

# EUFAMI Annual General Meeting 2022

Prospect Plus



# DEVELOPED & PRODUCED

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**EUFAMI's**  **prospect Training Programmes for:**

- **Family & Friends**
- **People with Self-Experience**
- **Health and Social Care Professionals**
- **+ a 'Common Ground' Module**

# BETTER PROSPECTS

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## via peer-to-peer training

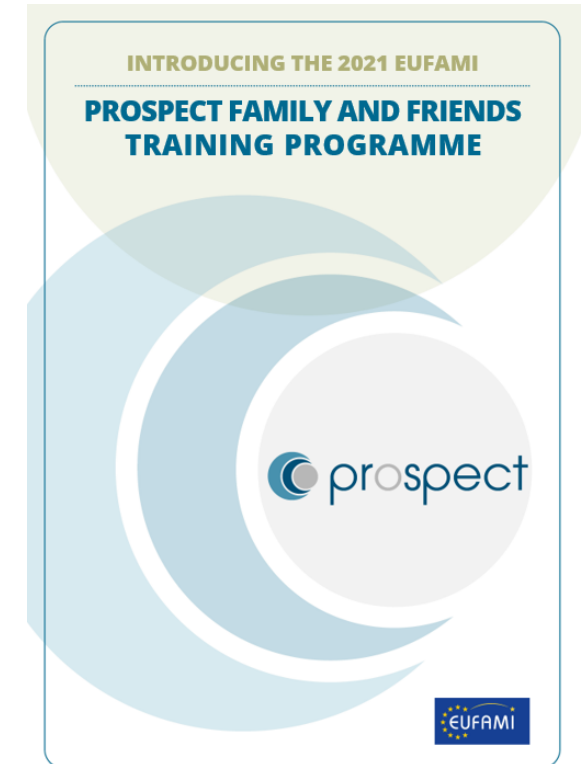
- **Facilitators are peer group members**
- **Peer-to-peer communication**
- **Participative group training**
- **Provides no answers or solutions**

# FAMILY & FRIENDS



The programme consists of 10 modules and can be delivered in up to 10 sessions

Module 1:	Coming Together
Module 2:	(What) We have learned about mental illness!
Module 3:	Recognising the Pressures
Module 4:	Identifying/Acknowledging Stress
Module 5:	Loss & Grief Resolution
Module 6:	Active Coping Skills
Module 7:	Mature Coping skills
Module 8:	Support Mapping
Module 9:	Change and goal setting
Module 10:	Conclusion, Looking Forward



# PEOPLE WITH SELF-EXPERIENCE



The programme consists of 10 modules and can be delivered in up to 10 sessions

Module 1:	Community Mental Health: Historical Perspective
Module 2:	Discover your Choices
Module 3:	Community Model for Individualised Support
Module 4:	Community Integration Processes & Recovery
Module 5:	Housing Alternatives and Support
Module 6:	Supported Education Programmes
Module 7:	Supported Employment
Module 8:	Taking Charge: Empowerment and Leadership
Module 9:	Carers and Recovery
Module 10:	Towards a new vision about people with self-experience



# HEALTH & SOCIAL CARE PROFESSIONALS



The programme consists of an introductory session and 4 modules to be delivered over 2 sessions

Module 1:	Citizenship: who's in and who's out, disabling v promoting
Module 2:	Professionals as 'Enablers' of Fuller Citizenship
Module 3:	Contradictions and Dilemmas: confronting the issues
Module 4:	Action Planning



# COMMON GROUND MODULE



This module has 5 parts to be delivered in 1 session

Part 1:	Getting to know each other
Part 2:	Introduction
Part 3:	Communication - Sending, transmission and receiving information
Part 4:	Potential barriers to communication in mental health services
Part 5:	Ways to overcome some of these barriers



# EUFAMI MEMBER ORGANISATIONS



**FinFami**  
Mielenterveysomaisten  
keskusliitto ry (Finland)



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



**SALUD MENTAL  
ESPAÑA**  
Confederación Salud  
Mental España (Spain)



**ŠENT**  
Slovensko Združenje za  
Duševno Zdravje  
(Slovenia)



**SYMPATHEA**  
Celonárodní Organizace  
Příbuzných Duševn  
Nemocných (Czech  
Republic)



**Schizofreniförbundet**  
Schizophrenia  
Association (Sweden)



# PROSPECT PLUS



The Prospect Plus Project provides the opportunity for new EUFAMI member organisations to take part in providing the Prospect Training Programmes to their members.

## **This includes:**

- Translation of the materials
- Training of the peer facilitators
- The costs of the test training session
- Becoming part of the Prospect network of sharing experiences and good practices

# BASIC NEEDS



Make contact and communicate with the Prospect Project Team for support with the following:

- looking within your volunteer membership, screen and identify potential peer facilitators
- looking within your volunteer membership, screen and identify potential participants
- looking within your external stakeholder network and screen for potential collaborating partners
- Researching options for a potential location
- Researching options for a potential planning
- Researching options for setting dates

# IMPORTANT TO REMEMBER



## The Prospect Training Programmes

have now been implemented in EUFAMI member countries for over 15 years because the outcomes of participation have proved to make a difference in the participants'

- Empowerment
- Quality of life
- Outlook on life
- Dialogue
- Stigma

Prospect has a positive influence on participants



# BETTER PROSPECTS

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Please make contact with Gwen Crawford

[projects@eufami.org](mailto:projects@eufami.org)

**Do not miss this opportunity !!!!**

**THANK**

**YOU**

