



**GOOD PRACTICE SERVICES:
PROMOTING HUMAN RIGHTS &
RECOVERY IN MENTAL HEALTH**
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ABSTRACT FORM

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Title of the contribution/Titolo del contributo	<i>Promoting user participation in Greece: Examples of good practices from EPAPSY (QualityRights, PM+, Open Dialogue, Study of involuntary hospitalisations in Greece)".</i>		
Objectives/Obiettivi	<i>Countrywide and region-wide reforms: Europe</i>		

**Contents-text/Contenuto-testo:
Max. 400 parole/words**

Professional non profit organizations in Greece have been an important stakeholder of care provision and service reform since 1981. There are examples of good practice centred on promoting empowerment strategies and actions in accord to the guidelines of the World Health Organisation (WHO) and the European Commission (EC), in close collaboration with users and families and other stakeholders. Relevant actions include evaluation, research, advocacy, training, and networking. The Association for Regional Development and Mental Health (EPAPSY) is a NGO working for the reform of the public mental health services in Greece and psychosocial rehabilitation since 1988. Currently it provides services through residential facilities, day centers and mobile units to more than 3700 people annually. We will present actions that promote user participation in various fields with different approaches and tools. Specifically, EPAPSY has used the QualityRights toolkit for evaluating the quality of care and protection of rights to residential facilities, PM+ for mental health and psychosocial support of refugees, the Open Dialogue approach, self-help groups for people with depression and in emergency settings. Also, EPAPSY participates a large research program aiming to shed light on compulsory admissions and its underpinnings in Greece. This project consists of various sub-studies, illuminating different facets of the issue, so as to

accumulate sufficient evidence to place involuntary treatment high in the health policy agenda in the country. We will discuss obstacles during implementation and explore ways of developing best and practical interventions.