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
- .......

Who are we?
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 7,300 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 believed…(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 schizofrenia 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 Triest

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

- Community Mental Health Centre
- Prevention
- Social support
- Treatment
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

Community Mental Health Centre

Prevention
Social support
Treatment
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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