

# **How Trieste influenced the reform of mental health in Poland**

**- what happened since IV 2015?**

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# Who am I?

Founder of an  
NGO (2011)

Known from  
advocacy for  
changes in MH  
(Poland, Europe)

Facilitator and coach in  
Leadership Management  
International (HQ in USA )

Focus:

- Implementing organisation  
and culture CHANGE
- Developing LEADERS

# Poland

- population - 38 mln
- in 1989 we have demolished the communistic system as the first country in Europe

## Who are we?

- people with deep sense of freedom and dignity
- .....

# Mental health in Poland

Structure of the system  
reflects the **way of thinking**,  
which has been perpetuated  
over decades, about mental illness.

# Paradigm 1

**Mental illness is incurable**  
and a person mentally ill  
will remain ill through  
the rest of his/her life

**-> so, NO HOPE of recovery!**

# Paradigm 2

**The best place** for the treatment of mentally ill person is a psychiatric hospital.

- > **50 PH hospitals with 20 000 beds**
- > **220 inwards in general hosp.  
with 7300 beds**

# Paradigm 3

Mental illness is **chronic** and people can not live independently.

-> social care centres - **19 000 beds**

-> residential care - **5 000 beds**

# Paradigm 4

Mentally ill people can be dangerous.

This enables:

- compulsory treatment
- treatment in forensic hospitals

**-> 2 500 people in forensic hospitals**



# Mental health budget

- 70 % for hospitals
- 29 % for ambulatory treatment
- 1% for community teams

## **Results per year 2017**

- **1,500,000** people in psychiatric care
- **200,000** people hospitalised

Families belived...(2011)

*...”In the XXI century there  
MUST BE other solutions...*

*....let’s look for them in  
Europe”*

# What we discovered (1)

**There is HOPE for RECOVERY!**

*„If one person recovered,  
my daughter/son will recover,  
too!”*

# What we discovered (2)

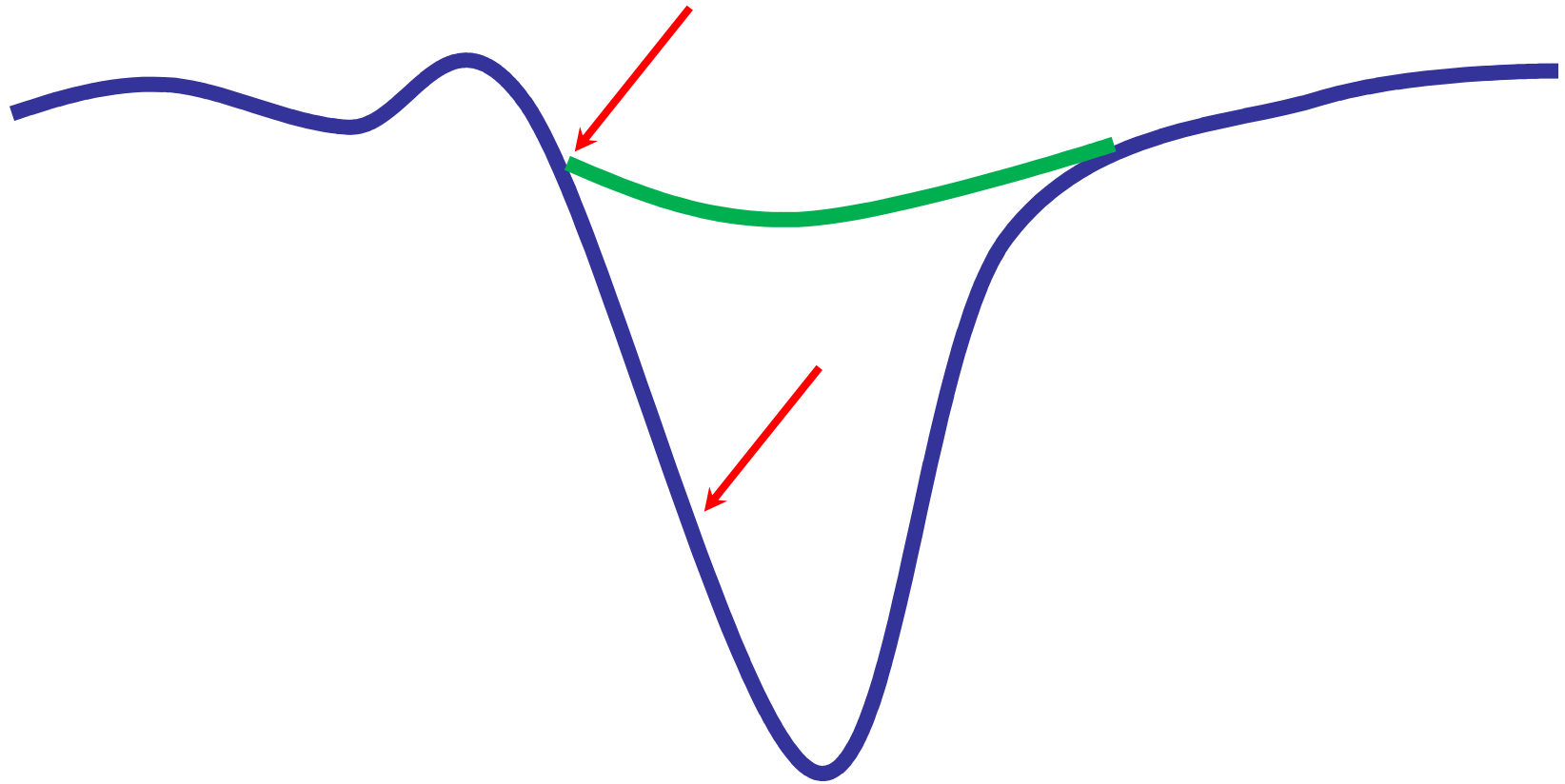
There is a shift in thinking

**from illness**

**to**

**....RECOVERY**

# Recovery



## What we discovered? (3)

First-hand experienced people are **the experts**

They are listened to by:

- the institutions
- the decision makers

# We discovered (4) “Open Dialogue” in Finland

## 7 rules

- IMMEDIATE HELP
- SOCIAL NETWORK PERSPECTIVE
- FLEXIBILITY AND MOBILITY
- RESPONSIBILITY
- PSYCHOLOGICAL CONTINUITY
- TOLERANCE OF UNCERTAINTY
- DIALOGISM

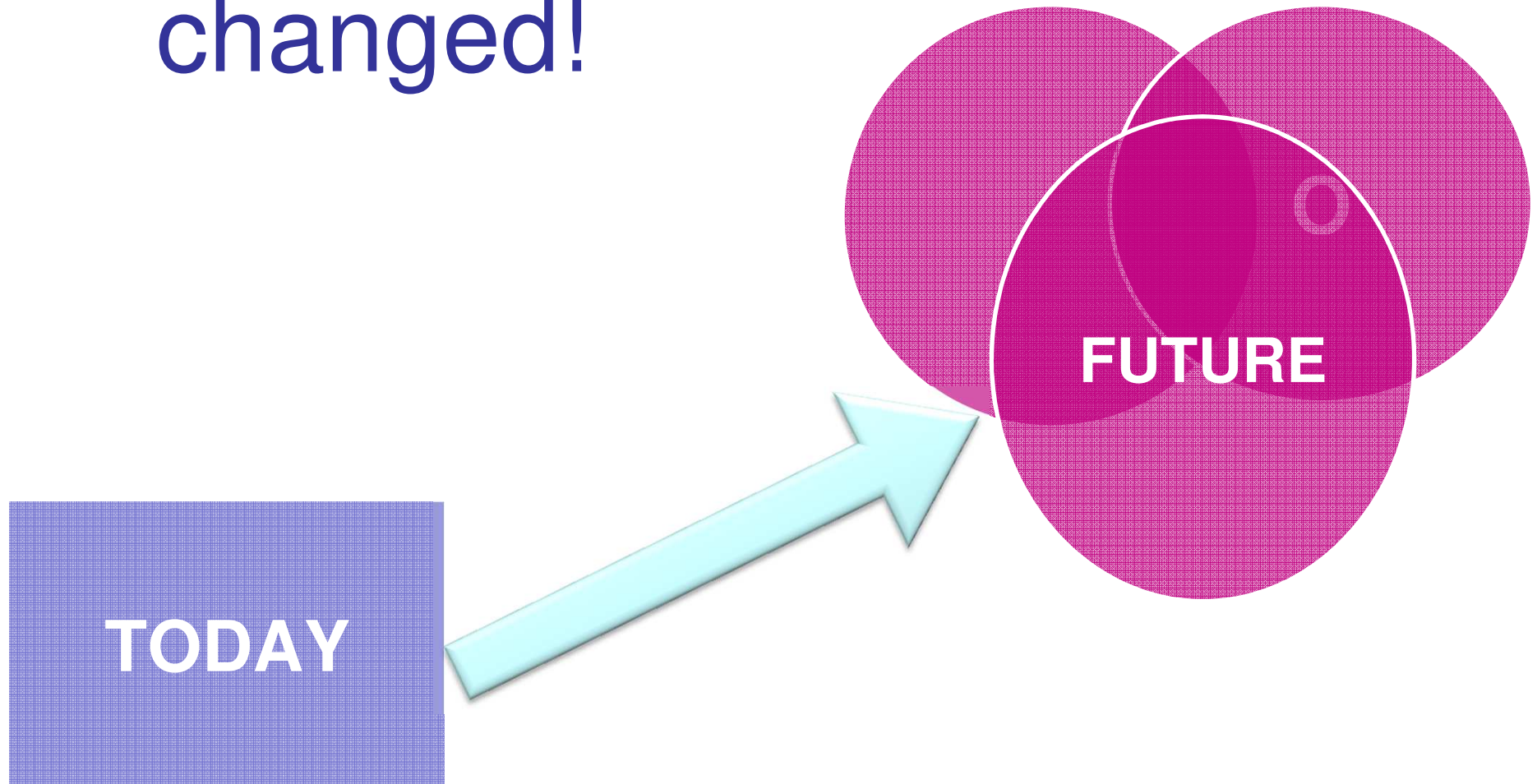
# Results of “Open Dialogue”

*“In Western Lapland,  
within 30 years  
schizophrenia decreased  
by **90%**”*

*- Robert Whitaker  
„Anatomy of an  
Epidemic”, 2011*



Polish MH system must be  
changed!



# But...but...but...

- there are not enough psychiatrists to work outside the hospital
- we do not have money to finance the community-based model
- .....

Hey! Listen!!

*“We cannot wait for years!”*

***“The reform **MUST**  
be started **NOW!**”***

# It was possible in Finland



# It was possible in Trieste



- **Region Triest**
- capital of Friuli-Wenecja Julijska (1,2 mln people)
- Department of Mental Health
- 4 CMHC with 6-8 beds each
- 1 acute in ward with 6 beds

**It is vital !**

*“We should take advantage  
of Triest and Western  
Lapland best practices”*

# Actions of NGOs

- Conferences, seminars, articles
- Study visits - 5 to Trieste, 80 people

**-> to change the thinking**

- Trainings and projects (OD, ex-in)  
**-> to change the practice**

# Basic idea of DI project



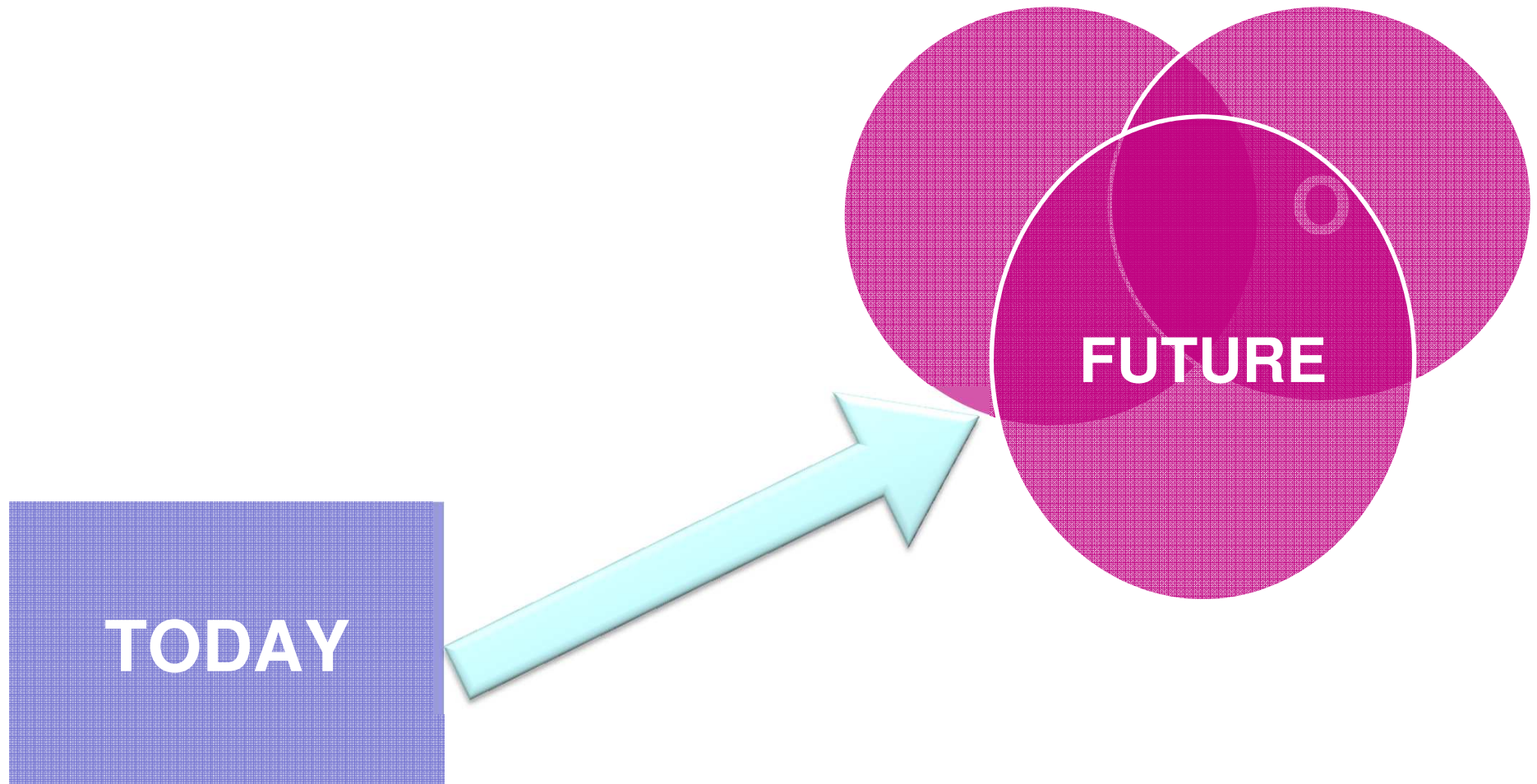


# The biggest project

## **“Innovation in MH - integrating health and social services”**

- 50 mln Euro
- funded by ESF (EU)
- Ministry of Development

# Ministry of Health?



# Reaction of Ministry of Health

## Pilot of the reform since VII 2018

- 27 CHC in municipalities
- available for 15% of Polish population
- global budget (stop paying for bed)
- responsibility for one territory
- easy access
- coordination of services...  
.....but only medical once

# In 2019 our challenge is...

...to integrate two pilots:

1. Ministry of Health - pilot of the reform  
MHCs with **Medical services**

2. Ministry of Development - pilot project  
CMHCs with **5 pillars:**

Prevention - Medical serv. - Social serv.  
Open Dialogue - Recovery Assistance

# In 2019 our challenges are...

**... to change the thinking** of all professionals, decision makers, people responsible for education system, families... the whole society

**... introduce new paradigms** starting from **HOPE for RECOVERY**

**... introduce Whole life** concept

# Our goal 300 CMHC in 2025



So, we have a chance...

TO CHANGE Polish mental health system

YOU have played significant role in this process

THANK YOU for your openness in sharing, trustful relationship, time dedicated to us, patience.....

We - Polish people and  
our next generations will  
always be thankful to  
YOU!

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