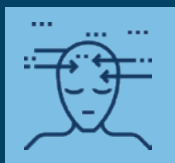

EPR MEMBERS' GOOD PRACTICES COMPENDIUM

EUROPEAN PLATFORM
FOR REHABILITATION



MENTAL HEALTH

epr

europaean platform for rehabilitation



INTRODUCTION

EPR is a network of service providers for people with a disability. We support our members to provide sustainable, high quality services through mutual learning and training activities.

Between 2014 and 2017 EPR received funding from the EU EaSI Programme, which among other activities, allowed EPR to gather good practices in different fields of service provision. This leaflet aims to spread knowledge of some of those practices that have a positive impact on the lives of people with disabilities. One of the four focus areas for activities funded by EaSI was Mental Health.

MENTAL HEALTH

Mental health is a vital and integral part of overall health and is essential to healthy human functioning. Mental and physical health is intimately related. Mental health is a human right and enables citizens to enjoy well-being, quality of life and health (EU 2008). Mental health promotes learning, working and participation in society. Well-being integrates mental health (mind) and physical health (body) resulting in more holistic approaches to disease prevention and health promotion (CDC).

Having a low level of wellbeing however is not the same as having a mental illness and it is possible to experience flourishing or moderate levels of mental wellbeing, despite experiencing symptoms of mental ill-health. Mental health is a growing public health concern due to the impact on those living with mental health difficulties, their relatives and the overall society. Mental health is also an important and growing cause of disability in many European countries and it has become a specific point of attention for EPR and its members.

EPR members have engaged in the development of expertise and approaches exploring what works in the field of mental health promotion, recovery and well-being. Through the sharing of knowledge, practices and experiences, EPR members are constantly improving their services to offer quality support to people with mental health conditions to live their lives to the full.

PEER2PEER

INTRAS, SPAIN

Fundación INTRAS improves the quality of life of people with health problems, in particular people with mental health conditions, through the design and implementation of activities based on innovation and excellence. They aim at being a responsible and sustainable organisation, and a reference in the sector of service provision to people with disabilities and health problems. Their work focuses on labour inclusion of people with disabilities and developing IT services that can better meet their needs.

Peer2Peer is an innovative course designed to prepare people who experienced mental health problems to be employed to support others, their peers, in their recovery. It not only provides them with the knowledge, skills and experience required to be in a peer support role, but also contributes to the creation of a recognised employment and career pathway.

The course is designed to be a participatory learning experience where students are encouraged to become self-directed learners, and to develop the skills of analysis and reflection on practice. Individuals taking the course should have personal experience in dealing with mental health problems as well as good communication skills. They learn about personal recovery, peer support, peer relationship, use of language and communication, use of own experiences effectively, surviving and thriving, positive risk-taking, boundaries, self-help, self-management and self-care.

The course was originally conceived through a European Union-funded project with partners from UK, Spain, Austria and Romania. The Scottish Recovery network developed the programme, which was tested in Spain, Austria and Romania. 135 people were trained and 22 trainees taken on as volunteers after the course.



Peer2Peer training tools can be downloaded for free at
www.p2p.intras.es

DEPRESSION AND WORK



GTB, BELGIUM

GTB, a structural partner of the public employment service VDAB, promotes job integration, empowering persons with special needs and supporting companies to employ these persons. GTB is a network-organisation that works together with job coaches, trainers and employers. The jobseeker will always be at the centre of the network. In recent years GTB has changed from offering specialized 'determination and guiding' services, to becoming a support to the customers in taking care of their own careers.

Depression and Work is a coaching service, based on the cooperation between care-organisations, their clients and the clients work-network. The service supports both clients and employers during the process of returning to work after a depression, or burn out. The aim is to avoid relapse as well as to achieve a long-term cooperation between the employer and employees.

The service features a coaching program as well as a website. The programme is done in four steps. **Intake**, where the client and the supervisor will evaluate the problems related to returning to work. **Coaching**, where the network of both care- and work support services are involved in the guidance. **Analysis**, where needs and possibilities that are important for the resumption of work are defined. Based on these, an **Action-plan** is drawn up. A follow-up during the first months after returning to work is done through the online portal and personal conversations between client and/or employer and coach. Participants in the programme found the coaching experiences very positive. They indicated that the greatest value was the help that was offered at the first contact with the employer. They felt they were met with better understanding from the employer and found communication easier.



For more information
www.zorgwerkportaal.be

MARIEHJEMMENE, DENMARK

The Marie Homes Foundation is a private, self-governing, non-profit organisation that offers housing, health and social care and professional support to people in need. It was founded in 1958 and has been establishing, developing and running homes since. Today the foundation has 18 self-run Marie Homes. In addition to further consolidating its position as a leading service provider, The Marie Homes aim at creating partnerships in their local communities and with various civil society organisations.

The Aase Marie programme, which started in 2012, is a programme for people with dual diagnoses (mental illness and drug abuse) who live in their own houses on the Aase Marie premises. The programme aims at creating a good life for people with dual diagnoses through strengthening their social competences.

The main activity at Aase Marie is developing inter-personal skills through the use of appreciative relations. Every resident of Aase Marie has a contact person who, through daily conversation, appreciative inquiry and support, helps residents with organising everyday life and activities. The resident actively approves or declines every suggested activity – and in this way, she/he takes responsibility for her/his own life. The staff respects the decisions as much as possible, having well-being and respect of the resident as their top priority.

Aase Marie has also produced a well-documented method description. These tools are discussed at every team meeting and at meetings with the residents. At the end of the programme, the residents feel that they have a 'good life'. They feel recognised and accepted as equal individuals, some of them for the first time in their life.



“The resident is the main actor in the creation of his or her ‘good life’ path.”

MINDING YOUR MENTAL HEALTH



EPR, BRUSSELS / PAN-EUROPEAN NETWORK

Minding your Mental Health is a video developed by EPR in collaboration with senior expert in mental health services Tom O'Brian. The video addresses, in a clear and comprehensive manner, the main causes and consequences of having good or bad mental health. It aims to raise awareness about the reality people with mental health challenges face, and be relevant and accessible to a wide audience including professionals and members of the public. The video defines mental well-being, outlines key factors influencing mental well-being, the consequences of mental health difficulties but also focuses on the recovery model: living a meaningful life.

The video is part of a series of e-learning modules created by EPR, funded by the European Union EaSI Programme.

In 2017, EPR produced a module on Co-production and Mental Health promotion. It contains background material to help build understanding of the topics, specially commissioned videos from experts sharing their reflections and ideas, inspiring practices illustrating the topics, and self-assessment quizzes to test understanding. To explore the e-learning modules please consult EPR's pages on the Teachable portal: <https://epr.teachable.com>. Registration, which is free, is necessary to access the resources.

You can find further information on EPR's work on mental health on the website <http://www.epr.eu/our-expertise/mental-health-and-wellbeing>



To watch the video:

<https://www.youtube.com/watch?v=YGnxplb5Xw0>

WELLNESS RECOVERY ACTION PLANNING®

RehabGroup®
Investing in People, Changing Perspectives

REHAB GROUP, IRELAND

The Rehab Group is a charity organisation that provides services for over 20,000 adults and children and champions the value of diversity and inclusion for people with disabilities or disadvantages, in their communities throughout Ireland and the UK. Their mission is to help change the lives of the people they serve by helping them become more independent by empowering them with the skills and confidence to be active in the workforce, and supporting them to be in charge of their health and wellness.

Wellness Recovery Action Planning, WRAP®, was developed by Mary Ellen Copeland in 1997 with a group of people who had experienced serious mental health challenges. Mary Ellen describes WRAP® as a structured system for monitoring uncomfortable and distressing feelings and behaviors and, through planned responses, reducing, modifying or eliminating them. It also includes plans for responses by others when you cannot

make decisions, take care of yourself and keep yourself safe. Research conducted with people who are using the WRAP®-system, indicates that feeling prepared is helping them to feel better more often and improve their quality of life.

WRAP® is a flexible tool and can be used to address many issues in life such as chronic or acute illness, addiction, breaking bad habits, unemployment, losing weight, caring for an ill or elderly family member. It is also highly personalised as it is designed and managed by the individual.

WRAP® was first introduced to National Learning Network, which is part of the Rehab Group, in 2007 and they have trained staff to become WRAP® Facilitators since. There are currently six Advanced WRAP® Facilitators trained and there are trained WRAP® facilitators in almost every centre in the National Learning Network.



In 2016 EPR organized a WRAP® training workshop for members, funded by the European Union EaSI Programme.

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