

✦ **Emilia: an EU Action Research project in Mental Health and Social Inclusion**

✦ **Prof. Shula Ramon,**

✦ **Anglia Ruskin University, Cambridge UK**

✦ **[shula.ramon@anglia.ac.uk](mailto:shula.ramon@anglia.ac.uk)**

✦ **Dr. Marja Kaunonen, Tampere University, Tampere, Finland**

✦ **Tamara Shaw, Institute of Psychiatry, London, UK**

✦ **Emmanuelle Jouet, Maison Blanche, Paris, France**



### **Setting the Scene:**

✦ **Aims, Methods of Achieving the aims, and Research Strategy**



# Project Aims

- ◆ Emilia is a unique EU framework 6 action research project focused on mental health and social inclusion in eight European demonstration sites, over 54 months
- ◆ ([www.emiliaproject.net](http://www.emiliaproject.net)).
- ◆ Enable service users who experienced serious and enduring mental illness to enter training and employment.
- ◆ Enhance their social inclusion
- ◆ Enhance their recovery
- ◆ Encourage Life Long Learning of users and service providers
- ◆ Encourage the development of mental health services and other relevant sites as Learning Organisations



- ✦ **We aimed at recruiting 30-50 users per site**
- ✦ **The sites include:**
- ✦ **Athens, Greece: a rehabilitation centre**
- ✦ **Barcelona, Spain: a hospital-led service**
- ✦ **Bodo, Norway: a clinic and a day centre**
- ✦ **Jaeland, Denmark: a research centre**
- ✦ **London, England: a faculty of nursing and social work within a large university**
- ✦ **Paris, France: a hospital based service**
- ✦ **Tusla, Bosnia: a community based user group**
- ✦ **Warsaw, Poland: a hospital based service**
- ✦ **Plus sites which offer central evaluation, systematic review papers, and mainstreaming (Tampere, Stockholm, Ljubljana)**

# Project framework

- ✦ **The project participants share the following assumptions:**
- ✦ **Individuals who experienced severe and prolonged mental illness can nevertheless undertake training, develop meaningful activities, and enter employment provided they are given suitable support and opportunities;**
- ✦ **Opportunities for social inclusion and life long learning are as important as traditional psychiatric interventions;**
- ✦ **For the aims to be met, the service organisation would need to become a learning organisation, to enable it to work with users as partners;**
- ✦ **An action research framework has been applied, which meant that**
- ✦ **findings from the evaluation were fed to the sites at the end of each evaluation cycle.**

# Outcomes at this stage:

- ✦ **206 users have been recruited.**
- ✦ **Most of them have by now completed the training modules chosen by their site, developed specifically for this project, and also a personalised plan.**
- ✦ **A number of paid and unpaid employment opportunities have been earmarked in each site to which users are encouraged to enter.**
- ✦ **These include opportunities for employment in the actual site (e.g. engagement in teaching and research activities, care work, office work) as well as opportunities incurred through establishing close contacts with local employment bureau or employers**
- ✦ **In all sites users are now members of the local steering group.**
- ✦ **All sites have taken additional measures to improve mainstreaming of ethnicity and gender**

# Evaluation

- ◆ **Evaluation is an important tool in this project as a way of measuring its outcomes,**
- ◆ **a way of reporting to the funders, to the service providers and users;**
- ◆ **Equally important in a project of this complexity and size is to ensure that the evaluation will be comprehensive, inclusive of all of the aspects the project aims to impact upon;**
- ◆ **This implies covering changes in individuals and in the organisations working with them;**
- ◆ **It also implies providing periodical feedback of the evaluation findings during the lifetime of the project, rather than waiting to the end of the**
- ◆ **investigation;**

# Evaluation Layers and Tools

- ✦ The evaluation has two major strands:
- ✦ the organisational strand;
- ✦ the individual strand;
- ✦ Within each strand there is more than one measurement, to ensure the
- ✦ **validity and reliability of the data: triangulation**
- ✦ A mixed method approach has been adopted, including qualitative and quantitative measures.

# The major tools include:

- ✦ **1.within the organisational strand:**
  - focus group meeting of the local steering group
  - non-participant observation
  - documentary evidence
- ✦ **2.within the individual strand:**
- ✦ **SF36(wellbeing)**
- ✦ **CSSRI (demography, use of services, social functioning)**
- ✦ **Interviews with key informants**
- ✦ **Self-reporting**
- ✦ **Measurements have been already repeated twice, and a third cycle will take**
- ✦ **place within the lifecycle of the project.**