



EPAPSY

SCIENTIFIC ASSOCIATION FOR REGIONAL
DEVELOPMENT AND MENTAL HEALTH



**GOOD PRACTICE SERVICES:
PROMOTING HUMAN RIGHTS &
RECOVERY IN MENTAL HEALTH**
September 23-26, 2019 • Trieste

Promoting user participation in Greece Examples of good practice from EPAPSY

Panagiotis Chondros, MSc, Phd(c), EPAPSY President

Stelios Stylianidis, Prof. Social Psychiatry, EPAPSY Senior Consultant

Michael Lavdas, MSc, EPAPSY Secretary

Our organization

- NGO providing community mental health and psychosocial support services as a public body
- Established in 1988 by Stelios Stylianidis
- Community services:
 - 25 Residential Facilities (hostels, apartments) (225 community beds)
 - 2 Day Centers in Athens
 - 2 Mobile Mental Health Units in the NE and W Cyclades
 - 3770 service users in 2018
- Staff: 255
- Funded projects
 - Mental health and psychosocial support of refugees/ asylum seekers in urban settings funded by UNHCR Greece
 - Improvement of child and adolescent care by the Mobile Mental health units funded by National Strategic Reference Framework
- Past projects: 17 funded by NSRF, DG Justice, EAA Grants, FP6 and other



EPAPSY

SCIENTIFIC ASSOCIATION FOR REGIONAL
DEVELOPMENT AND MENTAL HEALTH

Participation and Empowerment

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



EPAPSY

SCIENTIFIC ASSOCIATION FOR REGIONAL
DEVELOPMENT AND MENTAL HEALTH

Past activities

- Empowerment of mental health services users: Life Long Learning, Integration and Action (EMILIA) [FP6], 2005-2010 (Chondros, Stylianidis, Lambaki, 2010)
- Collaborative seminar at the Department of Psychology, Panteion University, 2009 – 2018. (Stylianidis, Chondros, Lavdas, 2014)
- Support of Social Cooperatives and User and Family Associations (Chondros, Stylianidis, Boini, 2018)
- Citizens against Depression project (Menediatou et al, 2018)
- Emergency intervention for the victims of the wildfires in Mati, Attica, 2018 - 2019
- Representation at the “Users and carers participation in ICD revision process” by the WHO CC Lille (2018)



EPAPSY

SCIENTIFIC ASSOCIATION FOR REGIONAL
DEVELOPMENT AND MENTAL HEALTH



WHO

QualityRights as evaluation and training tool

- 2010 – 2011; EPAPSY translates QualityRights Tool kit and hosts training by M. Funk and N. Drew in Athens.
- 2011; Project management team is established, leading Deputy Ombudsman for social protection. Letter to the Ministry to approve the implementation. Never approved.
- Unit level evaluation
 - 2012 by K. Nomidou, General Hospital of Serres, Psychiatric Department
 - **2013 10 supported living apartments of EPAPSY**
 - **2016-7 13 residential PSR units of EPAPSY**
 - **2018 – 10 supported living apartments of EPAPSY**
- **Publications, presentations and training based on the tool**



EPAPSY

SCIENTIFIC ASSOCIATION FOR REGIONAL
DEVELOPMENT AND MENTAL HEALTH

Method

- All visits scheduled – day time
- Written Consent from participants
- Interviews with service users and staff
- Observation
- Official documents review
- Procedure: Assessment team established (2 mental health professionals, 2 students, 2 service users). Training on the tool. Scheduled service visits. Meetings of assessment team for consensus on report. Report presentation.



EPAPSY

SCIENTIFIC ASSOCIATION FOR REGIONAL
DEVELOPMENT AND MENTAL HEALTH

Results

- 25 residential facilities in 4 different regions
- **63 interviews: 32 staff members, 31 users**
- 75% women
- Mean duration of interviews: 62' (68' users, 57' staff)
- **Improvement reports for each unit**
- No report for immediate action



EPAPSY

SCIENTIFIC ASSOCIATION FOR REGIONAL
DEVELOPMENT AND MENTAL HEALTH

Results

- Recommendations for improving physical environment, promoting protection of privacy and safety
- Lack of written information regarding the right to legal representation and advocacy
- Lack of written procedures regarding complaints and reporting of abuse
- Need for training on crisis prevention models



EPAPSY

SCIENTIFIC ASSOCIATION FOR REGIONAL
DEVELOPMENT AND MENTAL HEALTH

Follow up Actions

- Presentation of results with the participation of users involved in the assessment team -6/3/17
- Training of unit heads on legal capacity by the Greek Ombudsman – 8/5/17
- Training for staff and service users on CRPD (13 meetings)
- Provision on information material regarding rights and advocacy
- Change of service regulations regarding reporting complaints
- Training regarding sexuality issues of people with disabilities (1 one day course, 2 two day course)



EPAPSY

SCIENTIFIC ASSOCIATION FOR REGIONAL
DEVELOPMENT AND MENTAL HEALTH

Challenges

- Members of assessment team were not paid
- Lack of evaluation of general health
- Need to evaluate other types of mental health services
- Need to train users in research skills
- Need to make evaluation mandatory at country level



EPAPSY

SCIENTIFIC ASSOCIATION FOR REGIONAL
DEVELOPMENT AND MENTAL HEALTH

Introduction to PM+

What is PM+?

- PM+ is a tool that can be used as a **scalable intervention in communities affected by any kind of adversity** (e.g. violence, disasters, etc.)
- delivered by paraprofessionals and/or non specialists

Aims of PM:

- Help to reduce symptoms of emotional distress in People of Concerns (PoCs) affected by adversity
- **Empower beneficiaries to be their own helpers to maintain their therapeutic gains**

PM+ Intervention:

- 5 weekly sessions of 90 minutes duration
- Session by session structure



EPAPSY

SCIENTIFIC ASSOCIATION FOR REGIONAL
DEVELOPMENT AND MENTAL HEALTH



PROBLEM MANAGEMENT PLUS (PM+)

Individual psychological help for adults impaired by distress in communities exposed to adversity



PM+ Training in Greece



With the support of UNHCR and MoH:

- 8-16/5/2019 – training for PM+ Helpers (19 participants from: Refugee communities, NHS, UN Agencies, National and International NGOs)
- 16-17/5/2019 – training for PM+ Supervisors (25 participants from: NHS, UN Agencies, National and International NGOs)
- A follow up will take place about the implementation, challenges from the field and suggestion for the future steps
- 2 more trainings scheduled for 2019



EPAPSY

SCIENTIFIC ASSOCIATION FOR REGIONAL
DEVELOPMENT AND MENTAL HEALTH

Open Dialogue

- Implementing the Open Dialogue approach at the Day Center “Franco Basaglia” in Athens
- Since 2018
- **Aims:**
 - implement change in practices, power structures, professional roles, etc. within the organisation
 - Create an open dialogue network, common language , common experiences , involve users and families , start continuing dialogues with more experienced professionals.
 - Document all experiences
 - Expand the network, include the whole system
 - Educational group
 - Clinical application group
 - Research group



EPAPSY

SCIENTIFIC ASSOCIATION FOR REGIONAL
DEVELOPMENT AND MENTAL HEALTH

Training – Evaluation

- June 19: Large O.D. meeting at the Day Center with professionals, users, families, Greek mental health Forums
- Discussion through video conference with **Mark Hopfenbeck** (Social Anthropologist Assistant, Professor Department of Health Sciences Gjøvik) **Kari Valtanen** (Western Lapland Hospital District), **Eija-Liisa Rautiainen** (Family therapist, trainer and supervisor at Dialogic Partners)
- **Action research**
- Collaboration between EPAPSY , Panteion University (Dpt of Psychology) and the Department of Qualitative Research at the National University of Athens
- How the organization receives and implements the concept of open dialogue approach. Researchers record the entire experience, observe teams, meetings, and clinical application



Barriers

- The extent of representation and support is consistent with the available resources as well as each country's model of services (WHO, 2008)
- Fragmented, low capacity and low accountability mental health system (Chondros & Stylianidis, 2016)
- Level of involuntary admissions and service user rights' abuse as a structural and outcome index



EPAPSY


SCIENTIFIC ASSOCIATION FOR REGIONAL
DEVELOPMENT AND MENTAL HEALTH

On going study on involuntary admissions

- Study in Athens (2011-2016) (Stylianidis et al, 2017a)
- 2011: 57,4% of admissions (N=946 involuntary)

INTERNATIONAL JOURNAL OF CULTURE AND MENTAL HEALTH, 2017
<https://doi.org/10.1080/17542863.2017.1409778>

 **Routledge**
Taylor & Francis Group

 Check for updates

Patients' views and experiences of involuntary hospitalization in Greece: a focus group study

Stelios Stylianidis^{a,b}, Lily E. Peppou^{a,c}, Nektarios Drakonakis^d, Georgia Iatropoulou^b, Sofia Nikolaidi^b, Kyriaki Tsikou^b and Kyriakos Souliotis^e

^aAssociation for Regional Development and Mental Health (EPAPSY), Athens, Greece; ^bDepartment of Psychology, Panteion University of Social & Political Sciences, Athens, Greece; ^cUniversity Mental Health Research Institute, Athens, Greece; ^dPsychiatric Hospital of Attica "Dafni", Athens, Greece; ^eFaculty of Social and Political Sciences, University of Peloponnese, Corinth, Greece

ABSTRACT

Involuntary hospitalization of people with mental illness raises important ethical and legal concerns worldwide; however, only a handful of studies have investigated the patients' perspective in depth. The present study aims at exploring patients' views about the rightfulness of compulsory admission, their experience of hospitalization and potential interventions for reducing its effect in Athens. Fourteen patients who were involuntarily admitted to a psychiatric hospital in the Attica region and had been discharged one month prior to the group discussion, participated in the study. A focus group design drawing on

ARTICLE HISTORY

Received 18 December 2016
Accepted 22 November 2017

KEYWORDS

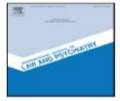
Compulsory admissions;
patient rights; civil detention;
patient-centred care; patient
empowerment

International Journal of Law and Psychiatry xxx (2017) xxx-xxx



Contents lists available at ScienceDirect

International Journal of Law and Psychiatry



Mental health care in Athens: Are compulsory admissions in Greece a one-way road?

Stelios Stylianidis^{a,b,*}, Lily Evangelia Peppou^b, Nektarios Drakonakis^c, Athanasios Douzenis^d, Aimilia Panagou^e, Kyriaki Tsikou^b, Amalia Pantazi^b, Yannis Rizavas^e, Benedetto Saraceno^f

^a Association for Regional Development and Mental Health (EPAPSY), Athens, Greece

^b Panteion University of Social Sciences, Athens, Greece

^c Psychiatric Hospital of Attica, Athens, Greece

^d 2nd Department of Psychiatry, University of Athens, Attikon Hospital, Athens, Greece

^e Greek Ombudsmen, Athens, Greece

^f GULBERIAN Foundation, Lisbon Institute GMH, Lisbon, Portugal

ARTICLE INFO

ABSTRACT

Focus group with patients regarding hospitalization Stylianidis et al, 2017b:

- Attitudes towards the decision to be admitted
- Absent from decision making
- Serious violation of rights
- Lack of knowledge concerning rights



EPAPSY

SCIENTIFIC ASSOCIATION FOR REGIONAL
DEVELOPMENT AND MENTAL HEALTH

Suggestions

- Put pressure for implementing and broadening law requirements for users' representation and active participation
- Funding for user participation
- Include empowerment in academic curricula



EPAPSY

SCIENTIFIC ASSOCIATION FOR REGIONAL
DEVELOPMENT AND MENTAL HEALTH