

Newsletter



March 2016
Issue #4

Transforming Mental Health Services: current trends across Europe

ENTER's 2015 conference was hosted by the School of Nursing & Midwifery at Trinity College Dublin Ireland in collaboration with the Irish Institute of Mental Health Nursing

The conference was well attended and keynote speakers included Prof Agnes Higgins who talked on "Transforming mental health care: attending to the E's", Ms Jacqui Dillon who spoke of "Trauma informed – the future of mental health?" and Dr. Tim Greacen Chair of ENTER who talked about "Transforming service in Europe- Dimensions and trends".

There was also a lively debate where the motion was "this house believes that the use of psychiatric diagnosis is an outdated concept in recovery orientated services". Mr John Kidney and Dr Siobhan Russell argued for the motion while David Crepaz-Keay and Ian Dawson argued against. The motion was defeated!



Tim Greacen Chair of ENTER,
Agnes Higgins Trinity College,
Jacqui Dillon and
Liam MacGabhann lecturer in DCU

Announcing the St. Andrews Annual General Meeting & Conference

Emerging Priorities in Mental Health and Addiction

ENTER's 17th Annual General Meeting and Conference will be held in St. Andrews, Scotland, in collaboration with the Social Dimensions of Health Institute (SDHI) and the Centre for Addiction Research and Education (CARE) on the 2nd and 3rd June 2016.

The one day conference theme is "Emerging Priorities in Mental Health and Addiction: the Virtual World, Ageing and Migration" which is to be held on the 3rd June, 2016.

We welcome abstracts:
epmhe2016@st-andrews.ac.uk

In this issue

- 1 Announcing the St. Andrews Annual General Meeting & Conference
- 2 Report on the Dublin conference 2015
- 3 Summary of the 2015 AGM
- 4 Citizens Against Depression
- 5 The Paris Attacks
- 6 Camille Principles
- 7 New Members of ENTER!



Summary of the 2015 AGM

13 of 18 ENTER member institutions were present at the 2015 AGM in Dublin. The Mental Health Foundation UK was formally admitted as a new member.

At the meeting, it was decided that ENTER will encourage the principle of networking and building partnerships with other networks such as AQRP and ISPS, without necessarily integrating them as members of ENTER, but rather inviting them to attend ENTER conferences.

Training was also discussed with a special focus on the training packages which have been produced throughout the various ENTER projects. It was decided that further work should be done on disseminating this to a wider public.

Finally it was decided that the 2016 AGM and conference would be held in St. Andrews Scotland hosted by our ENTER member the Centre for Addiction Research and Education (CARE) in collaboration with the Social Dimensions of Health Institute (SDHI).

The Citizens against Depression project is coming to an end

This project aimed at addressing the problem of the increased burden of depression, the economical and social pressure during this period and also the gap between needs for mental health treatment and services provided in Greece. Regarding mental health service use, roughly one third of those with a current common mental disorder reported that they had visited a mental health professional during the past year (Skapinakis et al, 2013). The WHO Comprehensive Mental Health Action Plan 2013–2020, in Objectives 2 & 3, calls member countries to:

- Develop and implement tools or strategies for self-help and care for persons with mental disorders, including the use of electronic and mobile technologies.
- Enhance self-help groups, social support, community networks and community participation opportunities for people with mental disorders and psychosocial disabilities and other vulnerable groups



The project is implemented by **EPAPSY, Hellenic Association for Mood Disorders "Mazi" and Salten Psychiatric Center - Nordland Hospital**. Experts from Maison Blanche Hospital (Paris, France) are responsible for the evaluation of the project. Associate partners include the European Alliance against Depression, the Charity Office of the Archdiocese of Athens and the Institute for Behavioural Research and Treatment. At a local level more than 32 agencies (health and social services, local authorities etc) have been supporting the project. The outcomes of the project are:

- Training material for Facilitation of Self Help Groups for Depression was produced with the participation of people with personal experience of mental health problems
- 14 public events with the participation of more than 1450 people regarding information about depression and the role of self help groups
- 38 professionals were trained as trainers of facilitators in 90 hours of training
- 140 people trained so far as facilitators
- Psychoeducation groups for 120 people

• Web site with information and training material: www.citizensagainstdepression.com

• 4 self help groups for depression run by non professionals started in Paros, Iraklio, Syros and Galatsi.



This project is funded by Iceland, Liechtenstein and Norway under the EEA Grants Greek NGO Programme "We are all Citizens". The Bodossaki Foundation is the Fund Operator of this Programme. The Programme aims to strengthen civil society and enhance the contribution of NGOs to social justice, democracy and sustainable

development. The outcomes, the experience of the users who participated in the program and the plans for future development will be presented at the final event in Athens on 16th April 2016. Members of the ENTER Steering Group will take part in this event.



ENTER expresses its solidarity with the Maison Blanche team after the terrorist attacks in Paris

On the evening of Friday 13th November 2015, the city of Paris was shaken by yet another series of terrorist attacks, firstly in the inner northern suburbs near the national sports stadium at Saint-Denis, followed by suicide bombing and shooting in cafés and restaurants and finally a major concert hall in central Paris, the Bataclan. In all, 130 people died and more than three hundred were wounded. A state of emergency was immediately declared, with intense screening at airports and border checks including at borders with neighbouring Schengen countries. All public buildings, including all of Maison Blanche's mental health services throughout north-eastern Paris, went immediately on maximum alert. The Bataclan concert hall, where the worst massacre took place, is only 1.5 kilometres from Maison Blanche Hospital's headquarters.

Since then, throughout our local area, including the neighbourhood around Maison Blanche Research Laboratory where ENTER network often meets, it is impossible to go down the street without being reminded of these events. Indeed, although the country has been on high alert since the Charlie Hebdo bombings in January, these new events have had a dramatic effect on daily life. There are soldiers with machine guns every morning around the local schools and cultural centres. People go out with caution. There is less traffic on the roads. Many restaurants remain seemingly empty, even now, two months after the events.

The Bataclan, a famous concert hall that has seen performances by some of France's best-known international artists - Edith Piaf, Maurice Chevalier to name but two of them - had received several threats from extremist Islamic groups in recent years. It had been bought by a Jewish family in the 1970s and several Jewish community conferences had taken place there. Even though the hall had changed ownership as recently as 2015, the terrorist attacks were clearly targeting what they perceived to be a Zionist cultural symbol.

Muslim heads of state and religious leaders in France and across the world immediately condemned the attacks. The French President, François Hollande, declared three days of national mourning. Several governments and numerous websites published recommendations on what to do in case of terrorist attacks. In France, the three C's were the subject of much debate: Courir (run), se Cacher (hide), Combattre (fight). Policies on integrating refugee communities – particularly in Germany with Angela Merkel's generous refugee integration policy, but also in Poland, Hungary and other countries – were immediately put into question, even though the terrorists in the French attacks mostly had French or European citizenship.

The numerous manifestations of international solidarity have been essential in helping the French people overcome their grief and fear. Symbols like the Sydney Opera House lit up in the colours of the French flag are highly valued.

The ENTER Network hereby expresses its solidarity with the Maison Blanche team and all our French friends and colleagues.



The Sydney Opera House expressing its solidarity with France after the recent terrorist attacks.

The Camille Project which focused on families where there is a parent with a mental illness produced eleven principles for workers to empower these families:

1. Become aware of the needs of these families, especially the issues faced by the children.
2. Be aware of and connect with all the different agencies and professionals which can help the family communicate with and support each other.
3. Consider the whole family and the relationships between the family members.
4. Focus on what creates resilience and wellbeing in the child.
5. Look for the strengths of all family members and help the family to develop these to support each other.
6. Be consistently tolerant, respectful and compassionate to each person involved.
7. Encourage open communication about mental illness and substance abuse between family members and professionals.
8. Nurture the parent's capacity to be warm and responsive to their child.
9. Listen to the family's agenda. They need to decide what's important for them.
10. Think about simple, practical solutions for the family's everyday life.
11. Challenge stigma and discrimination whenever it is encountered.

New Members of ENTER Mental Health in 2015



Due to organizational changes, the Social Dimensions of Health Institute (SDHI) has replaced CARE as our Scottish member.



At the 2015 AGM in Dublin, the Mental Health Foundation UK was formally admitted as a new member of ENTER.



**Mental Health
Foundation**

CREDITS

ENTER STEERING GROUP

Tim Greacen. Head of research, Maison Blanche Hospital, France. Chair
Dr Carmel Clancy. Head of Department of Mental Health, Middlesex University, UK. Vice Chair for training
Marja Kaunonen. Phd. Professor, Vice Dean, School of Health Sciences, University of Tampere, Finland. Vice Chair for research
Katarzyna Prot-Klinger. Academy of Special Education, Warsaw, Poland. Treasurer.
Ian Dawson. Coordinator of services, Salten District Psychiatric Centre, Nordland Hospital, Norway. Secretary.



CREATIVE AND EDITING

Chief Editor: Tim Greacen
Assistant Editor: Panagiotis Chondros
Scientific Supervision: Stelios Stylianidis
Graphic Design: Michael Lavdas

ENTER MENTAL HEALTH

EUROPEAN NETWORK FOR TRAINING,
EVALUATION AND RESEARCH IN MENTAL HEALTH

Tel.: + 47 75 50 16 18

Email: ida@nlsh.no

WWW.ENTERMENTALHEALTH.NET