



**The European Community Mental Health Services network (EUCOMS): Universal principles, regional models**

There is broad agreement on the need for community based mental health service for people with severe and enduring mental ill health. However, in Europe and in the rest of the World there is a significant variety in practice, with areas where community psychiatry is well developed and areas where there are still barriers to implement these services. EuCoMS was founded in 2015: a cohesive and growing network of service providers in 20 European countries striving to impact to the lives of people with severe and enduring mental ill health together with clients, families, carers, professionals and social services ([www.eucoms.net](http://www.eucoms.net)). With services throughout Europe EUCOMS wish to highlight criteria and support implementation, to organize exchange and strengthen peer leadership in community mental health. The network defines 6 universal principles as the foundation for building regional models of CMHS The 6 perspectives underpin 6 principles and implications for the community mental health service providers:

<b>Perspective</b>	<b>Principle</b>	<b>Practice of a community mental health service</b>
Ethics	Human rights	Ensure the right of clients to live in freedom, participate in the community, education, health, employment, housing and social protection
Public health	Addressing the needs of the population	Work for the health of all citizens in the catchment area of your service.
Recovery	Building on personal goals and strengths	Define personal goals and strengths, support and do not to hinder the recovery journey of a client.
Effectiveness	Interventions based upon needs	Effectiveness of interventions is defined by scientific evidence, being well defined, reflecting client goals, durable outcomes, reasonable costs, adaptability and feasibility of implementation.
Network	A wide network of services and resources	Community mental health care is a combination of input and supports from users, people from the user’s social network, and professionals when needed
Peer expertise	Patient is cocreator of care	Clients and service users are equal partners in the design, delivery, steering and evaluation of a service. ‘Nothing about us without us’

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