

International Meeting 1

Bremen, Germany

10 & 11/02/17

Intellectual Outputs

1. Please provide a brief summary describing your organisation (500 words maximum)

The Initiative zur sozialen Rehabilitation e.V. is a non-profit organisation which came into existence as in 1982 a psychiatric long-treatment clinic was closed down and a critical discussion about the traditional, medically orientated psychiatry took place. Today the Initiative...e.V. offers psychosocial, pedagogic and assistance with activities of daily life for mentally ill, addicts, drug abuser, mentally disabled people and adolescents in particular difficult social circumstances.

The Organisation aims to realise self-determination, participation, inclusion and equal chances in the care, support and treatment offered and ultimately highest possible level of independent living. The focus of the work is on the development of services and conceptions which lead to more user orientation and reduce factors which inhibit inclusion. Especially the offer of "external assisted living" enables many clients to receive professional psychosocial, pedagogic support and assistance with the activities of daily life in their own home or in accommodation which is rented by the organisation. The work with the clients is done on the basis of a care relationship.

F.O.K.U.S is the training department of the Initiative...e.V. It has 20 years experience with trainings in the field of community based psychiatric services and user participation. The central focus in our offers of qualification, further education, supervision and organisational consulting lies on:

- the promotion of services and processes which avoid or reduce inpatient treatment and living in residential homes
- the participation of affected persons in the planning, organisation and implementation of services
- community based and networking

F.O.K.U.S. was a main partner in an European Project (Leonardo da Vinci, 2005-2007) in which the EX-IN-Course was developed. In 2007 the department took part in the conception of the trainer-course "Train the Trainer".

Projects in the fields of inclusion and research also belong to the scope of activities from F.O.K.U.S. The IRRTURM, a newspaper initiative, strengthens socially excluded people with psychiatric experience in their resources and individual expression. The artistic, literally, personal and political articles encourage an examination of the situation in which one lives and an improvement of social participation and inclusion. Through the yearly compilation and publication of a book and many readings the Irrturm makes a contribution to the reduction of prejudices about people with a mental illness and offers meaningful work

The project „Türen öffnen“ (Opening doors) works inclusion and social environment orientated. Together with many cooperation and network partner in the fields of Sport, culture, education, mobility and social work and with people with impairments, and psychosocial health problems and their

neighbours doors are opened to create services in the district for people with and without impairments, and to reduce prejudices. Employees of companies are educated on the topics of inclusion and mental illness and work possibilities for people with impairments created.

The Quality management system which is used by the Initiative...e.V. is derived from ISO 9001/2008. F.O.K.U.S. is qualified as training center according AZAV standards since 2013. The EX-In-Course has an AZAV certificate since 2013 too.

2. Please write a summary on the 'best practice' elements of up to 5 recovery/empowerment focused services in your country. (200 words maximum per example).

When choosing the five please consider ***the extent to which they include educational elements/have an education focus***

NB. The proposal requires us to cover national practice, not only the practice relating to your organisation.

1. Recovery groups

Providing Recovery groups is a wide spread offer in Germany, which organisations do to start with peer work.

Its either done by co productive tandem teams or by peers as an independent group.

Usually you will have six or eight meetings (in some places like in hospitals its an on-going open group).

Topics:

- health and well-being - to talk about good life and health-keeping
- success in life in the past - to do some research what has been good
- dealing with crises - to talk about preventing crisis, early warning signs, prevention
- instruments of self-determination - what can I do, if I go into crises
- dreams and wishes - to have the chance to develop new maybe wild fantastic ideas
- plans and goals - to have some ideas which might become true, real
- my recovery story - to tell about the story of getting out of being an ill person

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Usually you will start with an open meeting to inform people about the offer, the ideas and rules, to give them a chance to decide for themselves whether they want to take part or not.

It's important to have a group in which everyone takes part of his own free will.

rituals - like flashlight in the beginning and at the end, games and bodywork in a way everybody can take part;

rules - everybody talks about himself, confidentiality will be ensured, taking active part in the group and each having responsibility for himself;

2. Inklusionsprojekt „Türen öffnen“ (Opening Doors)

Over a period of 4 years and in co-operation with 12 partners from the fields of mobility, sport, culture, adult education, economy and welfare and with Bremen citizens with and without impairment inclusive structures were developed in 3 districts of the city.

The network-meetings formed the foundation on which the participants came into contact with each other, developed concepts and offers of inclusion and put hem into praxis. In this context the talks from persons with

mental impairments were especially valued. All together about 40 people, with and without experience of mental health problems and services took part in the project. This secured a multi-dimensional perspective in the organisation, execution and evaluation.

Out of the project inclusive offers developed, amongst them a cooking-group, a urban gardening group, and a neighbourhood bazaar – a platform for contacts in the neighbourhood. Events like a dance-theatre project took place: people with and without impairments and out of different social classes developed a dance-theatre play

In order to assist the district organisations in their process courses about “mental health impairment and Inclusion” were given to the employees by a teacher-tandem with professional and experience expertise. The close cooperation between the project team and the cooperating partner led to a guide “Here I feel well” for people affected with examples of “open doors” in the district.

3. Newspaper groups and school projects

In Germany we have several newspapers done by people with mental health problems Also we have projects, where people go into schools in tandems to talk about mental health problems

Both are projects to do antistigma work and education in psychiatric matters. But at the same time they are projects where people empower themselves. They can give their experiences in illness and exclusion ... a meaning, they can give other people information about illness and about their coping strategies, good concepts of self determination and so on.

Newspapers are a place where the work can be very self determined, its an open space to talk and write about politics in psychiatry, about antipsychiatry, about dealing with life and to tell about your feelings and how people cope with their live although they have symptoms and suffer.

School projects are more challenging; because the person has to talk about his story of illness and recovering in a very reflected and preventive manner.

It's a scientific proved way of preventing stigma and fears of becoming in touch with mentally ill persons, and to help young people to understand about psychiatric illnesses, diagnosis, coping strategies and so on.

People need to be very clear about their experience and the story they want to tell, they need to be well prepared.

4. Trialog

Trialog: three (groups of) people talking with each other: people with mental health issues, their family members (to which anyone who is close to them counts) and the people treating and supporting them.

Trialog means to:

- meet as experts (experts through experience and experts through learning meet at eyelevel) without anyone being dependent on, or responsible for, another
- learn together and from each other (not only in one direction)
- cultivate a common language (not one profession dictates the language)
- share subjective perspectives
- support individual solutions (instead of “standards”)
- talk with and not about each other (everyone speaks for themselves)
- try to facilitate understanding
- reflect the praxis of dialog in the daily work

Ideally a Trialog takes place in a neutral environment. It should be possible for participants to remain anonymous and to decide for themselves if, and how much, they want to contribute to the discussions.

Some Trialogs allow for issues and gained knowledge to be spread outside the Trialog as long all personal information remains confidential.

The first Psychosis-seminar took place in 1989. Trialogs for other mental health problems followed (e.g. Borderlinetrialog). By 1998 there were more as 100 Psychosis-seminars and Trialogs in Germany.

5. User Co-led Offers

In Germany there are several user (co-)led organisations which offer one or more services. Usually they were grounded, because people were dissatisfied with the existing psychiatric system, convinced that other approaches and methods would be possible and should be closer to the needs and wishes of the individual. Therefore they are all critical of the traditional system and some of them are anti-psychiatry. As a rule the statutes of these organisations stipulate that the majority of the people on the board have to be people with mental health problems.

Some examples of user (co-)led organisations are:

- Verein zum Schutz vor psychiatrischer Gewalt e.V., Berlin (services offered: run-away-house, anti-psychiatry orientated advisory office, individual support services)
- Offene Herberge e.V., Stuttgart (services offered: advisory office / meeting centre, assisted living)
- Durchblick e.V., Leipzig (services offered: a meeting centre /advisory office which is open to anyone and offers on weekdays low-priced lunch and diner and a “café” which is open from 7 till 11 pm, artistic activities in which anyone can take part, public relation and interest representation activities including a museum on psychiatry, transitional living, ambulatory assisted living, crisis intervention, possibilities to earn additional income. The Durchblick e.V. co-ordinates the patient/client advocates and is co-organizer of the psychosis-seminar in Leipzig).

Some people in these organisations won't say whether they have psychological illness or not in order to avoid being categorised.

Behaviour that leads to a ban elsewhere, also in psychiatric services, is likely to be tolerated to at least some extent.

3. Please describe the key principles that this best practice is based on. These principles are the factors that will inform the operation on Empowerment Colleges.

For example: valuing lived experience, coproduction, strong leadership, community participation/ inclusion

1. Recovery groups

- Coproduction
- Active learning
- Having dreams and goals
- Taking responsibility for yourself
- Group experience,
- Voluntary,
- Making new experiences

2. Inklusionsprojekt „Türen öffnen“ (Opening Doors)

- Organise meetings in a open atmosphere
- The communication and exchange between different types of Expertise (professional/ scientific

- on the one hand and experience-based on the other) has a high value
- to involve different target groups concrete in the planning, execution and evaluation
- To involve employees from the district organisations concrete in the project
- Work which is remunerated / fee paid, not just voluntary

3. Newspaper groups and school projects

- Anti-stigma
- Empowering
- Self determined
- Give experience a meaning
- Influence the psychiatric politics
- Talk and write about experiencing crises and coping

4. Trialog

- Learning from each other
- Valuing lived experience,
- Supporting individual solutions
- Co-production
- Bridging gaps

5. User Co-led Offers

- Valuing lived experience,
- Supporting individual solutions
- Co-production / shared responsibility
- Community participation/ inclusion
- Supporting self-rule / autonomy
- Self-help

4. Please send a copy of your power point presentation

Names of those who contributed to this document	Role of those who contributed to this document
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