

The 3rd year report of the period 2014-2018 (Sept 2016- August 2017)

Activity 1- 20941 “To support WHO to promote mental health reform processes with focus on deinstitutionalization”

Summary report of activities

Serbia and Montenegro

A joint project, encompassing Sombor in Serbia and Kotor in Montenegro, has funded by Region FVG (EQUAL). The organizational meeting was organized at the Region Friuli HQ on 20 June 2015. Stakeholders of the project are:

- the mobile primary healthcare team in Sombor (SRB)
- the CMH Centre in Kikinda (SRB)
- the psychiatric hospital of Novi Knezevac (SRB)
- the Day Centre in Sabaz(SRB);
- the Day Centre in Belgrade organized by IAN (SRB)
- the psychiatric hospital in Kotor (Montenegro)
- MHD Trieste – WHO. Collaborating Centre

A national event/ onsite training took place in Kotor (Montenegro) 15-17 May 2017 with the precise focus on the promotion of mental health reform where professionals from Trieste discussed on the field with local professionals

Several delegates of both nations participated in “Developing the Psychiatric Hospitals in Transition Alliance” workgroup, held in Trieste on 15th and 16th December 2016. [\(See description of the event in Activity 4 -20945\)](#)

Czech Republic

In the frame of collaboration with the Czech Government (according to a formal invitation by their Vice Minister of Health in 2012, Mr. Zenisek) for the MH Reform launched in 2013, Pavel Rican (Czech Centre for Mental Health Development) asked WHOCC to use our expertise in deinstitutionalization and community based services, particularly in order to help the development of the standards for the CMH Centers according to the reform plan of that country. Dr. Mezzina informed WHO Euro and then wrote a number of documents and comments to the draft document provided by the Czech counterpart (November-December 2014). The collaboration was formalized at the WHO level with a letter by Dr. Mezzina to Dr. Matt Muijen in November 2014.

Pilot sites proposed are in North Bohemia (region Ústí) with the two Psychiatric Hospital of Petrohrad with 150 beds and Horní Beřkovice with 600 beds, and there is a plan approved by regional government to build up 3 Community Mental Health Centers. In this framework a first study visit was organized on 13-15 September 2016 Delegation consisted from 3 directors of psychiatric hospitals (one smaller 150 beds, two about 600 beds- Petrograd, Horní Berkovice, Opava), representatives from regional council of Region Usti and Labem (about 800 000 inhabitants), representatives from community care provider Fokus- Labe. The visit was part of the pilot project of developing 30 Community mental Health teams in the country, and going down with the numbers of clients in the psychiatric hospital in the same time. Mentioned hospitals are just now in the process to draft transformational plane.

A second study visit organized by the NGO Fokus as project –coordinator of a project including community mental health services in the Czech Republic took place in June 2017 (7th – 8th June). This visit was the first of a set of three scheduled study visits. Next study visits will be scheduled in 2018 and will involve the Regional System.

A Czech delegation (Martin Anders, President of the Czech Psychiatric Society, Michael Viereckl - manager, team for implementation of the psychiatric reform, Czech Psychiatric Society, Daniela Lidinska, member of the team for implementation of the psychiatric reform, Czech Psychiatric Society, Katerina Polivkova, member of the team for implementation of the psychiatric reform, Czech Psychiatric Society, Daniela Matejkova, Ministry of Health of the Czech Republic, Jan Pfeiffer, MHE and Martin Holly, Psychiatric Hospital Bohnice, Dita Protopopova, National Institute of Mental Health and Advisor of Ministry of Finance of the Czech Republic) participated to the

Developing the Psychiatric Hospitals in Transition Alliance” workgroup, held in Trieste on 15th and 16th December 2016

Poland

The interest of Polish professionals and stakeholders to Trieste model of Services Im.Dr.J. Babinskiego and to reform continued with the active participation of Mrs. Regina Bisikiewicz, Polski Instytut Otwartego Dialogu, Dr Depukat Anna, Szpital Specjalistyczny and dr Rowinski Tomasz, Warsaw University in the “ Developing the Psychiatric Hospitals in Transition Alliance” workgroup, held in Trieste on 15th and 16th December 2016. (See description of the event in Activity 4 -20945)

Romania

The cooperation with the National Authority for Disabled People and Amber Consulting-Bucharest - Romania started in 2015 continued in 2016 with the participation of Mrs. Solomia Monica Violeta, chief of legal services and human resources of the National Authority to the Developing the Psychiatric Hospitals in Transition Alliance” workgroup, held in Trieste on 15th and 16th December 2016. (See description of the event in Activity 4 -20945)

Spain

At “1a Edicion de la Escuela de Verano Franco y Franca Basaglia en Aviles” Aviles 28th June 2017 Dr Morena Furlan presented “From the Psychiatric Hospital to the Community Based Services La centralidad de la persona: el proyecto personalizado como respuesta a las necesidades, en la red de los servicios de salud mental de comunidad. Algunas practicas en Trieste” in the opening session and in the Session “Los profesionales se dirigen a familias y usuarios” Dr Ana Esther Sanchez Gutierrez, Director of the Servicios de Salud Mental del Area Sanitaria – Mieres , Asturias and Dr Bartolome Ruiz Periago, Responsable Coordinacion sociosanitaria, Servicio Murciano De Salud participated to “Developing the Psychiatric Hospitals in Transition Alliance” workgroup, held in Trieste on 15th and 16th December 2016.

UK

The Healthcare agency AAS n.1 in Trieste and Hywel Dda University Board established a Twinning collaboration agreement for improvement and innovation of services, adopting a whole life-whole systems approach.

Study visits of Welsh Directors, lead clinicians and managers took place November 2016 and in May in 2017

From 8th to 10th November 2016 professionals from of Hywel Dda University Health Board had a joint study visit. The delegation included Richard Leonard, Psychiatrist, Hywel Dda University Health Board, Rachel Jones, Counselling Psychologist, Hywel Dda University Health Board, Eleanor Cecil, Occupational Therapist, Hywel Dda University Health Board, Phillipa Evans, Practitioner, Therapeutic Day Service, Hywel Dda University Health Board, Jayne Thomas – Service User Representative, Hywel Dda, Sarah Tait, Lecturer in Mental Health Nursing, Swansea University.

From 29th to 31st May 2017 a second delegation visited Trieste :Sara Rees, Head of Adult Mental Health, Hywel Dda Health Board, Amanda Bromhall, Team Leader, Crisis Resolution Home Team, Phil McFadden, Art Therapist, Charles Macmillan, Service User Representative, Emma Thomas, Social Worker, Aled Evans, Social Worker

Moreover: Following the preliminary Meeting of July 2016 with the representatives of the Department of Nursing & Community Health - School of Health & Life Sciences - Glasgow Caledonian University Scotland 2 nurse students spent part of their Erasmus project period in the Mental Health Department of Trieste in June and July 2017

In England the TEES, Esk and Wear Valleys NHS Foundation Trust organized a second “Whole Person, Whole Life, Whole System – approaches to Recovery Symposium”, on 20th January 2017 in York.

Dr Mezzina presented in details the Trieste approach.

Dr Mezzina made a presentation titled "Italian experiences of a 'Whole Life-Whole System' approach; reflections on Trieste's experiences of implementing a whole life-whole system approach" at the International Mental Health Congress held in Cardiff on 18 and 19 July 2017.

The Netherlands

The research of TRIMBOS, Instituut for Mental Health and Addiction, developed in Trieste and published in 2015 with a report entitled "Freedom First – a study of the experiences with community-based mental healthcare in Trieste, Italy, and its significance for the Netherlands" is entered in 2017 in the second phase. Two investigative visits (02-04 May 2017 and , 5-17 June 2017) . have been made by Christien Muusse, Trimbos researcher, to Trieste in order to pursue new outcomes and continue the research about the prevention activities in looming crisis. A third investigative meeting is planned in October 2017

Belgium

In the framework of an ongoing collaboration, the Team Hermesplus, a network of 84 organizations active for psychiatric care in the city of Brussels, recognized by the Federal Government Belgium, visited our services in the framework of the "107 project", Ministry of Health, on 21 - 22 February 2017, with the aim to know the complete system of MH Care for crisis. It includes also Policy makers of the Brussels Government responsible for MH: Greta Leire, coordination platform Mental health care Brussels, Luc Detavernier, member of the Minister's office health care Brussels, Sophie Temmerman, member of the Minister's office health care Brussels, Vladimir Martens, member of French administration health care Brussels, Olivier De Gand, representative off the user organization Brussels, Patrick Janssens, coordination network mental health care Brussels

Hungary

Dr Serena Goljevscek presented the Trieste approach to Mental Health to the "National Spring Conference on Community Psychiatry, Addictology and Mental Hygiene", Budapest 11-13 April 2017

Japan

Several groups and delegations came from Japan for research and educational purposes (study visits) during the year, in particular:

On 13th September 2016 Tamaki Sunai, researcher from Tohoku University came for investigating the organization of Mental Health programmes. On 16th November 2015, manager and professionals of the National Association for Communication in Mental Health and Welfare Japan came to visit and to apply knowledge to substantive policy recommendations for community system in Japan. The delegation encompassed ASAKO SANAE Psychiatrist, CHIE TANIMOTO Associate professor SHIGERU USAMI Occupational therapist MARI FUKUDA Psychiatric Social Worker TOSHIHIRO NEMOTO Nonprofit organization's CEO (The support of the life of the mind obstacle person) YOSHINOBU TAKAGAKI Psychiatric Social Worker HIROTOMO MIYOSHI Nurse, YUKO KATSUMATA Psychiatric Social Worker MIKI AMEMIYA Staff of city (Person with a disability support center duty), SHUHEI GYOBU Psychiatric Social Worker TAKAYUKI INOUE The office work person in charge at the psychiatry hospital.

26th November 2015, Hiroki Sugimoto, researcher of the Research and Training Institution of the Ministry of Japan came to know about "Rehabilitation of offenders with advanced age or handicap (physical, intellectual or mental).

From 16th to 18th January 2017 a delegation from the " Basaglia school of Japan" encompassing KAZUO OKUMA journalist TADAYOSHI NOMURA Director, The National Federation of Mental Health and Welfare Party in Japan; NOBUO OOHATA, The Wakayama Prefectural Federation of Mental Health and Welfare Party; YURI KAWAMURA administrator of a rehabilitation unit MASAHUMI IWAMOTO, peer support worker of a rehabilitation unit; HIDEKI UENO psychiatrist member of the national commission for disable people, TETSU IWAKAWA Former mayor of TakasuCho, Yasuo SATO journalist visited the Services of Trieste Mental Health Department and discussed the organization of the Basaglia School in Japan A plan for an edition of

the International School in Japan in 2017 is now in progress. The School will take place in Japan in October 2017.

On 2nd March 2017 Hitomy Nagano, researcher researchers of labor law and social security law of Sophia University , Tokyo and Tamako Hagesawa, researcher from Fukushima University came to have interviews with specialists of social policies and with specialists of employment of persons with mental disabilities and employers who employ them.

On 7th and 8th March 2017 Tadharu Bato, International University of Kagoshima; Makoto Nakamichi, Beppu University of Oita; Yoko Bato Laguna Shuppan publishing came for a research funded by

The "Grantsin-Aid for Scientific Research" of "Japan Society for the Promotion of Science" on the employment of disabled people. Laguna Shuppan publishing is a pioneer in Japan in the employment of people with mental health issues.

On 16th and 17th March 2017 other delegates of Laguna Shuppan publishing together with Akiko YOSHIMATS journalist of the newspaper "Minami-Nihon Shinbun" came for a study visit and to collect information to publish a series of 7 articles on the newspaper about the system of Trieste Mental Health and social inclusion.

From 26th to 29th June 2017 a troupe realized a documentary film "A society without Psychiatric Hospitals- a comparison of two realities: Italy without Psychiatric Hospitals and without Forensic hospitals and Japan with plenty of Psychiatric Hospitals and Forensic hospitals". The documentary is the result of many investigating study visits and research made in the current and previous year by Kazuo Okuma Journalist.

The documentary will be presented to the Japan Basaglia School on 07th October 2017.

From 27th to 28th June 2017 a Delegation of 11 people from the Nara Yu Peer workers Clubhouse visited the Services of Trieste and undertake a training in Social Cooperation.

USA

On 26th June 2017 Mrs Kerry Morrison Executive Director - Hollywood Property Owners Alliance, Los Angeles California visited Trieste MH Department.

After her study visit an article about it was published on "Huffington Post USA " by [Allen Frances, M.D., Professor Emeritus of Psychiatry and former Chair at Duke University](#) with the title "Shame Of Our Cities: Neglect Of The Mentally". The publication of the article led to the forthcoming study visit of a Los Angeles Delegation (including the Director of Los Angeles County Department of Mental Health and mental health professionals, representatives from police and courts) during the International Meeting " The right and (opportunity) to have a (Whole) life", Trieste 15-18 November 2017.

China

On 28th February 2017 the WHO:CC Trieste was involved with CoPerSamm in the final presentation of the triennial project "Strengthening of the role and of the capacity of chinese NGOs towards social inclusion of persons with mental health issues". The project was co-funded by European Union.

Palestina

The Italian Cooperation (www.aics.gov.it) endorsed the WHO:CC for a new activity in Palestina "Psychosocial rehabilitation and economic empowerment of the Salfeet Mental Health Center users – Pilot Initiative".

The project will start in the next months with site visits of Trieste Operators in Palestina

Related publications:

Mezzina R. Creating mental health services without exclusion or restraint but with open doors.

Trieste, Italy. La santé mentale en France et dans le monde. L'Informationpsychiatrique2016 ; 92

(9) : 747-54

Beyond the walls 3. Psychiatric deinstitutionalization in Italy and in Romania. Toresini L. and Mezzina R., eds. AlfabetaVerlag, Meran, 2016.

Killaspy, H., Cardoso, G., White, S., Wright, C., de Almeida, J. M. C., Turton, P., ...&Brangier, P. (2016). Quality of care and its determinants in longer term mental health facilities across Europe; a cross-sectional analysis. *BMC psychiatry*, 16(1), 31.

Activity 2 - 20942 "To support the development of reform processes in South America through Latin American networks"

Brazil

In the framework of the cooperation of ASUI Ts (Healthcare and University Integrated Agency – Trieste) and a Brazilian delegation of lawyers and policy makers the Mental Health Department was involved in a Training from 23rd to 31st March 2017 about No restrain practices and their juridical and practical application.

The training included study visits to Mental Health Department facilities (Community Mental Health Centres, Psychiatric Emergency Unit) as well as to other facilities in Trieste (nursing homes for old people), training and meetings. Representatives of ASUI Ts, lawyers and policy makers involved in no restrain policies were invited.

Dr Mezzina has been the international coordinator of the International Congress of Franca and Franco Basaglia "Meeting with the territory - Dialogues between theory and practice", organized with two Universities of the State of Sao Paulo, UNESP, Marília and USP, Ribeirão Preto, with the Ministry of Health Brazil - SUS – OPAS, the Department of Special Education (DEE), the Department of Physical Therapy and Occupational Therapy (DEFITO), Dipartimento di Salute Mentale di Trieste – Italy, International Mental Health Collaborating Network (IMHCN), Interdisciplinary Laboratory of Inclusion and Desmedicalization of Education (LIDE). Laboratory of Research in Psychopathology, Drugs and Society (LePsis).

August 21-23, 2017 in Marília and 24-25, 2017 in Ribeirão Preto.

The Congress involved about 600 Participants and 30 speakers from Brasil, Argentina, Uruguay, Chile, Italy, UK, Norway, Denmark, including the responsible of PAHO, Washington, drDevoraKestel.

Argentina

In the framework of the Activity 20942 the Mental Health Dept -Who.CC Trieste, supports the development of reform processes in South America through Latin America networks.

The support to the Argentinian Government for implementation of the Reform Law of 2010 is linked to the willingness of cooperation.

Recently "IntegrAr", a Project of Cooperation for training in MH Services and Social Enterprises in Argentina, with the WHOCC and other NGOs as partners, has been funded by the Region Friuli. The WHOCC is a partner involved and the project is led by a Consortium of Co-ops (COSM) of Region Friuli Venezia Giulia with other partners.

After the first mission in Argentina of Italian Partners in April 2016, with the active involvement of the MH Dept of Trieste / WHOCC partners from Argentina made a study visit to Trieste and Region Friuli Venezia Giulia to better understand the System and the Services of Mental Health care and Social Cooperatives. There were meetings with representatives of Health districts, Social cooperatives and several on site visits and training. The Study visit lasted from 13th March to 22nd March 2017 and encompassed Maria José Castasana: Social worker. Hospital General Interzonal de Agudos, Rodolfo Rossi. Provincia de Buenos Aires. (union delegate of the hospital); Gloria Canaviri: Arquitecta. Hospital Neuropsiquiatrico Alejandro Korn. Provincia de Buenos Aires. (union delegate of the hospital); Andrea Garcete: Nurse, Hospital general de Agudos de Tapalque, Partido de Azul. Interior de la Provincia de Buenos Aires. (union delegate of the hospital) Yesica Heinrich. psychologist. Espacio de Fortalecimiento Comunitario " Juan Manuel de Rosas. Centro Comunitario, ex asilo de menores con problemas mentales. Bahía Blanca Interior de la

Provincia de Buenos Aires Debora Ciarlo: nurse. Hospital Fermin Salaverri, Entre Rios. Asesora de la cámara de diputados en el tratamiento de la ley de enfermería de la provincia en materia de Salud mental y condiciones laborales. (union delegate of the hospital) Celina Pochetino: Psychologist. Ex trabajadora del Hospital Neuropsiquiatrico Oliveros. Rosario. Provincia de Santa Fe. Actualmente trabaja en un equipo de atención en crisis. Miembro del consejo directivo de ATE Rosario (union delegate of the hospital); Daniel de Socio: Psychologist, Ministerio de Salud de Nación. Ex trabajador de la Dirección Nacional de Salud mental University Professor. Celeste Romero: Social worker. Trabajadora del Programa de Rehabilitación y Externación Asistida. PREA, Htal Esteves. University Professor. Coordinadora Área de Formación del Instituto de Estudios sobre Estado y Participación. IDEP SALUD/ ATE ARGENTINA. Daniel Godoy: Medical Doctor Ex Director del Hospital general de Agudos, de San Nicolas, Interior de la provincia de Buenos Aires. Miembro de Comisión Directiva ATE NACIONAL. Hugo Godoy: Secretario General de ATE a nivel Nacional. Trabajador del Ministerio de Desarrollo Social de la Provincia de Buenos Aires

From 21st to 25th November 2016 a second mission in La Plata – Argentina focused on the training of staff (about fifty participants from the Province of Buenos Aires, Rosario e Entre Rios) with seminars, meetings and visiting some services, during the first three days. On 25th November it was held a meeting at the Senate of BA with 90 participants and several relators of the Body of the Reform Law, workers' Union ATE, Authorities of the Province of Buenos Aires, regional partners as well as local and regional mental health experts and other different stakeholders. Three operators of the Trieste MHD were involved (Daniela Speh, Mario Colucci, Roberto Colapietro) in the project. From 30th August to 1st September 2017 Dr Mezzina participated as key-note speaker to the “XI Congreso Argentino de Salud Mental”, organized by Asociación Argentina de Salud Mental (AASM), member of World Federation for Mental Health. He reported “40 years after the asylum in Trieste: person-centred and rights-based community services” and attended the roundtable *POLÍTICAS EN SALUD MENTAL*

Presidentes: Alberto Trimboli / Eduardo Grande

Disertantes:

- Roberto Mezzina (Italia. Director de Salud Mental de Trieste)
- Gabriel Ibviñaro (Reino Unido. Presidente de la World Federation for Mental Health)
- Emiliano Galende (Argentina. Prof. Consulto Univ. Nac. de Lanús)
- José Luis Pedreira Massa (España. Psiquiatra Infante Juvenil)
- Hugo Barrionuevo (Argentina. Universidad Salud)
- André Blake (Argentina. Director Nacional de Salud Mental y Adiciones de Argentina)

An increasing number of Trainee Psychiatrist and Psychologist coming from Argentina are undertaking some months (from 3 to 6 months) of Training in Trieste in order to learn and then apply Trieste approach in Argentina.

Related publications:

Mezzina R. Per una discussione critica sul tema della “recovery” in Italia e in Europa - Por Uma Discussão Crítica Sobre o Tema ‘Recovery’ naltália e na Europa. In: Mental Health Reform in Brazil and the Recovery Movement: Practices, Experiences, and Models. A Special Issue of Cadernos-Brasileiros de Saúde Mental (Brazilian Journal of Mental Health), Michael Rowe and Graziela Reis, Guest editors. ISSN 1984 - 2147, Florianopolis, Vol. 9, n. 21, 158-178, 2017

Mezzina R. Community Mental Health Services with open doors and without restraint - Trieste, Italy. In Franca e Franco Basaglia International School “Portas Abertas: do hospital psiquiátrico ao território”, I Congresso International 2014, Edicao Especial Comemorativa, Marília/Oficina Universitária, Sao Paulo/Cultura Academica Editora, 2017

Activity 3 - 20944 “Contribution to the implementation of the WHO Quality Rights Toolkit”

Dr Mezzina contributed to review all Quality Rights training modules and related material as requested by WHO HQs.

During the mhGAP Forum 2016, he commented the Progress on WHO's QualityRights initiative (see mhGAP).

On 27-28 January 2017, the WHOCC organized in Trieste, with the Regional Council of Friuli-Venezia Giulia and the Special Commissioner of the Senate, on. Franco Corleone, the national conference "OPG: fine dellastoria (1876-2017). Il completamento dell'adeistituzionalizzazione in Italia a 38 anni dalla legge 180 / LE REMS E OLTRE LE REMS: Criticità, problemi e prospettive" on the closure of Forensic Hospitals and the future of REMS (alternative small regional residential units), in the framework of article 12 of CRPD and the review of legal capacity in the penal law.

India

The proposal of collaboration with the NGO The Banyan in Chennai is focused on women rescued from street life by the team of The Banyan and settled in a village outside the city where about 60 places are available in supported housing. Other 40 women participate to the programme on a daily basis. Strong links have been established with psychiatric services.

After a number of contacts, exchange of documents, and the mission in Chennai in November 2015 (dr Ridente, Furlan and Gabrielli from the MH Dept. / WHOCC) in Chennai. The mission was based on a study visit to the programme and to set up hypotheses of collaboration in the framework of the WHO QualityRights.

From 10th to 13th July 2017 a delegation from the Indian NGO came to Trieste for a study visit. A conference was organized on July 12th about the experience of the NGO with the participation of Professor Sashi Sashidharan about "Knowledge transfer - Reciprocity in Global Mental Health Programmes" a discussion and an Exchange followed between the speakers and the other participants.

Two operators (Daniela Speh and Claudia Battiston) attended the seminar "Training Workshop on improving Quality and Human Rights in Mental Health Facilities" held in WHO - Geneva (30-31 January 2017) about the WHO QR tool kit (presentation and familiarization with the WHO QR toolkit: interview tool and review of documentation/observation tool (themes 1–5), reporting the findings, assessment reporting tools, procedural matters for implementing QualityRights and overview of training module for developing improvement plans.

27 January 2017, at the conference "Recovery determining factors in mental health", organized in Rome by Fondazione Internazionale Luigi Di Liegro, Fondazione D'Harcourt and INMP, under the Patronage of Ministry of Health, dr Mezzina was keynote speaker about "Social and economic determinants of mental health"; among speakers dr Michelle Funk introducing the QualityRights Programme.

On 23 June Dr Mezzina participated at the University of Galway (Ireland) at One-day meeting on Mental Health, Persons with Disabilities and Human Rights - Toward CRPD Complaint Services. Achieving full and effective participation of persons with psycho-social disabilities: Part 1" organized by the IDA. He proposed a second part hosted in Trieste at the International School and Conference in November 2017.

EUROPEAN PROMOTION OF MENTAL WELL-BEING AND QUALITY-OF-LIFE. "Empowerment College" is an on-going project started by EU Erasmus+ initiative for the two-year 2016-2018. The project Partners, in addition to Italy (Trieste Mental Health Department), are Bulgaria, Netherlands, Poland, Great Britain, Germany. The target is set on all those who are interested in promoting mental well-being. The goal of the College is to empower and support the persons in their journey in recovery. Empowerment is closely linked to recovery, but takes a less individualist approach, a capacity to act on a community level. The definition was proposed as follows:

"Empowerment may be a social, cultural, psychological or political process through which individuals and social groups are able to express their needs, present their concerns, devise strategies for involvement in decision-making, and achieve political, social and cultural action to meet those needs. Through such a process people see a closer correspondence between their

goals in life and a sense of how to achieve them, and a relationship between their efforts and life outcomes.”

Coproduction lies at the heart of every aspect, the commitment of each person to contribute according to their own experiences, work together to produce something new, to offer new ways of solving old problems. At the end of the first year six modules will be available : Health&Wellbeing, Budget Management, My rights, Participation – social inclusion, Stigma, Self-exploration.

Between 2016-2017 every partner hosts a meeting in its country 3 meeting has already take place (February 2017 – Bremen/Germany , May 2017 London/UK- September 2017 , September 2017 – Poland). A 4th meeting will take place in Trieste in January 2018. Next meetings are to be scheduled.

Proceedings and info on www.empowerment-college.com

Activity 4 - 20945 “Strengthening Human Resources for mental health through Franca and Franco Basaglia International School”

The Franca and Franco Basaglia International School is realized by the WHOCC of Trieste, with the support of Region Friuli-Venezia Giulia, in collaboration with Universities and National and International Research and Training Institutes. It aims at teaching, transmit and updating the thinking and practice founded on the centrality of the person as citizen with full rights, such as Franca and Franco Basaglia lesson and the Trieste experience, and more generally a critical approach to psychiatry as far as fighting against institutionalization and medicalization is concerned, promoting an integrated concept of care based on the community, that excludes the use of oppression and restraint methods. Therefore it intends to diffuse all practices and experiences inspired to those principles, based on same values, and acknowledged as useful to innovation in the mental health domain. It aims at constructing adequate and internationally recognized curricula, through theoretical and practical learning based on knowledge and study of services and practices, interacting effectively with local settings. It privileges young staff and all those who are engaged in the process of change. It teaches and documents innovations in areas such as alternatives about crisis care, comprehensive CMHCs, early intervention, social enterprises, rehabilitation and social inclusion, of recovery oriented practices and coproduction.

The school issued two meetings in 2016:

The “Think Thank Conference – Crossroads of change” took place in Trieste on 17th and 18th October 2016

The event has been realized in collaboration with the World Health Organization (WHO) and other organizations such as International Mental Health Collaborating Network (IMHCN). The meeting offered a number of occasion to inform and develop the ongoing WHOCC activities as well as WHO Programmes

The aim of this Think-Tank Conference was to bring together experiences of good practices in Mental Health around the world in a workshop style discourse and learning.

It was an opportunity to compile a compendium of best practices and leading experiences and share this with mental health services around the world.

The compendium of best practices was used to inform the development of a WHO QualityRights guidance on community based and recovery oriented services that respect and promote human rights as part of the overall WHO QualityRights initiative which works to improve quality and rights in mental health around the world.

Proceedings on the link: http://www.ass1.sanita.fvg.it/it/azienda_informa/eventi/dettaglio.html?path=/dsm_eventi/2016_034_dsm_thinktank.html

76 delegates from European and no-European countries participated to the meeting .

A study visit to the Services of the Mental Health Department was organized for a limited number of participants on 16th October 2016.

The “ Working Group – Developing the Psychiatric Hospitals in Transition Alliance in Europe” took place in Trieste on 15th and 16th December 2016.

The purpose of the working group was to bring together partners and experiences developed in Europe around the issue of the improvement of quality of care in institutions, in a view of fulfilling human rights, citizenship and moving towards the phasing out of asylums and the development of comprehensive community based services. The social exclusion remains the condition of many people with severe mental health problems, either in institutions or in the society, leading to discrimination, stigmatization and loss of rights. The invited experiences compared their practices and strategies and identified common points and a joint plan to submit to national and European policy makers. The meeting was organized by Mental Health Department – WHO CC for Research and Training - ASUITs, Trieste and IMHCN -International Mental Health Collaborating Network , UK.75 delegates from European Countries participated to the Meeting. A study visit to the Services of the Mental Health Department was organized for a limited number of participants on 14th December 2016.

Proceedings on the link:

http://www.ass1.sanita.fvg.it/it/azienda_informa/eventi/dettaglio.html?path=/dsm_eventi/2016_040_developing_psync_hospitals.html

From 1st September 2016 to 31st August 2017 the International School organized 45 study visits and 22 internships/stage for different delegations and groups of professionals, managers, policy makers, researchers, students and stakeholders (658 persons, 21 countries involved), also involving the other MH Dept. of the Region Friuli Venezia Giulia

Other scientific exchanges and collaborations have been developed in the area of training and research:

- Dr Mezzina has been invited as speaker by the WAPR at the 4th European Congress in Cesena (Italy), 09-10 June 2017 The Trieste, where he reported on the development of forensic care pathways in Italy.
- MH Dept. / WHOCC is now completed the CCM Ministerial Programme on the Open Dialogue training in Italy.
- Dr Mezzina has been invited as speaker by the SIEP (Italian association of Psychiatric Epidemiology) in Modena (Italy), 18-19 May 2017.

Activity 5 - 20946 “Contribute to the WHO implementation of mhGAP and related support to specific countries”

Dr Mezzina participated to the mh GAP Forum at WHO Geneva, 10-11 October 2016, “Moving forward with the Global Mental Health Agenda”. Dr Mezzina was invited by WHO to contribute to Session 7.2: Progress on WHO's QualityRights initiative:

- Introduction - Michelle Funk and Natalie Drew
 - _ Capacity building and e-training on human rights, recovery and supported decision making
 - _ CRPD compliant services
 - _ Assessing and improving service quality and human rights
- Comments by Dainius Puras, Julian Eaton and Roberto Mezzina.

On 6th July 2017 the Italian translation of the mhGap IG was presented to general practitioners and other operators of General Health Districts of the Region FVG.

Printed copies of the translation has been published and distributed as well as files copies

WHO collaboration

Several contacts have been taken with WHO QRs (meetings and training, videoconferences, etc) and the European Office in Copenhagen for diverse purposes, alongside with invitation to the initiatives organized by the WHOCC.

Direct consultation by telephone and by skype took place with dr M. Muijen, E. Shevkun, M. Funk and D.Chisholm.

The collaboration between the WHOCC and the WHO HQs and European Office may be summarized as follows:

- To spread information about the action of WHO Dept of MH and substance abuse and related documents and guidelines. The cross-cutting principles are adopted in Trieste, where the implementation of those principles is demonstrated to be possible.
- To spread in Italy and at the international level the European and worldwide data available from WHO website and documents and the 2 Action Plans 2013-2020
- At National and International conferences and events, the WHOCC presents the European Action Plan, the global Action Plan and all WHO programmes, from suicide prevention to QRs and mhGAP Programme, as well as the translation into Italian issued by the WHOCC.
- All visitors and participants of the International School modules are informed about the above mentioned WHO programmes, well as receiving pdf or hard copies of that material.
- In our role of supporting WHO in Deinstitutionalization, the WHOCC always invites the experiences from several countries to link to WHO documents and policies.

WHOCCs

The WHOCC is participating to the research protocol on "Participation of Mental Health Service Users and Carers in a Reading of the International Classification of Diseases for Mental and Behavioral Disorders", led by the WHOCC Lille, as a contribution of finalizing the ICD-XI.

The TRIMBOS report of the joint research has been already mentioned in Activity 1 (the Netherlands). The book "Freedom First" has been diffused to visitors and during national and international meetings, conferences and events.

The Trimbos Institute has started together with the European Association for Assertive Outreach and GGZ Nederland the establishment of the European Community Mental health Service Providers (EuCoMS) network. This has been launched on 5-6 April 2016 in Heiloo, the Netherlands. WHOCC Trieste is one of the partners and contributed to the development of the statutory declaration of this organization.