



**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	Enik recovery college a 100% peer run innovation		
Objectives/Obiettivi	Knowledge of conceptual framework of Enik RC, peer support, self-help, recovery. Sharing lessons learned after five years Enik RC. Of course there will be space for comments and questions.		

Contents-text/Contenuto-testo:

Max. 400 parole/words

Enik recovery college has opened its doors five years ago. Enik has been a game change in the field of mental health. The peer support/ self-help program has grown and is facilitated 100% by peers support facilitator in co-production with participants of Enik. The program has grown and new ways in which self help en peer support is facilitated are developed. The retreat program is a good example

Enik RC model will be presented as well as what peer support is and how Enik has been a real game changer. Successes and challenges will be shared as well as the lessons learned. Topics are, funding, management, human resource based on the peer ethics, place in the network of mental health services and local government.