

*EUFAMI celebrates
30 years
of supporting Families
Affected by Mental Ill
Health*



2021

ANNUAL REPORT

30 YEARS of supporting Families



Martelarenplein, 20E | B - 3000 Leuven | Belgium
www.eufami.org



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PRESIDENT'S LETTER

The year 2021, same as the year 2020, was affected by the global coronavirus pandemic but nevertheless we continued the important activities of EUFAMI.



▲ Urs Würsch
EUFAMI President

On behalf of myself and the **EUFAMI** Board of Directors I take this opportunity to welcome our new Board members, Åsa Konradsson-Geuken, Manuel Gatterer and Miguel Durães, who were elected to the Board at the 2021 General Meeting. A great thank you to our former Board members, Miia Männikkö, Per Torell and Edo Belak who managed with great skill to keep EUFAMI going through a difficult time. My appreciation for their work cannot be stressed enough.

I also welcome our new Executive Director, John Saunders who commenced his duties in March 2021. I am pleased to say that with his professional background **EUFAMI** has gained tremendous expertise. Also new to our organisation is Dimitra Stefanopoulos, in the role of Administration and Communications Officer.

Following a Board decision, **EUFAMI** closed its physical office in Leuven during mid-2021 for financial and logistical reasons. The Registered Office is now a virtual one at Martelarenplein 20E, Leuven 3000, Belgium.

During 2021 **EUFAMI** was involved in many activities, which are described in our Annual Report. Specifically, I would like to mention **PROSPECT** Phase 1, a training course for Families and Friends. This course was professionally handled by **PROSPECT** Project Leader, Gwen Crawford, and thanks to her, it successfully concluded in June 2021. Planning also commenced for **PROSPECT** Phase 2 in November 2021, a training course for people with Self Experience and Professionals. We are glad that Gwen Crawford is also in charge of this project.

Our attention was also focused on the actions taken by our partner organisations, such as the European Psychiatric Association (**EPA**), **GAMIAN** Europe and the European Patients' Forum (**EPF**). We are thankful that we work directly with **EPA** and that we are part of their Board. This helps us carry our message to psychiatrists in Europe, a trend that we appreciate. It is our firm belief that carers and professionals should share their ideas and knowledge.

Following the Paris Summit meeting in October 2021, **EUFAMI** was granted a round table meeting with Queen Mathilde of Belgium who has made a commitment to carry the voice of Family and Friends in her public work.

During our General meeting in June 2022, we will present for approval a draft of a new strategic plan for the period 2022 – 2024.

Between August 2021 and February 2022, I unfortunately could not carry out my duties as President due to personal health reasons.

“ It is our firm belief that carers and professionals should share their ideas and knowledge. ”

Our Vice President, André Decraene accepted immediately to take over my duties as Acting President during my absence and I am grateful for his excellent help.

Together with my Board colleagues and with the Assistance of our Executive Director and his staff, we will accept the challenges for 2022. We will give our full efforts to the cause of EUFAMI, to Families and Carers. ■

2021 AT A GLANCE:

JANUARY

- > **25** EUFAMI's Treasurer, Kevin Jones and former President Miia Männikkö attend the Value of Treatment Update call – MDD (Major Depressive Disorders) Working Group organised by the EBC (European Brain Council).
- > **26** EUFAMI's Treasurer, Kevin Jones, represents EUFAMI at the online session on Integration of Health and Social care to tackle disease outbreaks.
- > **26** EUFAMI's Board of Directors hold their 1st Teleconference meeting of the year.
- > **27** EUFAMI Director, Philippa Lowe, attends the ERA-NET NEURON Kick-Off Meeting in Berlin.

FEBRUARY

- > **2** Launch of Economic Case Project for EUFAMI Members organised by EUFAMI. The event was held online.

- > **5** EUFAMI Board of Directors hold their 2nd Board meeting of the year in Leuven.
- > **11** EUFAMI Treasurer, Kevin Jones, participates in meeting on Breaking Depression 2021
- > **11** ELaunch of Economic Case Project for EUFAMI Members EU, WHO, OECD and partners organised by EUFAMI. The event was held online.
- > **16** EUFAMI Treasurer, Kevin Jones engages in preparations for the Breaking Depression e-Book Launch
- > **23** EUFAMI Vice-President, André Decraene, takes part in the online event on the "Need for an ambitious EU initiative on long-term care" organised by the European Parliament Informal Carers Interest Group.

- > **26-27** EUFAMI Treasurer, Kevin Jones, takes part in the Global Patient Organisation Summit organised by Boehringer Ingelheim. The event was held online.

MARCH

- > **9** Launch of Economic Case Project for MEPs organised by EUFAMI. The event was held online.
- > **10-13** Former EUFAMI President, Miia Männikkö, attends the 20th WPA World Congress of Psychiatry organised by the World Psychiatric Association. The event was held online.
- > **22** EUFAMI Treasurer, Kevin Jones, participates in CNS Franchise Research with PAG representatives (EU)
- > **23** EUFAMI Executive Director, John Saunders, attends the online event "Campaigning for a designated European Year for Mental Health" organised by MEP Mental Health Alliance.
- > **26** EUFAMI's Board of Directors hold their 3rd Teleconference meeting of the year.
- > **30** EUFAMI attends the Paris Summit Steering Group Meeting organised by the French Ministry of Health.

APRIL

- > **10-13** EUFAMI President, former President and Executive Director attend the EPA 29th Congress: Personalising and Integrating Mental Health Care in the Digital Era organised by the EPA (European Psychiatric Association). The event was held online.
- > **17** EUFAMI Executive Director, John Saunders, attends the European Patients' Forum (EPF) AGM. The event was held online.
- > **17** A Better Prospect Event presented by PROSPECT Project Leader Gwen Crawford. The event was held online.
- > **20** EUFAMI 2020 Audit commences - Treasurer, Kevin Jones, represents EUFAMI
- > **23** EUFAMI's Board of Directors hold their 4th Teleconference meeting of the year.

MAY

- > **14** EUFAMI's Board of Directors hold their 5th Teleconference meeting of the year.

JUNE

- > **1-2** EUFAMI attends the Final Workshop of the PECUNIA project organised by the PECUNIA Consortium.
- > **8** EUFAMI Executive Director, John Saunders, attends the VOT Synthesis Meeting organised by the European Brain Council. The event was held online.
- > **10** EUFAMI Executive Director, John Saunders, takes part in "One Voice Summit" organised by Lundbeck. The event was held online.
- > **11** EUFAMI's Board of Directors hold their 6th Teleconference meeting of the year.
- > **12** EUFAMI holds its Annual General Meeting 2021. The meeting was held online.
- > **12** PROSPECT Webinar led by PROSPECT Project Leader Gwen Crawford

JULY

- > **26** EUFAMI's Board of Directors hold their 7th Teleconference meeting of the year.

AUGUST

- > **11** EUFAMI Treasurer, Kevin Jones participates in Breaking Depression Conversation series.

SEPTEMBER

- > **15-17** EUFAMI participates online at the EHMA 2021 - European Health Management Association.
- > **23-25** EUFAMI Director, Dr Åsa Konradsson-Geuken, takes part and presents "Priorities in Future Schizophrenia Research" at the 8th ECSR-European Conference. The event was held online.
- > **27** EUFAMI takes part in the "EU-VIORMED Project: the state of forensic psychiatry in Europe", which concluded in October 2021. The event was held online.

2021 AT A GLANCE:

OCTOBER

- > **2-5** EUFAMI's Director, Mr Miguel Durães, attends the 34th ECNP Congress organised by the European College of Neuropsychopharmacology where EUFAMI was also offered an exhibition booth.
- > **5-6** EUFAMI's Acting President, André Decraene, represents EUFAMI and speaks at the opening session of the EU Mental Health Summit organised by the Ministère des Solidarités et de la Santé de France. EUFAMI Director Emmanuelle Rémond also attends the session. The summit was held in Paris. EUFAMI Executive Director, John Saunders, co-chaired a workshop on Families and user involvement in mental health services.
- > **13** EUFAMI's Board of Directors hold their 8th Teleconference meeting of the year.

- > **15-16** EUFAMI's Executive Director, John Saunders, attends the Section for Psychiatry Meeting organised by the Union Européenne des Médecins Spécialistes. The meeting was held online.

- > **18-21** EUFAMI attends the 21st WPA World Congress of Psychiatry.

- > **25-26** EUFAMI's Executive Director, John Saunders, and Communications Officer, Dimitra Stefanopoulos, attend the Share4Carers Annual Meeting organised by Greek NGO EPIONI in Athens, Greece.

NOVEMBER

- > **2-5** EUFAMI takes part at the 23rd World Congress – Mental Health: A Global Priority organised by the World Federation for Mental Health in London.

- > **22** EUFAMI's Board of Directors hold their 9th Teleconference meeting of the year.

- > **23** EUFAMI Executive Director, John Saunders, takes part at the FNERDM webinar "Thinking Community Responses to Mental Health in Portugal: an International Perspective".

DECEMBER

- > **8** December Official launch of PROSPECT Plus Phase II

COVID-19 AND MENTAL HEALTH

It's been just over two years since COVID-19 was declared a pandemic by the World Health Organisation (WHO). After many lockdowns, vaccines and uncertainty on how to move forward it is with great relief that humanity has finally started returning slowly to a familiar routine, although there is a continued risk of outbreaks in vulnerable populations.

It is a fact that the situation regarding COVID-19 has affected everyone and undoubtedly, these times have been especially tough on people's mental health.

EUFAMI is aware from discussions with its members that in many countries, Covid 19 restrictions meant that some mental health services

were reduced or not available. This is especially true of day facilities and clinics. This situation undoubtedly had an effect not only on people with experience but also their family members and carers.

To provide everyone with trustworthy and relevant information regarding COVID-19, EUFAMI is re-submitting an updated list of a collection of useful websites.

The websites focus on general information and advice on COVID-19 for carers and on advice for maintaining good mental health during the Corona crisis. Lastly, a section with websites recommended by EUFAMI's member organisations is also provided.

GENERAL INFORMATION ABOUT COVID-19

FOR EVERYONE

- Updates and general information about COVID-19 from the WHO: <https://bit.ly/2ZK2pWf>
- Updates and general information about COVID-19 from the ECDC: <https://bit.ly/36C6yN5>

FOR RESEARCHERS AND HEALTH WORKERS

- Lancet's Updates about Latest Research: https://www.thelancet.com/coronavirus?dgcid=kr_pop-up_tlcoronavirus20

FOR CARERS

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

COVID-19 AND MENTAL HEALTH

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: <http://learn.4mentalhealth.com/sites/default/files/courses/wb8/index.html#/>
- Practical advice for staying at home and looking after your mental health: <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>
- 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/conditions/coronavirus/coronavirus.html>
- <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

ADFERIAD RECOVERY (WALES, U.K)

In April 2021, Hafal announced that it has merged with three other charities in Wales – Adferiad Recovery, CAIS and WCADA – to form Adferiad Recovery, a new organisation which will provide support for vulnerable people in Wales and their families and carers.

Adferiad Recovery combines the skills and expertise of its founding charities to provide outstanding services for people in Wales with mental health problems, substance misuse problems, and those with co-occurring and complex needs.

Alun Thomas, former Chief Executive of Hafal, has been appointed Chief Executive of Adferiad Recovery. Mr Thomas commented: "Our clients have told us that a person with complex needs deserves to be treated as a whole person, not a collection of diagnoses requiring multiple referrals to different organisations. This merger is our response to them."

"The charities have been working closely for some time now, and the merger builds on our great partnership arrangements. Providing our service to the highest standards remains our top priority. We look forward to a new era in recovery service delivery in Wales."

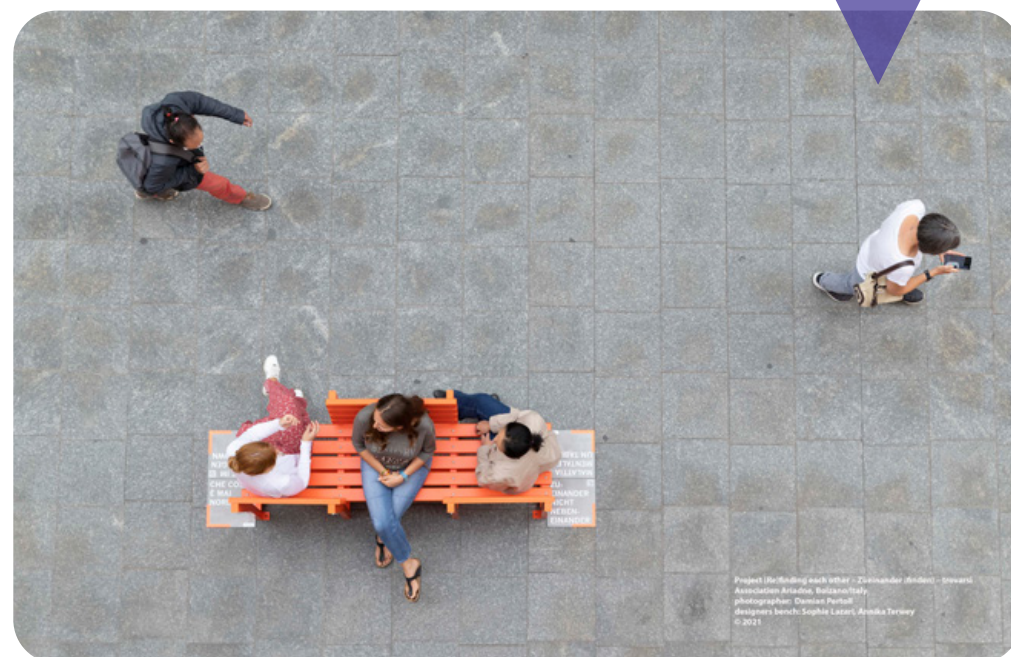
Find out more here:
<https://www.adferiad.org.uk/>

ARIADNE (ITALY, SOUTH TYROL)

An unusual, eye-catching orange bench with three seats facing each other has been made accessible every fortnight from May to October 2021 in ten public places of ten South Tyrolean municipalities.

The bench invites people to have a look at it and linger. The point of this project: to break up old patterns, to inspire and to stimulate reflection. Sitting on the bench is to be understood in a figurative way: people should turn towards each other instead of turning away. In other words: it is important that we listen to each other, take time for other people and accept every person as they are – with all their strengths and weaknesses.

The idea for these orange benches was developed by the Berlin-based South Tyrolean designers Annika Terwey and Sophie Lazari. With this project, the three entities Ariadne – for the mental health of us all – the head-association for social affairs and health care (DSG) and the South Tyrolean Artists' Association



could sensitise the population of South Tyrol on the topic of mental health care.

This artwork enables people to reconsider their own attitude towards mental health care and change their perspective, since mental health is shown as a precious commodity, equally important for us all. The association Ariadne wants also to address the "open dialogue" – Der offene Dialog – as a way to practice mental health care. Many people in South Tyrol suffer from various forms of mental ill health, such as depression or anxiety disorders. The legally

“ We will place emphasis on recognising and supporting caregivers in their role in the lives of people with mental illness by enhancing evidence-based psychoeducation as a crucial initiative ”

imposed measures of distance during the Corona pandemic has contributed to intensify symptoms. The bench brings back together what once was divided. Near the bench short texts in German and Italian were posted on ceramic plaques to stimulate critical reflection: "Soul in constant lockdown." "Whatever is normal." "Mental ill health – a taboo."

As a sign of sustainability on a social and ecological level, the association Ariadne and its cooperation partners asked the involved municipalities that these "social benches" could continue to be part of the public life of the respective municipality and be placed, for example, in front of the library or the school. This wish has now come true.

The project was supported by the Autonomous Province of Bolzano – Health Department and the Ministry of Labour and Social Policy.

BEDRE PSYKIATRI (DENMARK)

In late 2021 and in early 2022, the National Health Authority presented recommendations, which were to form the basis for an ambitious and long-term political 10-year plan. Overall, the mission is to raise the overall effort across sectors, both in relation to mental health in general and strengthen the effort for people with mental illness. It is now Bedre Psykiatri's future task to contribute to the process, so that the action plan becomes a reality and as successful as possible. We will especially place emphasis on recognizing and supporting caregivers in their role in the lives of people with mental illness by enhancing evidence-based psychoeducation as a crucial initiative. In the coming year, Bedre Psykiatri will be keeping a strong focus on Government commitment to ensuring appropriate, effective and long-lasting mental health outcomes.

This task is also in line with Bedre Psykiatri's new strategy for the association, which was adopted last year. With our new strategy we describe strategic guidelines for our work in the next 10 years.

EDRA (GREECE)

EDRA had a very fruitful year once again. We organised the **14th Arts & Mental Health Festival ART4MORE** (art4more.org), an innovative International Arts Festival that brings awareness on social issues, especially mental health. The annual festival is being held by EDRA, in celebration of World Mental Health Day (10th October), exploring different social awareness issues through a variety of art forms. ART4MORE 2021 was held under the auspices of the Greek Ministry of Health and the Greek Ministry of Culture and with the Aid and support of the Ministry of Health, in 1-14 November 2021, at Athens Metro and Serafio of the Municipality of Athens. With the theme "Moving on, People in

MEMBER FOCUS



Transition - Art in Transition", the issue of Mental Health entered the daily trajectory of the public. The docks and platforms of Athens Metro and other spaces were used as the main artistic site for the presentation of the Festival's activities, which included exhibitions, theatre forms, workshops, talks and musical performances. Furthermore, EDRA implemented **"Art Mentoring in Mental Health Units" Project**, where ten student artists of Athens School of Fine Arts (Cultural Mentors) collaborated with mental health service users of five Mental Health Structures in Athens, under the supervision of structures' therapists, producing artworks that were presented in a special exhibition, at the end of the program.

Some of our European Projects, in which EDRA participated during 2021: **"Introspection Music Experience (IME)"**, a European project, co-funded by the Creative Europe Programme of the European Commission. IME brought together artists with and without psychiatric vulnerabilities. Its aim was to support the music sector

by promoting emerging artists, capture grassroots stories, develop new audiences and keep music diversity alive. Then, **"ACTitude project - (Improvisation techniques training program for mental health professionals to empower patients with psychiatric diagnose to act against emotional and verbal violence)"**, aimed at developing an innovative methodology based on improvisation techniques (Improv) for professional use, that helped to capacitate individuals suffering from mental disorders to confront demonstrations of social rejection in the form of verbal abuse and mockery to which they are being exposed so often in their day-to-day lives. Finally, the

"Zero Coercion" project (Training Program for Handling Schizophrenia Crisis in Domiciliary Environments through the Use of Strategies Alternative to Coercion)" has been launched with the main objective of increasing the competences (attitudes, knowledge, skills) of PwSCZD, their relatives and Mental Health professionals (MPH), in order to handle Schizophrenia Crisis in domiciliary environments through the use of strategies alternative to coercion. **"Actitude"** and **"Zero Coercion"** have been implemented with the support of the Erasmus+ programme of the EU.



EPIONI (GREECE)

The Erasmus+ KA1 project "ACCEUEDU" Access and management of European funding for adult education providers active in the field of mental health" was a project with key objectives:

- 1) The cooperation between mental health actors in Greece.
- 2) The qualitative upgrading of the skills of the staff of Greek NGOs active in the field of mental health in the writing and management of European Programmes.



The project included two five-day training seminars in Limassol provided by the training partner ShipCon.

The first training seminar was successfully held from 15 to 19 November 2021 in Limassol, Cyprus

The second 5-day seminar was held in Limassol from 5 to 8 April 2022.

Both seminars were held in English and two participants per organisation were trained.

In the framework of the ACCEUEDU project, information visits were conducted by the Greek participants to the European University Cyprus, the Open University of Cyprus, and the University of Cyprus in Nicosia.

ERASMUS+ PROJECT KA1 "ACCEUEDU"

The partnership consisted of six organisations:

- Greek Carers Network EPIONI.
- Pan-Hellenic Association for Psychosocial Rehabilitation and Work Integration (PEPSAEE)
- Social Cooperative Activities for Vulnerable Groups (EDRA).
- Society for Psychosocial Research and Intervention (EPSEP)
- Society of Social Psychiatry P. Sakellariopoulos (SSP P. Sakellariopoulos)
- Greek Association of Alzheimer's Disease and Related Disorders (Alzheimer Hellas)

ACCEUEDU

Hosting organisations:

- ShipCon Limassol Ltd.
- University of Cyprus
- European University Cyprus
- Open University of Cyprus

The project was co-funded by the European Union lasted 20 months (6/11/2020 – 4/7/2022).

We would like to thank the State Scholarships Foundation (IKY) for its support and excellent cooperation.

FAMILIARMENTE (PORTUGAL)

In 2021, FamiliarMente participated in several projects in partnership with other organisations, integrated working groups, organised the VI National Meeting of Families and participated in

MEMBER FOCUS

television and radio programs, to raise awareness of civil society, combat stigma and gain access to mental health care.

SOME OF FAMILIARMENTE'S ACTIVITIES:

- Appointment to the Working Group created by order of the Ministers of Justice and Health (Joint Order No. 6324/2020), for the presentation of a proposal for a revision of the Mental Health Law – of the year 2021. Also submitted a proposal to the guardianship for a law on the general principles and rules of organisation and functioning of mental health services in Portugal, approved by the Government and published in Diário da República de 14/12, (D. Law 113/2021)
- Appointment to the Monitoring Committee of the Juridic Regime of Compulsory Hospitalisation, by joint order of the Ministers of Justice and Health.
- Development and application of a questionnaire, at national level, with the support and collaboration of Specialists and Researchers of Mental Health, of the Faculty of Medicine of the University of Minho, directed to families and people with experience of mental illness.
- Working meeting with the Minister of Health, Director of the National Program for Mental Health, Parliamentary Health Committee and Parliamentary Committee on Work and Social Security, among others with representatives of mental health associations.
- Participation in various television and radio programs, on Mental Health, access and equity to treatment and combating stigma.
- Organisation of the 6th National Meeting of Families, on May 21, under the theme "Democratisation of Mental Health, Public Participation

in Health", in which more than 600 people participated. In the analysis and debate of the subthemes, interventions were made by several responsible for health and mental health policies, parliamentary deputies, representatives of the political parties that are part of the Assembly of the Republic, President of the National Mental Health Council and Chairman of the Parliamentary Health Committee, with messages addressed by the President of the Republic and Madam Minister of Health.

HPE (AUSTRIA)

Unfortunately, the covid pandemic is still having a great influence on the activities of HPE Austria. As a result the year 2022 is the 3rd year when an Annual General Meeting, including all the different groups in the various provinces, is not taking place. However, this does not mean that they have not been active in their own way. Many activities have gone on-line in the form of zoom meetings, enabling a wide participation for those interested in the topic being discussed. These have ranged from such diverse themes as "Living possibilities for family members suffering from mental health problems" over "Training and jobs for young adults", "The role of parents" to the various aspects of illnesses from the schizophrenic spectrum and the subject of suicide. An important area of HPE's work is to organise seminars in cooperation with the police force, giving the young police officers an insight into how to deal with difficult situations involving people with mental health problems. And last but not least, there is an active interchange with the media, in order to improve reporting.

LOKA (HUNGARY)

LOKA's activities were significantly affected by the COVID-19 situation. Psychiatry and psychotherapy suffered significant losses in Hungary. We embarked on a code revision project, which unfortunately was put to an end for a time by the unpleasant disputes, tensions and hostilities in psychotherapy. In fact, we set up a working group with I-H-Kft, the Association of Psychotherapy Councils, the Hungarian Psychiatric Association, a representative of Magyipett, to write the funding study needed to revise the psychotherapy codes, so that psychotherapy points could be increased, allowing more professionals to work for the benefit of our poorer fellow citizens.

- Our website www.lelekbenotthon.hu has been renewed. We are using a new look and software. Eszter Kádas, our volunteer, has checked the database of psychiatric, psychotherapeutic and addiction health departments so that it is now up to date.

- Several online events were held with great success:

Ingrid Lengyel, a health expert, gave a lecture on the rights of psychiatric patients.

Júlia Frigyes, a psychiatrist, held a discussion on psychotherapeutic aspects of flask program (artificial insemination) with invited biological experts.

Károly Oriold gave a lecture on suicide prevention update. What are the practical questions of the recent suicide research? We have had an evening with "sound hearers" schizophrenic patients group.

All events were a great success - 30-80 people attended each event.

- We helped the Psychiatric Department of the Rókus Hospital by buying furniture. We helped with furniture worth about one million Ft.

- Our trained volunteers are involved in working with relatives bereaved by suicide. In 2021,



LOKA donates furniture for the hospital St. Rokus. Karoly Oriold (LOKA) and György Szekeres (Rokus Hospital).

more people in need contacted the Foundation for help. We continued training 35 volunteers who have already worked with people in need. We are doing this with the funding of the EMMI Ministry grant.

- Schizophrenia Relatives Club - unfortunately, we had to stop face-to-face meetings during COVID, as well as our club for people with depression.- Our foundation is a member of the Suicide Prevention Network, where we meet regularly.

- We are working on two EUFAMI projects. We are currently taking the PROSPECT programme forward, which we would like to plan to roll out more widely in the second half of 2022.

- In January 2019, we launched the DESEM project (Developing Sexual Education Model for Mentally Disabled People 2018-1-TR01-KA204-059107), an innovative two-year project under Erasmus+, working with partners from Turkey, Italy, Greece, Lithuania and Spain: <https://www.desemproject.eu/>, which will be completed in autumn 2020.

MEMBER FOCUS



MIND YPSILON (NETHERLANDS)

The world is digitizing at a rapid rate and we are all part of it.

And so MIND Ypsilon has to think about how she relates to that. We have calculated that there are at least a million (!) relatives of someone with a serious psychological problem and we only reach a fraction of those people. We want to find, connect and support old and new loved ones. Preferably not as Ypsilon alone, but together with other organizations to really make a difference. We are putting a lot of effort in making plans and exploring ways to seek financing.

During the lockdown MIND Ypsilon organized in 2021 several webinars. They were a great success. The numbers of visitors exceeded expectations, the appreciation remains high. Easy to follow from your own home in corona time.

we strengthened our commitment to client engagement and participation at all levels in the organisation and we invested in the development of a new policy function which aims to strengthen our collective voice in the years ahead. Thirdly we continued with our commitment to recognise, acknowledge, value and reward our Teams appropriately and competitively for their unwavering commitment to our mission. Last but not least we aimed to ensure that we positioned ourselves to sustainably develop and grow as an organisation in the years ahead. As such our Board of Trustees reflected on our achievements over the past five years and commissioned our Executive Team to develop MindWise's new five-year strategy, which we subsequently launched 1/4/22, available at [Our Strategy: What we're going to achieve in 2022-2027 \(mindwisenv.org\)](#)

MINDWISE (N. IRELAND)

Throughout the year MindWise aimed to manage the significant impact the pandemic was having on what we do and how we do it - we support >12 000 people directly each year who experience mental health issues their families and carers. In the first instance we recognised the need to be flexible and adaptable in how we manage the changing needs and complex environment MindWise operates. Secondly we recognised the need to invest in some significant change initiatives. As such I am delighted to advise that in 2021 - 2022 MindWise invested in new ways of working. More specifically we strengthened our commitment to reaching more people through digital solutions;

OZMA (ISRAEL)

INFORMATION ACCESSIBILITY: We have made significant advances in a project aiming to increase the accessibility of information regarding rehabilitation services. We learned that people do not make use of many services for which they are eligible just because the required information is mostly absent and what exists is not up to date. A team of Ozma's volunteers has built a focused questionnaire to be filled by housing and vocational rehabilitation service providers. Recently, we have established a collaboration with the government-funded national project whose goal is to map, standardize and make available all information on social services. We are now working to ensure that the Department of Rehabilitation of the Mental Health National Services will require that service providers supply detailed informa-

tion based on the questionnaires we built which, if filled properly, will give accessible and relevant information about each service.

CRISIS INTERVENTION: At the end of 2020 we organised a webinar to discuss the urgent need for response for mental health crises. The webinar attracted almost 1000 participants, including mental health service users, family members, activists, professionals, and government and law enforcement representatives, and has driven a significant shift in public discourse, raising the awareness for the need. Lately, the ACT program (which reaches out to people on an immediate/regular basis to prevent the revolving door phenomena) has been nationally funded. We believe that along with programs for home care for psychiatric patients, more options in the realm of immediate psychiatric response will become available.



RETHINK MENTAL ILLNESS (ENGLAND, U.K)

In 2021 Rethink Mental Illness launched a strategy refresh. It recognised that the pandemic had placed increased pressure on mental health services and that the reverberations of this would be felt for years to come. Our response has been two-fold. At a regional level we are collaborating tirelessly with partners to transform community mental health care. In places like Lincolnshire, Somerset and Yorkshire, we are facilitating the wide range of support and care someone needs to live and thrive in their community, not just clinical, but also financial, vocational and social. Nationally, we are campaigning for this model, which we call Communities that Care, to be adopted everywhere. This includes addressing government policy that affects the lives of people severely affected by mental illness and their carers, such as the benefits system through our Stop Benefit Deaths campaign.

All our activity, both regional and national is guided by two key principles. That our work is led and shaped by experts by experience and that we ensure that care and support works for everyone, including marginalised communities. In 2021 we added 'equity' to our values in recognition that some groups, in particular people from Black, Asian and minority ethnic backgrounds, are disproportionately likely to experience severe mental illness due to social and economic factors including discrimination.



SALUD MENTAL ESPAÑA (SPAIN)

About our Sustainable Development Goals (SDGs website), in 2021 MENTAL HEALTH SPAIN launched the website <https://saludmentalods.org/>, which offers information about all the actions and projects that both the Confederation and the entities of the associative movement develop to contribute to the achievement of the Objectives of Sustainable Development of the 2030 Agenda. The page is designed in a simple way, with a usable, visual and

MEMBER FOCUS

colorful interface. The color green predominates in it, attributed to SDG 3, Health and Well-being, with which it seeks to inspire good health and hope. In the background, the other colors are intermingled in the form of mosaics, attributed to the rest of the Sustainable Development Goals, and with which the aim is to convey optimism and the desire to move forward to meet the commitments of the 2030 Agenda. Through a simple menu, users can access each of the 17 SDGs, where a list of the actions developed in relation to the objective in question appears and, naturally, with mental health.

Regarding our online game, the Confederation launched this initiative, on the occasion of World Mental Health Day, in order to show that mental disorders can affect all of us and have their origin in numerous circumstances. The game presents fifty very diverse characters, spread over several screens, and gives players the option of selecting three that they believe may have a mental health problem. Once the three characters have been selected, the game indicates the successes and failures, arguing them with the life stories of said characters. In this way, the person who plays accesses information related to the causes of an economic, social, work or personal nature, which trigger a mental health problem, and those that do not. The characters are located in an urban environment, which represents a square in any city, and among them you can find young, old, racialized people, farm or office workers, religious, boys and girls, etc. See the game here: <https://puedessertu.org/>

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. In 2021 we also developed an entirely new website for professional caregivers. Here we share our insights, present good practices and encourage the development of a family policy. We do believe that our approach can help to promote the importance of families in mental health care.

www.similes.be

www.familie-praktijk.be

SENT (SLOVENIA)

Carers who are members of the Forum of Relatives NGO SENT, would like to point out three activities that took place within 2021:

1. ADVOCACY

Through our Office of Social Advocacy we consulted carers and their family members. Problems discussed concerned relevant lack of information on mental health issues, violation of carers' rights by the institutions, employment problems for people with self-experience and their family members and many others.

2. PROSPECT

In spite of the coronavirus pandemic we managed to make a live 2-day Prospect National Test Training Session in March 2021, with eight participants in Ljubljana. Five out of the eight participants expressed a wish to join Prospect as facilitators.

3. Self-Helping groups

SENT was also active with monthly sessions of the self-helping groups in Ljubljana, Skofja Loka and Maribor. Our carers were active in working groups with EUFAMI at national level.

SHINE (IRELAND)



Shine is a national organisation providing information and support for people affected by mental health difficulties. Shine supports people with mental health challenges and their families and supporters in several ways;

- Individual recovery work
- Peer support groups
- Training and education
- Advocacy work
- Stigma reduction

Due to the ongoing COVID-19 pandemic during 2021, Shine's delivery of services had to continue to adapt. In respect of the public health guidelines and Government restrictions, Shine delivered most of its services remotely using digital platforms, including expanding the roll out of a suite of online support groups and training and education for people with self-experience of mental health challenges and their families and supporters. This became a positive departure for Shine as it allowed us to expand our reach to individuals who may not have been able to attend in-person support groups due to geographical location. Shine's stigma reduction programmes Headline and See Change continued their work in promoting societal change in the perception of mental illness nationwide.

During 2021 Shine continued the implementation of its Strategic Plan, **Making Change Happen**, commencing a robust service improvement process with a view to realising the overall strategic objectives of improved service delivery across the organisation. This process continues into 2022. In November, Shine welcomed our new CEO Nicola Byrne who brings a

wealth of experience and understanding of the impact of mental health challenges on people with self-experience and their families. Nicola has worked in both the statutory and voluntary sectors for more than 25 years and is passionate about improving the experience and quality of life for those affected by mental ill health and their families and supporters.

THE SWEDISH SCHIZOPHRENIA ASSOCIATION (SWEDEN)

THE NORDIC NETWORK

The Nordic network started in 2019, and the initiators of this network were representatives from the Danish and Swedish schizophrenia organizations, Holger Steinrud and Åsa Konradsson-Geuken (ÅKG). The network meetings have been conducted with the help of financial support from the pharmaceutical companies Otsuka Pharma Scandinavia and Lundbeck Pharma A/S. The network consists of the following organizations: Skizofreniforeningen (DK), Schizofreniförbundet (SWE), Rådet for psykisk helse (NOR), FinFami (FIN) och Landsforeningen för Pårørende innen Psykisk helse (NOR).

Due to Covid-19, no physical meeting has been possible during 2021. Although, the network has been active, e.g. ÅKG wrote a summary of the project "Value of Care". The purpose of the article entitled "Value of caring - a 2-year survey-based study on informal caregivers of persons with severe mental illness" that has used for opposition work in the Nordic countries.

STIGMAWATCH

StigmaWatch works for accurate reports on mental illness in the Swedish media. The project started in 2019, and is funded by "Allmänna Arvsfonden". In 2021, the project team has had the help from 60 StigmaWatchers located in the whole country, who together have reported 420 cases

MEMBER FOCUS

of stigma in the media. For StigmaWatch's great work, the project has received third prize from Fokus Patient 2021 as "Patient Representative of the Year". The group has, in addition to the handling of all the stigma cases, among other things written articles, participated in training, meetings, produced informative movies (schizophrenia, stigma etc), interviewed people with experience of schizophrenia and created a wide network. For information: www.stigmawatch.se.

THE SUPPORT LINE

The Swedish Schizophrenia Association was funded from the Public Health Agency of Sweden for starting a support line. The support line has been available Monday through Friday between 8 a.m. and 9 p.m. the entire year of 2021. Four people with different experiences, a relative, a counsellor, a psychologist and a psychiatric nurse, have been answering the phone calls.

UNAFAM (FRANCE)

Unafam is a French public interest recognised organisation that has been helping families & friends of people living with a mental illness since 1963. It has 15 000 members that are received, helped and trained in 300 welcome places throughout France. 1 600 volunteers are dedicated to these missions supported by 60 employees.

2021 was another difficult year with the coronavirus crisis still ongoing, but nevertheless gave the opportunity to e-learning modules to increase. A new module, "For a better understanding of mental health diseases", has been uploaded on the digital platform form'aid@nts with free access through the website www.unafam.org and more that are being pro-

duced in 2022. Over 2.300 people clicked on the platform in 2021 and this number is increasing.

The coronavirus crisis raised awareness of mental health and Unafam took its part. With Maybelline New York cosmetic company, it released an awareness programme on anxiety and depression targeted at young people. The programme helps them understand the symptoms of a deteriorating mental health, find the words to talk about it without stigmatisation and look for professional help. The campaign called Brave Together, was digitally broadcasted, and got the support of Snapchat and Tiktok. A poster campaign was also launched in railway stations, shopping centers and subways of numerous big cities. To learn more, click on <https://www.maybelline.fr/bravetogether>.

The 6th of October is the national day for family caregivers in France. Unafam published its second national barometer on this day based on a survey of its members conducted during the same year. 4.000 members answered, with 64% stating that the disease of their loved one

has an impact on their own health. The survey showed a shocking shortage in housing, job access, individual support and quality care for people with mental illness. National newspapers and some social media personalities on Instagram covered these results.

On Mental health day (October the 10th) Unafam published a digital platform called La force d'avancer (The strength to continue) <http://laforcedavancer.unafam.org> to advocate for a better mental health policy. 10 demands are presented and were brought to the attention of the candidates for the presidential election due in 2022. Prime Minister's and President's cabinets were requested as well. An inclusive society for people with mental illness is a challenging commitment.

VASK (SWITZERLAND)

In the second year of the pandemic, the VASK Executive Board met for five meetings via video conference. The focus was on the following topics.

PROJECT FURTHER EDUCATION SUPPORT FOR RELATIVES EX-IN

We accompany and support the project, which is carried out by VASK Bern and managed by our Board member Lisa Bachofen. It was supported by Health Promotion Switzerland with a significant amount. We will make a significant contribution to the project in 2022.

«VASK AND POLITICS»

The topic developed at the Presidents' Conference of 2020 was further processed at three board meetings. It stays on our radar.

“ We will make a significant contribution to the project in 2022 ”

"OPEN DIALOGUE"

The Conference of Presidents dealt intensively with this topic. We brought it into the resonance group of the Parliamentary Group on Mental Health. It is on the agenda for the first meeting in 2022.

TRIALOGICAL COUNSELING SERVICE

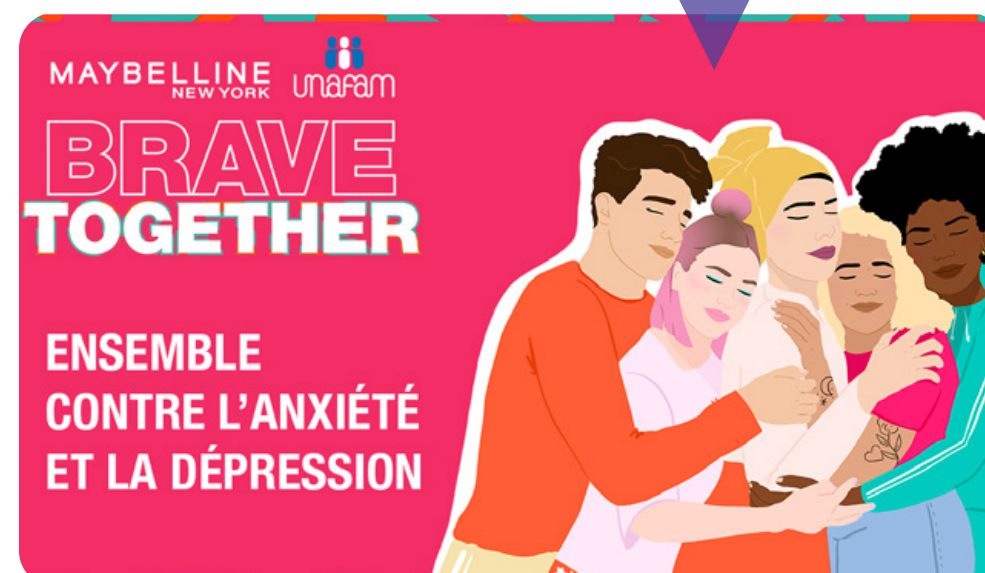
We supported the Guido Flury Foundation in their search for relatives with counselling skills in order to set up the trialologic counselling service they were planning for relatives and caregivers of people suffering from schizophrenia. This is to be distributed via the www.lebenmischizophrenie.ch platform operated by her.

CONFERENCE OF VASK PRESIDENTS SEPTEMBER 11, 2022

- Alfred Künzler from the Swiss Mental Health Network and President of the Mad Pride association introduced the latter. He did it so convincingly, that VASK Switzerland reactivated the suspended membership.
- Lisa Bachofen reported on the status of the project www.angehoerigen-begleitung.ch and asked those present to recruit participants to take part in this training course for relatives.
- The question of the future of VASK Switzerland was also up for discussion, especially since other long-standing members, along with the President, are toying with the idea of resigning. Despite the board's urgent appeal to the regional VASKEN, there was again no ray of hope to fill the fifth seat on the board that had been missing for years.

CARE INITIATIVE

Because there is also a shortage of nursing staff in the psychiatric institutions, which severely restricts the quality of treatment, we gave the initiative ideal support and in the voting campaign we called on the regional VASKEN to campaign in their circles for the acceptance of the initiative. ■



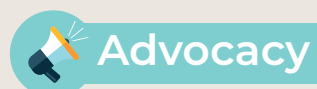
STRATEGY 2019-2021

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 like-minded organisations and other partners, to become an alliance-based organisation.



Research

EUFAMI will ensure the voice of families in 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

PROJECTS



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. Representatives of the above groups met during the lifecycle of the project in order to share good practices, exchange perspectives on effective advocacy strategies and learn how to engage with decision-makers at national and EU levels.

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](#).



SUCCESS (SUPPORTING FAMILY CAREGIVERS OF ADULTS WITH MENTAL HEALTH ISSUES)

Preparatory work for this project was initiated in September 2021. SUCESS 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 lifecycle 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.

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



PECUNIA

PECUNIA (Programme in Costing, resource use measurement and outcome valuation for Use in multi-sectoral National and International health economic evaluations) was a project which aimed 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 exploring data across different countries and sectors, PECUNIA aimed to provide direct comparable solutions to improve chronic and mental healthcare in all EU health systems.

EUFAMI was a member of the PECUNIA Advisory Board and was represented by EUFAMI former President Miia Männikkö. The programme concluded with a webinar in June 2021.

VALUE OF CARING

This project continued through 2020 and until the start of 2021 with our partner, The London School of Economics and Political Science (LSE). 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 an 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, German, Dutch and Finnish. In the final quarter of 2020 and throughout 2021, 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 was published in 2021 and is available for download from the EUFAMI website ([click here](#)).

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.

PROJECTS

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.

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.

EU-VIORMED



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

The project, which ran over a number of years, examined 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 has attempted 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 13th to 15th November 2017 and 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 ended 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.

Please see [here](#) for the EU-VIORMED-EUFAMI non-technical paper.

The results of the **EU-VIORMED study** have been published in "Psychological Medicine" (2020 Impact Factor: 7.723) on September 13, 2021.

In this project EUFAMI was involved in communications and dissemination. Please see [here](#) and [here](#) for more information.

RUNNING IN THE FAMILY

Preparatory work on this EU funded project was initiated in 2021. This is a project lead by the University of Rotterdam and 15 other academic partners.

Essentially the proposal is to explore pattern of risk and resilience in family members where there is a person with a severe 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 and communications and dissemination.

The project has now been approved by the EU and will commence in October 2022.

INVOLVE

Supporting Family Involvement in Mental Health Services

Current practice in most mental health care systems means that many relatives, friends, partners and carers feel excluded from having or giving an informed view of their expectations and experiences in relation to the social needs and treatment of the family member 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 most recent research on the Value of Caring.

This EUFAMI project is based on the following points, which are central to the successful delivery of Mental Health Services:

- The project acknowledges that, in some circumstances, the involvement of the family may not be appropriate as not all persons have involved families.

- The consent of the individual service user is required for family members to be involved.
- The concept of patient confidentiality is always respected therefore consent to share information is needed.
- Where such consent cannot be given, services can and should always listen to the opinion and experience of family members.
- Mental health care professionals should, as part of all pre and post graduate training, receive input on the importance of family care in the context of modern mental health care services.

The project was developed and finalized in late 2021/early 2022 and has commenced with six member organisations.

PROSPECT IN 2021!

INTRODUCTION

2021 was a two-fold year for the Prospect Plus project. EUFAMI successfully and essentially brought Phase I to a close and later the same year commenced with Phase II. The collaborative partnership with the Johnson & Johnson Foundation formed in 2019 has continued in a positive and beneficial manner.

Supporting Informal Carers of people with mental health problems to improve **care and quality of life**

Contributing towards an **alliance** between Informal Carers, People with Self-Experience and Health and Social Care Professionals.

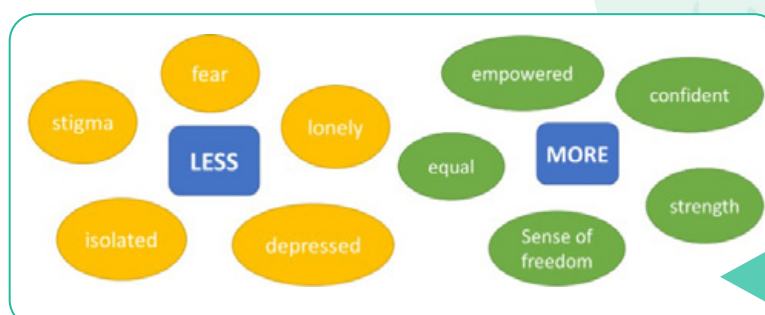
The aims of the collaborative partnership with Johnson and Johnson

2021 PROSPECT PLUS PROJECT PHASE I UPDATING EUFAMI'S PROSPECT FAMILY AND FRIENDS TRAINING PROGRAMME

The Family and Friends Training programme has been considered a valuable experience by family and friend carers for over 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.

Evaluative data shows that after taking part in a Prospect Training, the participants feel:



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

Six EUFAMI member organisations took part in the project partnership:

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

The project partnership consisted of National Prospect Coordinators and experienced Prospect Facilitators from each partner country.



The Spanish Prospect National Team of Prospect Coordinators and Facilitators

The whole project process was again much influenced by the Covid-19 pandemic. All project meetings have continued online. The project partners never actually met face-to-face, but this has not deterred or discouraged them.



The European Prospect Plus Team of Prospect Coordinators and Facilitators

PROSPECT IN 2021!

THE 2021 EDITION HAS BEEN TESTED IN 6 EUFAMI MEMBER COUNTRIES

By the beginning of 2021, the pilot test trainings in Finland and Spain had already taken place. The measures in place for the covid-19 pandemic was still very much influencing the options for

running the test trainings and therefore some national partners opted for virtual test trainings.

Prospect Partner	Virtual / Face-to- Face	Dates	Location
Finland	Virtual	8-10-2020	ZOOM
Spain	Virtual	26, 27 & 28 November 2020	ZOOM
Czech Republic	Virtual	Start 16 February 2021	ZOOM
Slovenia	Face to Face	12 & 13 March 2021	Ljubljana
France	Face to Face	12,13,14 March 2021	Le Puy en Velay
France	Face to Face	12,13,14 March 2021	La Rouche sur Yon
France	Face to Face	19,20,21 March 2021	Rennes

The Czech Republic Prospect Test Training was virtual and was facilitated by Jana Poljaková and Alena Müllerová, from the EUFAMI member organisation Sympathea. It was attended by nine family and friend participants from all over the Czech Republic and took place over 8 sessions. It was the first time for Jana and Alena to facilitate a Prospect Training and virtually. A total challenge and a very great experience for them and the participants. The feedback was positive, and all found that Prospect provided a structured and beneficial way to share your personal knowledge and experience.



The Prospect Facilitators and Participants from the Czech Republic

The Slovenian Prospect Test Training was face-to-face and was facilitated by Edo Belak from the EUFAMI member organisation SENT. It took place in Ljubljana on 12th and 13th, March 2021. There were 8 family and friend participants. Edo is a very experienced Prospect Facilitator, and he was positive about the revised version of the Family and Friends Training Programme especially about introducing the theme of well-being and focusing on self-care and self-compassion.

The French Prospect Test Trainings were all face-to-face and facilitated by experienced Prospect Facilitators Christiane Thomas and Anne Marie Kerjean, and also some first time Prospect Facilitators: Emmanuelle Rémond and Norya Lavorel. In total, 21 family and friend participants took part.



The Prospect Facilitator Edo Belak during the test training.



The Prospect Facilitators and Participants from the France La Roche-sur Yon

There was much positive and constructive feedback from all the pilot test trainings. In general, the revisions to the content and materials of the training programme were viewed as an improvement to the whole training experience. More contributions and suggestions were received for finalising the updating process. These were based on elements such as the order of

module exercises and the guidelines for the Prospect Facilitators.

All was taken into consideration for the next steps of for finalizing the revised edition of the Prospect Family and Friends Training Programme.

EVALUATION EVENT “A BETTER PROSPECT”

This event took place on Saturday 17th April 2021, and was organised for the EUFAMI member organisations who implement the Prospect Training Programmes and their Prospect Facilitators.

There were over 45 participants consisting of National Prospect Coordinators, National Prospect Facilitators and invited external guest speakers.

PROSPECT IN 2021!

The event aimed to:

- celebrate
- listen and learn from each other through sharing best practice
- learn new skills

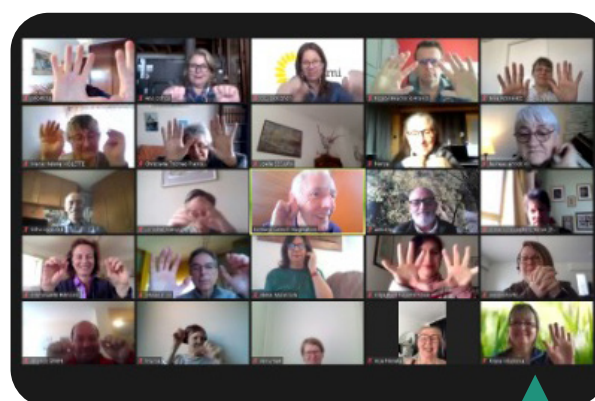
With a very intense one day programme of

- presentations
- workshops
- Q&A (question and answer) session

There were presentations and workshops from the National Prospect Coordinators, from the Prospect Facilitators and external guests.

The event brought the Prospect Plus Project towards its final phase.

It is now over a year since the Prospect Plus project partners have been working on revising and updating the 2004 original Prospect Training Programme for Family and Friends and the 2021 version was almost ready. The event was a learning celebration.



ePROSPECT

The spin-off from taking Prospect to the virtual environment was the development of "eProspect".

The virtual pilot 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 first online virtual Prospect Training 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 younger generation and generations to come.

Again due to the covid-19 restrictions, the Spanish Prospect Partner Confederación Salud Mental España decided that the virtual environment would be positive contribution to still being able to implement the Prospect Training Programmes. Using best practice and the experience from Finland, they produced a Spanish version of eProspect.

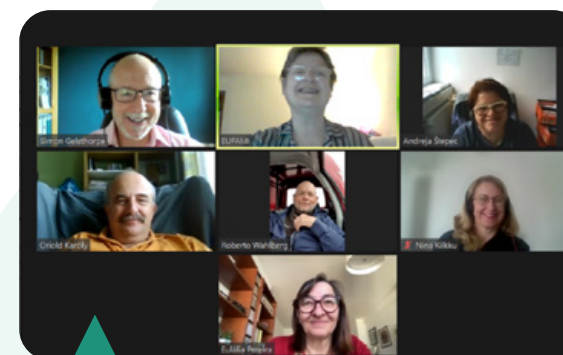


The Prospect Facilitators
Nelli Santala and Annika Forth

THE 2021 EDITION HAS BEEN ENDORSED BY AN EXTERNAL GROUP OF EXPERTS

An external multi-stakeholder team was invited to review the updated 2021 Prospect Family & Friends Training Programme and consider if the training programme provides the participants with a valuable experience. None of the team members knew the Prospect Family and Friends training programme in advance.

REVIEW GROUP MEMBERS:



Family and Friends

Roberto Wahlberg (Finland) EUFAMI member organization FinFami Uusimaa (Helsinki area)

Eulália Pereira (Portugal) EUFAMI member organization ENCONTRAR+SE (Portugal)

• People with Self-Experience

Andreja Štepec (Slovenia) Food science engineer. President of the ŠENT User Council. EUFAMI member SENT Association

• Health and Social Care Professionals

Simon Gelsthorpe (UK) Consulting Clinical and Sport Psychologist, Visiting Fellow, University of Bradford, UK, National Treasurer, BPS Division of Clinical Psychology

Dr Nina Kilkku (Finland) Principal Lecturer, psychotherapist, PhD, FFMRCI President, European Psychiatric Nurses (Horatio), School of Health, Tampere University of Applied Sciences

Károly Oriold (Hungary) Publisher, group analyst, art therapist Eufami member Lelekben Otthon

METHOD

All members received via email a digital copy of

the Training Programme Manual. The members read through this individually and discussed the Training Programme via two virtual meetings. The group was also supported by an email discussion group. Following the second meeting the group produced a Review Report.

REVIEW FINDINGS

Does the Prospect Family & Friends Training Programme achieve the stated aims of the programme? The review group consensus was that the programme did meet the stated aims: to gain confidence, improve their coping skills, support regaining control, and improve their quality of life.

Is the content used in the Prospect Family & Friends Training Programme accurate? The review group felt that the materials were indeed accurate.

Does the Prospect Family & Friends Training Programme content provide a balanced perspective of subjects? The members of the review group were impressed by the range and suitability of the topics of the 10 modules of the programme.

Is the participant experience of the Prospect Family & Friends Training Programme relevant? In the group's opinion, participants would definitely benefit from the topics of the modules and the themes are very relevant to participants' experience of being a family member/carer.

Would you agree that the updated prospect family & friends training programme provides a valuable experience? The consensus of the review group is certainly that participants would get a valuable experience.

ADDITIONAL COMMENTS

The review group were impressed by the Programme materials.

CONCLUSION

The expert review group are happy to endorse and validate the 2021 Prospect Family and Friends Programme.

PROSPECT IN 2021!

THE 2021 EDITION OF THE PROSPECT FAMILY AND FRIENDS TRAINING PROGRAMME

In June 2021 the revised edition of the Prospect Family and Friends Training Programme Manual was produced.

A summary of the essential updating/reviewing which have taken place consists of:



- Improvement of the language used – the texts are much clearer; the use of vocabulary has been updated and there is improved consistency.
- All informal carers roles are taken into consideration.
- New titles for some of the modules.
- A variety of additional options and flexibility to implement the different modules such as:
 - * Pre-Prospect Training Meetings
 - * Use of information technology.
 - * The timing of the modules
 - * Flexibility in combining modules.
 - * Additional options and materials for module exercises
- Use of a Prospect Facilitator's Toolkit – visually creative aids.
- Introducing a focus on well-being

The layout of the training manual is still intended for an A4 file. This way Prospect Facilitators can easily access the necessary modules and hand-outs for the session they are facilitating.

THE PROSPECT FACILITATOR'S TOOLKIT

This was produced and illustrated by Miia Kajaani as part of a thesis project in collaboration

with FinFami (Finland). The idea was to develop tools that would answer some of the challenges observed by a younger generation of informal carers such as:

- Engaging participants
- The need for support tools
- Making the training course more interesting and up to date with the spirit of the times.



(Design Toolbox ©Miia Kajaani (FinFami))

The Prospect Facilitator's Toolkit contains:

- Alternative and creative exercises
- A set of illustrated emotion cards
- Visual templates and slides
- Modelling clay
- Drawing supplies
- Bluetooth speaker
- A reusable evaluation poster template

FOCUS ON WELL-BEING

Two experienced Prospect Facilitators from Con Salud Mental (Spain): Rocio Lozano Saucedo and Ana Ochoa Morillo introduced a focus on well-being into the Prospect Training Programme in Spain.

They had noticed that the participants of the training programme needed more support in order to continue benefitting long term from the Prospect Experience.

They therefore incorporated resources such as:

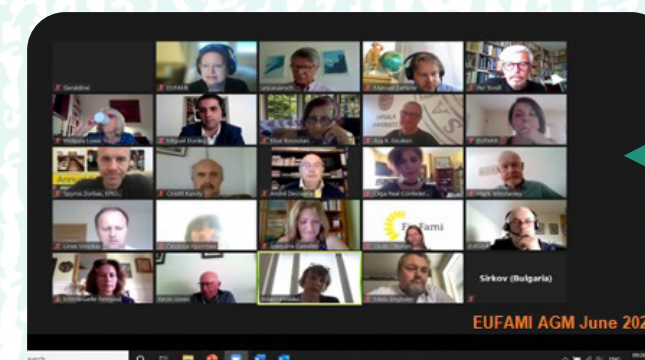
- welcoming and creating a cosy safe space.
- meditation, mindfulness
- self-compassion and self-care

The 2021 Edition is now available in 10 European Languages.

EUFAMI AGM

At the EUFAMI Annual General Meeting 2021, a Prospect Presentation was delivered to 26 EUFAMI member organisations. The Presentation was based on live and video testimonials from Prospect Facilitators from all Prospect Plus project partners.

The aim was to enable EUFAMI member organisations to get a sense of the Prospect experience, because this is not always easy to communicate or understand.



PROSPECT IN 2021!

CLOSURE MEETING PROJECT TEAM PROSPECT PLUS PHASE I

On the 14th of June, the last partner meeting took place for Phase I of the Prospect Project. Discussed was the EUFAMI AGM, the translation process, the design process, the final report for the Johnson and Johnson Foundation and the next steps for all national coordinators.

All project partners have confirmed their interest in continuing with their participation and contributions, which is very a positive sign for Phase II.

Everyone has enjoyed working on this project and producing “A Better Prospect”

Although the content development work has been completed, Phase I does in fact continue into 2022 with the communication and dissemination of the 2021 Prospect Family and Friends Training Programme.



“COMPARTIEMOS” PROSPECT VIRTUAL MEETING – SPAIN NOV 21



Prospect was presented at the “Sharing” Prospect Virtual event organised by the Prospect National Coordinator in Spain.

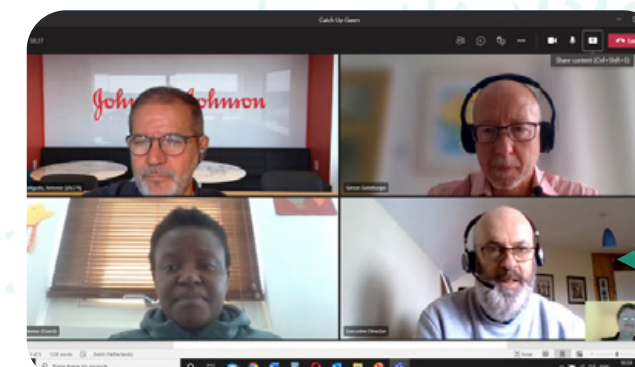
Over 35 Spanish Prospect Facilitators took part in an event aimed at sharing best practice and learning from each other.

EUFAMI presented the European dimension to Prospect.

2021 PROSPECT PLUS PROJECT PHASE II

At the end of November 2021, the collaborative partnership with Johnson and Johnson was confirmed for Phase II of the Prospect Plus project.

In December 2021, the work commenced with developing the process and planning of the activities and tasks for this second phase.



Meeting with the Johnson and Johnson to confirm the continuation of our collaborative partnership.

PROSPECT PLUS PHASE I & II	2021	2022	2023	2024
Official Project Launch				
Dissemination & Communication				
An Evaluation Mechanism				
Training Programme Content Development				
A Digital Platform				
Train the Trainers				
Pilot Test Trainings				
Evaluation & Feedback Event				
Endorsement / Validation / Accreditation				

Phase II of the Prospect Plus project is ambitious. Over the next 2 years, EUFAMI will lead and facilitate the necessary review and updating of the Prospect Training Programmes for People with Self-Experience (PSE), Health and Social Care Professional (HSCP) and the Common Ground Module

This is essential for the three Prospect Training Programmes to be implemented parallel and at the same time to each other. This encourages communication and networking between the 3 stakeholder groups. The Common Ground Module enables new and fresh perspectives by

integrating the 3 stakeholder groups and thus participants being able to face each other as equals. This is essential to the idea and experience of Prospect.

The second phase of the Prospect Plus project will also develop and create a digital platform which aims to support the present EUFAMI members who implement Prospect, and also to engage new EUFAMI members to implement Prospect. Widening and enlarging the Prospect Community is central to enabling the availability of and access to the Prospect Training Programmes in Europe.

PROSPECT IN 2021!

Based on the various years of feedback from trained Prospect facilitators, it is clear that it is important to provide them with a means of connecting across countries. This will enable sharing learning and best practice. The Pros-

pect Digital platform will aim to provide such a forum and thus enhance the whole Prospect experience both for facilitators as well as for the participants.



A One-Stop Shop for all Prospect News, Activities, Documents and Communication.

In addition, this next phase aims to develop an evaluative mechanism for measuring the added value and impact of taking part in an informal training programme for:

- Family and Friend Informal Carers
- People with Self-Experience
- Health and Social Care Professionals

The outcomes of such an evaluation would provide evidence for, for example: accreditation, endorsement, validation, and funding

Lastly, the work also continues on the Phase I Dissemination and Communication strategy to enable new EUFAMI member organisations commence to implement Prospect

FINALLY A "THANK YOU"

EUFAMI would like to give special thanks all to of its member organisations who have been involved in the Prospect Plus project.

Without their time, energy, support, and endless voluntary contributions it would not have been possible to produce the 2021 version of the Prospect Family and Friends Training Programme and obviously now the collaboration continues with the revised editions of the Prospect People with Self-experience Training Programme, the Prospect Health and Social Care Professionals Training Programme and the Prospect Common Ground Module. ■

EUFAMI STATS 2021



4 586 FOLLOWERS
+193 NEW FOLLOWERS



16
EU MEETINGS

12

PROJECT MEETINGS

3 703
FOLLOWERS



+ 100
NEW FOLLOWERS

9+3

EUFAMI MEETINGS
AND WEBINARS



226 FOLLOWERS

STATS

- **38** MEMBERS IN **26** COUNTRIES
- MEMBERS IN **20** COUNTRIES OF THE EU **27**
- A FEDERATION OF **30** FAMILY ASSOCIATIONS AND **8** OTHER MENTAL HEALTH ASSOCIATIONS
- FULL: **27** MEMBERS
- AFFILIATE: **11** MEMBERS

FINANCIAL REPORT

Audited Financial Results 2021

BALANCE SHEET

Assets		2021	2020
	Fixed assets		0
Plant, machinery & equipment			
Furniture			
Other tangible assets			
	Current assets	308.916	333.707
Trade debtors		2.684	1409
Other amounts receivable			
Cash at bank and in hand		297.270	319.147
Transitory accounts		8.962	13.151
Total assets		308.916	333.707
Liabilities		2021	2020
	Capital and reserves	80.827	69.267
Allocated funds			44.293
Profit carried forward		69.267	15.572
Profit of the year		11.560	9.402
Loss of the year			
Creditors			
Trade debts		8.979	6.972
Staff debts			5.174
Transitory accounts		219.110	252.294
Total liabilities		308.916	333.707

INCOME AND EXPENDITURE

Income €	2021	2020
Membership fees	12.725	13.725
EUFAMI Collaborating Partner Programme	50.000	50.000
Project funding	151.794	53.364
Recovered expenses/Honoraria/Other	7.136	4.050
Financial income	0	0
Own fundraising activities	0	11.940
Staff subsidy	1.731	656
Congress	2.000	0
Total income	225.385	133.735
Expenditure €	2021	2020
Board of Directors	948	2.090
General Meeting	0	78
Staff Costs	63.775	85.907
Write off trade debtors	1.575	2.563
Office/insurances/suppliers	5.837	8.716
Annual report/Communications	5.101	1.509
Website/promotion/representation/IT Costs	1.221	1.452
Finance and legal expenses	12.855	12.025
Misc. costs including depreciations	583	557
Project expenses	121.932	9.436
Total Expenditure	213.825	124.333
Profit/Loss	11.560	9.402
Detail of Income		
1. Core (Collaborating Partner Programme)	2021	2020
Janssen	30.000	30.000
Boehringer Ingelheim	20.000	20.000
Total	50.000	50.000
2. Projects	2021	2020
EU VIORMED	175	0
Economic Case for Carers	62.854	1.778
Prospect Plus (<i>Johnson & Johnson Foundation</i>)	58.902	49.052
Share4Carers	0	2.534
Total	121.932	53.364

FINANCIAL REPORT

Treasurer's Report

Income received in 2021 to support our core and project operations amounted to €225,385, made up of a combination of funds from corporate donors through EUFAMI's Partner Programme, projects and membership fees.

Expenditure and charges for 2021 amounted to €213,825; the main items being staff, financial services and Project costs. This has resulted in **EUFAMI** reporting an excess of income over expenditure of €11,560 for the year 2021.

In terms of income, our Partner Programme income in 2021 remained at €50,000, in line with 2020.

Like many other voluntary and not for profit organisations, 2021 was another very challenging year, for **EUFAMI** in the pursuit and discharge of its strategic and statutory objectives. This was mainly as a result of the continuing **COVID19** situation. In 2021, just over two thirds of income came from project related activity.

The vast majority of our day to day work in 2021 was again carried out remotely or via video links to meetings, conferences, etc. Due to the absence of an Executive Director in the early part of 2021, 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. This situation changed when our new Executive Director, John Saunders, came on board during the year.

In 2021, our major project, *The Economic Value of Caring*, successfully completed and the results were widely publicised and distributed. This project was undertaken in collaboration with the London School of Economics and Political Science. The second major project current in 2021 was the *Prospect Plus* project. This also completed towards the end of 2021. As evidence of the success of the Prospect Plus project, a follow-on related project commenced in 2022.

EUFAMI's Balance Sheet as at the end of 2021 remains 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 2021 is earmarked for the follow-on Prospect project, mentioned above.

I would like to express my thanks to my fellow Directors, our new Executive Director and Dimitra Stefanopoulos, our Communications Officer at the office, for their continued support throughout the year.



Kevin Jones,
EUFAMI Treasurer
May 2022

SECRETARIAT

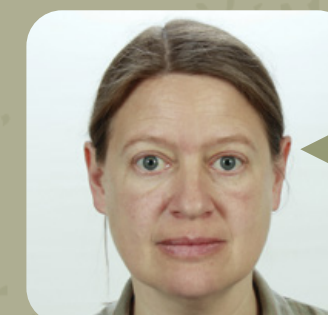
The Secretariat implements EUFAMI's strategy, with the guidance of the Board, and is responsible for the day-to-day running of the organisation.



JOHN SAUNDERS,
Executive Director



DIMITRA STEFANOPOULOS,
Communications &
Administration Officer



GWEN CRAWFORD,
Project Leader – PROSPECT

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 2021 assembly took place virtually once again, due to the COVID-19 travel restrictions, on 12th June 2021. No elections were held as there were

three Director positions available and three nominations. Dr. Åsa Kondradsson-Geuken from The Swedish Schizophrenia Association (Schizofreniförbundet) in Sweden, Mr Manuel Gatterer from ARIADNE in Italy (South Tyrol) and Dr. Miguel Durães from FamiliarMente in Portugal, were elected to the EUFAMI Board of Directors.

BOARD OF DIRECTORS

EUFAMI is governed by its Board of Directors and held 9 teleconference meetings in 2021. 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 2021 the Board of EUFAMI consisted of:



MIIA MÄNNIKKÖ,
President,
(until June 2021)
FINFAMI,
Finland



URS WÜRSCH,
President,
VASK,
Switzerland



ANDRÉ DECREAENE,
Vice-President and
Acting President,
(Sep 2021 - Feb 2022)
SIMILES VL.,
Belgium



FRIEDRICH LEIDINGER,
Secretary,
BApK,
Germany



MIGUEL DURÃES,
Director,
(elected June 2021)
FAMILIARMENTE,
Portugal



PER TORELL,
Secretary,
(until June 2021)
THE SWEDISH SCHIZOPHRENIA
ASSOCIATION (Schizofreniförbundet),
Sweden



PHILIPPA LOWE,
Director,
RETHINK MENTAL
ILLNESS,
UK



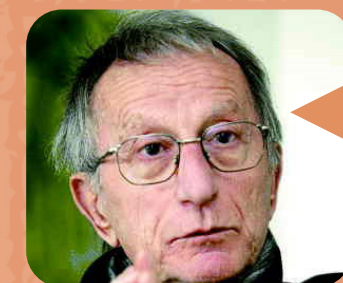
ÅSA KONDRADSSON-GEUKEN,
Director,
(elected June 2021)
THE SWEDISH SCHIZOPHRENIA
ASSOCIATION (Schizofreniförbundet),
Sweden



EMMANUELLE RÉMOND,
Director,
UNAFAM,
France



KEVIN JONES,
Treasurer,
SHINE,
Ireland



EDO BELAK,
Director,
(until June 2021)
SENT,
Slovenia



MANUEL GATTERER,
Director,
(elected June 2021)
ARIADNE,
Italy (South Tyrol)

ACKNOWLEDGEMENT

In 2021, Miia Männikkö from FinFami, Finland and Per Torell from The Swedish Schizophrenia Association (Schizofreniförbundet) in Sweden, who had been members of the Board since 2012 and also Edo Belak from SENT in Slovenia, who had been a member of the Board since 2018, all retired from the Board of Directors.

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

EU FAMI MEMBERS

AT 31 DECEMBER 2021

Full member associations

ARAP – Associazione per la Riforma 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)

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 – Omaiset Mielenterveytyön Tukena Keskusliitto Ry (Finland)

HPE – Hilfe für Angehörige Psychisch Erkrankter (Austria)

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)

New Choices – (Russia)

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)

LOKA – Lelekben Otthon Közhazsnú Alapítvány (Hungary)

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)

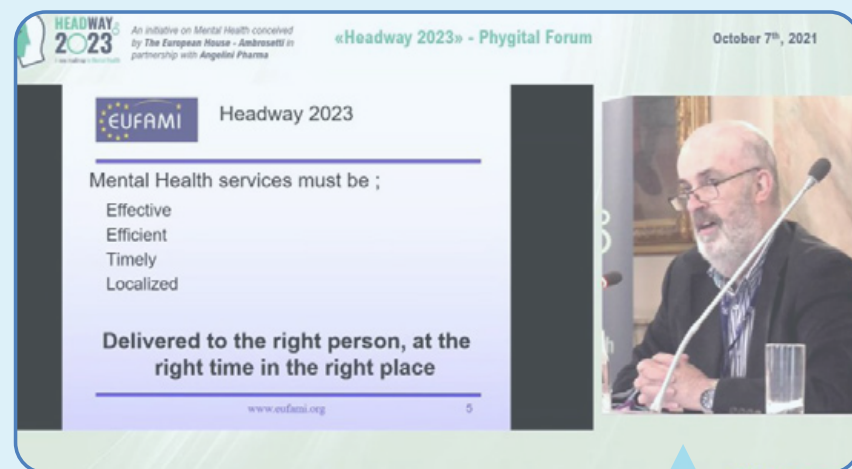
SYMPATHEA – Celonárodní Organizace Příbuzných Duševně Nemocných (Czech Republic)





PARIS SUMMIT
André Decraene

Mind our Rights
Emmanuelle Rémond



HEADWAY
John Saunders

