurer's Report

The amount of income, which **EUFAMI** received in 2022 to support its core operations and its project operations, amounted to €182,436 (*in 2021 the figure was €225,385*), which was a combination of funds from corporate donors through **EUFAMI's** Partner Programmes, projects and membership fees.

Expenditure and charges for 2022 amounted to €187,227 (*in 2021 the figure was €213,825*); staff costs, financial services and project costs making up the majority of this expenditure. This has resulted in EUFAMI reporting a small deficit of €4,791 for 2022 (*in the previous year EUFAMI reported an excess of income of €11,560*).

In terms of income, our Partner Programme income in 2022 was €56,000, as opposed to €50,000 in 2021. €6,000 of this was allocated to the development of the Involve Advocacy program.

Whereas 2021 proved to be a very challenging year for EUFAMI in terms of discharging its work plan due to the COVID 19 pandemic, 2022 was also challenging in another way – this new challenge came from the fact that everyone had to revert to a more normalised work environment. It challenged the Board and staff insofar as a different approach to work and the discharge of duties (similar to the situation pre-COVID) was necessary but coupled with the new 'hybrid' work environment (a combination of virtual and 'in person' engagements). I am happy to say that from my viewpoint, everyone at **EUFAMI** really 'stepped up to the plate'. From a financial perspective, it involved some additional costs and this explains why we are reporting a small financial deficit for 2022.

The major piece of work in 2022 was the continuation of our Prospect Plus project (referred to as Prospect Plus Communications and Phases 1 and 2). This work has proved to be most successful and the feedback so far to date has been very positive.

EUFAMI's Balance Sheet as at the end of 2022 continues to remain in a healthy state, from a financial perspective, as is evident from the state of our bank balances. The majority of deferred income at the end of 2022 is earmarked for the future work associated with the Prospect Plus project, mentioned above.

As this is my final report as Treasurer, I would like to express my thanks to my fellow Directors, to our Executive Director, John Saunders and to Dimitra Stefanopoulos, our Communications Officer at the office, for all of their continued support throughout the year. Although like all European NGOs, finance is always a challenge (with a small 'c'), I am confident that EUFAMI will continue to flourish for many years ahead and remain as the strong voice of the Family in Europe.



Kevin Jones,
EUFAMI Treasurer

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

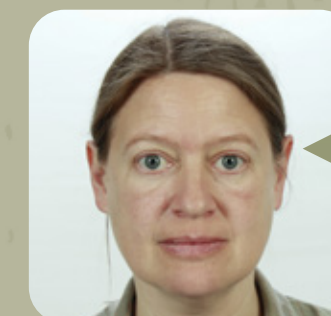


SECRETARIAT

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



JOHN SAUNDERS,
Executive Director



GWEN CRAWFORD,
Project Leader – PROSPECT



DIMITRA STEFANOPOULOS,
Communications &
Administration Officer

EVE HOUNHANOU,
Intern – Maastricht
University (Public Health)



“ I have really appreciated my time at EUFAMI as an intern. It was a valuable experience that taught me a lot and I would gladly do it all over again if possible! ”

ACKNOWLEDGEMENT

We would like to thank **Eve Hounhanou**, graduate student in European Public Health from Maastricht University, Netherlands who assisted us in several tasks during the course of 2022, including projects, such as Share4Carers.

Eve is from Belgium (Liège) and is currently studying at Maastricht University doing the Healthcare Policy, Innovation and Management master. Her interests are in public mental health and migration and in her free time she enjoys spending time with loved ones, playing video games, cooking and travelling.

BOARD OF DIRECTORS

EUFAMI is governed by its Board of Directors and held 6 virtual meetings in 2022. 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 2022 the Board of EUFAMI consisted of:



URS WÜRSCH,
President,
VASK,
Switzerland



MIGUEL DURÃES,
Director,
FAMILIARMENTE,
Portugal



EMMANUELLE RÉMOND,
UNAFAM,
France



PHILIPPA LOWE,
RETHINK MENTAL ILLNESS,
UK



ÅSA KONDRADSSON-GEUKEN,
Treasurer, *(as of November 2022)*
THE SWEDISH SCHIZOPHRENIA
ASSOCIATION (Schizofreniförbundet),
Sweden



FRIEDRICH LEIDINGER,
Secretary,
BApK,
Germany



KEVIN JONES,
Treasurer, *(until November 2022)*
SHINE,
Ireland



ANDRÉ DECRAENE,
Vice-President,
SIMILES VL.,
Belgium



MANUEL GATTERER,
Director,
ARIADNE,
Italy (South Tyrol)

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 2022 assembly took place virtually once again, due to the COVID-19 travel restrictions, on 11th June 2022. No elections were held as

there were two Director positions available and no new nominations. EUFAMI President Mr Urs Würsch from VASK in Switzerland and EUFAMI Vice-President André Decraene from Similes in Belgium were re-elected by default to the EUFAMI Board of Directors.

EUFAMI MEMBERS

AT 31 DECEMBER 2022

Full member associations

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

ARIADNE – Verband Ariadne – für die psychische Gesundheit aller (Italy – South Tyrol)

BAPK – Bundesverband der Angehörigen psychisch Kranker (Germany)

Bedre Psykiatri – Landforeningen Pårørende til Sindslidende (Denmark)

BGFami – (Bulgaria)

EPIONI – Greek Carers Network (Greece)

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

FinFami – Omaiset Mielenterveytyön Tukena Keskusliitto Ry (Finland)

HPE – Hilfe für Angehörige Psychisch Erkrankter (Austria)

LOKA – Lelekben Otthon Közhasznú Alapítvány (Hungary)

LSPŽGB – Lietuvos Sutrikusios Psichikos Žmonių Globos Bendrija (Lithuania)

MHA – Mental Health Association (Malta)

MIND Naasten Centraal – (former Stichting Labyrint-in Perspectief) (Netherlands)

MindWise – (N. Ireland)

MIND – Ypsilon – (Netherlands)

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

Rethink – Mental Illness (England – UK)

Salud Mental España – Confederación Salud Mental España (Spain)

Schizofreniförbundet – The Swedish Schizophrenia Association (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)

UNAFAM – Union Nationale de Familles et Amis de Personnes Malades et/ou handicapées psychiques (France)

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

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

Affiliate member associations

ADFERIAD RECOVERY – (former HAFAL) (Wales – UK)

DREAM SLOVAKIA – CZECH REPUBLIC – SEN Slovensko a Cesko (Slovakia/Czech Republic)

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

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

METIS Europe asbl – (Belgium)

MTÜ-EPITÜ – MTÜ EPITÜ Lõuna-Eesti (Estonia)

OZARA – Nacionalno Združenje za kakovost Življenja (Slovenia)

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

PROMESSES – PROfamilies et Malades: Eduquer, Soutenir, Surmonter Ensemble les Schizophrénies (France)

ŠENT – Slovensko Združenje za Duševno Zdravje (Slovenia)

SYMPATHEA – Celonárodní Organizace Příbuzných Duševně Nemocných (Czech Republic)





Annual Report 2021



EUFAMI board roundtable



EUFAMI members Vienna



Miguel Duraes



Dimitra and Asa



From left to right:
Kevin Jones
John saunders - Vienna
Urs Wursch



Manuel Gatterer

