Activity 1
Support to WHO-Euro in Central-Asian Republics for service development:
from deinstitutionalisation to community services

Azerbaijan
After WHO national counterpart of Azerbaijan dr Sevil Asadova attendance to the meeting "Beyond the walls" (April 2011), WHOCC of Trieste declared its availability to host study visits and also organise a visit on site in order to establish a collaboration. The Director of University Dept in Baku dr Fouad Ismail has been hosted at the first module of Summer School in Trieste, 19-24 /11/11. At the moment no further request came either from WHO Euro or from WHO Azerbaijan.

Turkey – 2nd year
The collaboration of WHO with EU in Turkey is going through the financing agreement between the Government of the Republic of Turkey and the European Commission, under the IPA (Instrument for Pre-accession Assistance) - transition assistance and institution building component. This project is part of the EU acquis communitaries of Turkey accession chapters.

A delegation from Turkey (4 persons: Irem Cosansu Yalazan, WHO CC in Turkey-Mental Health and Disability Project; Imambey Ertem, Deputy Director and Deniz Samyeli, Child Development Specialist, from General Directorate of Social Services and Child Protection Agency; Nevin Derman) attended the Summer School in Trieste, 19-24 /11/11. A group of professionals from diverse services and the MoW came for a visit to Trieste at the and of October 2011; in 2012 staff from NGO “Rusjak -Human Rights in Mental Health Initiative”.

Dr. Dell’Acqua has been invited on 12-13 January 2012 and contributed to the Policy Dialogue on Mental Health and Disability that will be held in Istanbul. He presented at a Conference in Istanbul in January 2012 organised with WHO Euro.

Minister of Health of Turkey dr Recep Akdag launched the reform in his country at an event where the movie on Franco Basaglia and Trieste has been displayed (with subtitles in Turkish).

Dr Dell’Acqua has been also invited as lecturer in Antalya on the 12 April during the meeting organized by the Turkish Psychiatric Association.

WHO Country Office of Turkey is implementing a EU funded project on “Promoting Services for People with Disabilities”. In this frame, collaboration with the WHO CC of Trieste / Dipartimento di Salute Mentale is established with the purpose to facilitate exchange and build capacities of Turkish colleagues towards the de-institutionalization of psychiatric hospitals and the establishment of community based mental health care. Following previous consultancy visit to Bolu/Turkey on 24-30 July 2011 as well as the study visit of about 20 Turkish mental health professionals to Trieste during September and October 2011, dr Pina Ridente has been invited to take this collaboration forward by visiting Turkey for the period 11-21 January 2012, for the following purposes:

- 12-13 January 2012: Attend and contribute to the Policy Dialogue on Mental Health and Disability that will be held in Istanbul. She participated in the international meeting held in Istanbul for a board of assessment for Psychiatric Hospital. This meeting was integrated in the exchange program among Turkish Mental Health And Intellectual Disability Services and European centers of excellence, developed within the frame of support defined by the WHO Country Office in Turkey, which aim is to support Turkish Government about the above mentioned programme “Promoting Services for People with Disabilities”.

- 14-21 January 2012: support the staff of the psychiatric hospital of Bolu in designing and implementing individual assessment plans for the inpatients of the hospital with the final aim of developing individual treatment and care plans. She spent a week at the Bolu Psychiatric Hospital and the Community Mental Health Centre (Bolu Project pilot sites in Turkey) to assess the functioning of treatment and care existing and emerging mental health services in the selected pilot area. She prepared an action oriented mission
report that underline Strengths and Weaknesses and gave some recommendations to shift from a hospital centered system to a community based mental health system.

An updated plan for the training of trainers and of support to a pilot area in Turkey has been sent in July 2012 for WHO Turkey.

Cooperation in Turkey – Dipartimento di Salute Mentale (DSM) di Trieste/WHO Collaborating Centre for Research and Training

The proposal is integrated inside the exchange program among Turkish Mental Health And Intellectual Disability Services and European centers of excellence, developed within the frame of support that the WHO Country Office in Turkey, which aim is to support Turkish Government about ‘Promoting Services for People with Disabilities.’

1. The intervention should be practically oriented, identifying a pilot area around a psychiatric hospital. The objective could be an overall support to the process of phasing out of the institution and of implementation of community based services. This will include re-orientation / training of staff, re-conversion of economic resources, intersectorial coordination among local welfare and health services.

- Training modules will be offered on site touching to key-themes: working inside mental hospital in a process of opening and organisation of multidisciplinary team/centre according to the best international experiences and evidences.
- Shadowing and supervising the activity inside the hospital and in the community services by to consultants (e.g. psychiatrists, nurses or rehab specialists) from Trieste, in two periods of one-two weeks each time during 2012. Follow up in 2013.

2. Anti-stigma campaign and information to the community in the whole country, through media public events, conferences, with the involvement of the citizenry. Outcomes of work described in point 1. will be spread out by a national event with international speakers.

3. “Train the trainers”; participation of leaders, managers and clinicians to the second module of the Basaglia International School, 22-27 October 2012, Trieste. Nr of participants to be defined. During the course there will be a full immersion in the clinical care in the MH Dept of Trieste.

The proposal must be supported by dedicated funds provided by WHO Country Office in Turkey. This should be organised through a twinning convention with the ASS n° 1 Triestina. Point n° 2 will be organised with the involvement of COPERSAMM / ConfBasaglia- President dr Franco Rotelli, while other activities can include as trainers not only the staff of MH Dept but also other experts provide by this organization and IMHCN (International Mental Health Collaborating Network).

Armenia

Region Friuli Venezia Giulia established a cooperation with Armenia in the field of Healthcare services and MH has been defined as one of the 2 main objectives from the Armenian Government (October 2012). This proposal is currently at the attention of WHOCC.

Activity 2
Support to WHO-Euro in Central and Eastern European countries for service development: collaboration for comprehensive CMH services.

Bulgaria

Participation of dr Mezzina as Keynote speaker to the National conference “Roadmap for the next steps in deinstitutionalization in mental health service delivery in Bulgaria”, Sofia, 7-8 October 2011 under WHO APW dr Hinkov. A visit to Psychiatric hospital of Sofia has been undertaken with the Director dr Cveteslava Galabova.

Romania

A Romanian delegation attended the first edition of Summer School in Trieste (5 from Iasi, 3 from Camplung, 1 from Ternavesi and 1 from Targu Mures. In details: Liana Rada Borza (Resident Physician,Phd student,BSC Inneuroscience; Clinical Psychiatric Hospital "Socola" Iasi); Ilinca-Anastasia Stanciu (Psychologist; Clinical Psychiatric Hospital "Socola" Iasi); Mihaela Stanciu (Nurse; Clinical Psychiatric Hospital "Socola" Iasi); Marinica Dascalu (Head Nurse ; Clinical Psychiatric Hospital "Socola"); Gabriel Obada (Supervisor nurse; Clinical Psychiatric Hospital "Socola" Iasi); Roxana Talaba (Psychiatrist trainee; Clinic of Psychiatry No.2 Targu Mures); Daniela Pop (Psychiatrist;
The participation of a delegation of Trieste (Mezzina, Speh, Karavalaki) to the International Conference The dimensionality of psychiatric care. Models of community-based psychiatric care at “Socola” Hospital in Iasi, 3-6 November 2011, organized in collaboration with the WHOCC and the IMHCN was intended in order to contribute to their process of change (meeting with the Vice Minister, final meeting of the conference).

In the opening day WHOCC delegation attended the media conference with Romanian Deputy Minister of Health and other relevant members of the academic world for the presentatin of the Project MACRO-MOD - Models of Assistance in the community of Romania – models of development, with the booklet “An open door to community: guide for developing community-based mental health services in Romania” and a further declaration. Among keynote speaker was dr Mezzina and during workshops Karavalaki and Speh. Visits and meetings with the services in Iasi have been taken place.

On 6 November a MEETING ON PROJECT START UP has taken place in Iasi. Small project: important to define a starting point of the transformation. Some steps on community services and/or the hospital. For example:

1) changes in one hospital unit: e.g. open door policy, ward meetings, personalization of dresses, etc.
2) Alternative to hospital treatment: the CMHC can be upgraded in terms of staff, home visits, opening hours, flexibility, crisis management, etc

- Family and user involved also in planning
- Partnership with business and NGOs
- Start up public education, prevention and stigma
- Start of a group home for the greenhouse (march) in Barnova.

Critical points to be addressed:

- Staff involvement at Socola: face resistances and conflicts; look at advantages, e.g. more freedom and autonomy in work duties and routines; identify leaders and champions who are credible
- Beds reduction but no reconversion of economic resources. New mechanism of funding e.g. home hospitalization

Looking at cost and cost effectiveness, and sustainability.
Visit of the Trieste staff: on-the-job training, not just training. Cross training with Camplung (Buchovina)

Czech Republic

The pilot project in Psychiatric Hospital “Bohnice” (it has 1 300 beds, serving catchment are about 1.5 million inhabitants) for building up community services, changing a philosophy of inpatient orientation of a staff of the hospital and starting process of transformation-deinstitutionalization.

The project is supported by Ministry of Health and Norwegian funds. On the beginning WHO Collaborative Centre Trieste will support a project by helping with study visits in Trieste. All services of Prague including NGOs, and Chair of the Society of social psychiatry by the Czech Psychiatric Association have been involved in 2 subsequent visits (November 2010 and May 2011) and two psychiatrists attended the Summer School in 2011 in Trieste.

Invitation in re regional community care in Prague by civic association ESET-HELP, founded in 1995 in collaboration with psychiatric clinic ESET (1994) as a result of need to link psychiatric care about outpatients with social rehabilitation (educational needs related to the assertive out-reach care, management of rehabilitation services as system, collaboration and explanation of new ways of care to health professionals in hospitals). The second aim was building of a regional system of care, with special regard to collaboration among all its participants in Prague (community mental health providers, inpatient psychiatric departments, mental hospital). The collaboration has already begun and fostered by the visit in Trieste. Providers of community care and mental hospital would try to establish a new concept of regional mental health care in Prague on a level of municipality. The invitation was aimed at acquainting colleagues from outpatient and in-patient facilities and also from municipal authority with your experiences with building community care system.

Hence there was a consultancy and training to the NGO ESET Klinik / HELP in Prague, 28 February- 3 March 2012. This involved all other NGOs active in the community of Prague.

29/2

1) Discussion meeting in the Old Town Hall
Ondřej Pěč MD: Importance of the multidisciplinary care, acquaintance with the Trieste model, introduction for Prof. Mezzina - Model of care about mentally ill people in Trieste

2) Aleš Lang, foundation BONA, Martin Holly MD, director of Psychiatric hospital Bohnice, Pavel Novák, director of civic association Fokus Praha, chairman of civic association ESET-HELP, Mgr Lucie Broukalová, civic association Green Doors: Preparation of a conception of health and social care about mentally ill people in Prague. Visit to psychiatric hospital, - sightseeing, presentation to all staff and discussion with Dr. Holly, director. ESET-HELP - Introduction, generally about multidisciplinary care in the ESET-HELP MUDr. Ondřej Pěč Head of rehabilitation Jana Podhajská; presentation of activities of teams of the ESET-HELP: assertive outreach care, dual diagnosis, sheltered housing. Our next vision for future, present-time and supposed problems and possibilities. Prof. Mezzina: respond to presentation and questions, experiences from building the multidisciplinary care. Discussion. ESET-HELP, Caffé Dendrit - multidisciplinary teams – continuation. Prof. Mezzina: Main problems following building and run of multidisciplinary care /teams/, coping with them; ways of...ESET-HELP: a model case study, discussion with analysis of the case, course of action of the team. Prof. Mezzina, Dr. Pec, representants of the Prague NGOs, Dr. M.Holly – conclusion, next steps as regards the Prague model.

A report has been sent to the First Deputy Minister together with an offer of collaboration. From 26.-30. 4. 2012, 4 social workers of the ESET-HELP -Jana Podhajská (social worker, head of rehabilitation), Petra Cerna (social worker, assertive out-reach team), Bara Tomasova (head of the program of dual diagnose), Radka Nemcova (social worker, sheltered housing).

In the Czech Republic, there are a total of 20 psychiatric hospitals with a total capacity of 9,000 beds, four of which have more than 1,000 beds together. In a situation where the number of people with a mental disorder has been increasing every year, the Ministry of Health has decided to deem the mental healthcare reform as one of the priorities for the EU funding period 2014-2020.

A Working Group has been set up in order to evaluate options for the psychiatric care reform. The most important activity of the Working Group will be to establish a sustainable model of mental healthcare transformation in the Czech Republic. The main feature of the reform should be the deinstitutionalisation of the psychiatric care.

Dr Mezzina and WHOCC of Trieste were requested by the First Deputy Minister of Health for co-operation on the revision and evaluation of any future output of the Working Group. On 4 October 2012 dr Mezzina has been invited to Prague to do the opening speech at the media conference for launch of new DI Policy. Moreover, NGO Fokus promoted another project of collaboration on Job training and placement.

Slovenia

An INTERREG project has been presented by University of Ljubljana – Faculty of Social Work and the Trieste WHO CC (name: FREE.ZE) with the aim of deinstitutionalizing residential facilities (social care homes) in the Primorska Region. (not successful). It has been requested a collaboration for a Master School in Dubrovnik organised by the University of Ljubljana, together with the John Ruskin University, East Anglia, UK.

Activity 3
Latin America Network. Support to good practices in collaboration with PAHO, WHO-HQ and WHO-Euro

In Latin America, WHO CC has supported practically the South America Network either in Argentina – with initiatives related to the new mental health act of December 2010 - or in Brazil. Delegations from Brazil and Argentina came to Trieste during the international conferences promoted by WHOCC in 2010 and 2011. As one of the main actions, there is an ongoing training activity for about 60 young professionals per year coming mainly form these two countries which have the possibility to stay free up to three months (see activity 5).

A number of activities have been developed in the framework of agreements developed in a partnership with Italian Association “Permanent Conference for Mental Health Worldwide - ConfBasaglia”: 1) with the National Institute of mental Health and Addictions of Argentina (Direccion Nacional de Salud Mental y Adicciones – DndSMyA) in order to sustain policies, service development, training for implementation of the new Act; 2) with the Health Department of the Municipality of Belo Horizonte (Minas Gerais, Brasil) for the development of community services and of practices and policies supporting the rights of vulnerable groups.

In June 2012 dr Mezzina was invited in Brasil in a collaboration with Università di San Paulo - UNESP - in Marilia, Assis e Lins, 5-6 June 2012. He also was keynote speaker at III Congresso Brasileiro de Saúde Mental, Fortaleza,
Brasile, 7-9 June 2012. All these activity has at the moment no dedicated international financement for cooperation but only local funds for travels and Argentinean and Brasilian funds.

A financement of the Region FVG (September 2011), in the framework of international cooperation to development and international partnership, is aimed at supporting the process of reform in Argentina. (PaRI Project – Technical assistance and training support for enforcement of MH reform law in Argentina. Local partner was REDI - Red por los Derechos de las Personas con Discapacidad en la Argentina. Lead proposal ASS n.1 Trieste, regional partner ENAIP Friuli Venezia Giulia, associated Partner DNSMyAd - Dirección Nacional de Salud Mental y Adicciones, Ministerio de Salud de la Nación, Secretaría de Determinantes de la Salud y Relaciones Sanitarias (from may 2011 for 12 months). Expected result is activation of an International network for thematic exchanges per scambi tematici using telecommunication. On-line archive of didactic and training material didattico. On-line lectures and webinars. Further connections with ConfBasaglia were aimed at supporting the process of reform.

ConfBasaglia During August 2012, board members of ConfBasalgia (Franco Rotelli e Diana Mauri) participated to the birth of APAH - Associazione di Psichiatri e di persone impegnate nell'implementazione della nuova Legge di Salute Mentale argentina at the Senate in BA with more than 400 registrations. In the following days, meetings with President of Senate and Dirección Nacional de Salud Mental y Adicciones, Ministerio de Salud de la Nación on the process of implemetnation. A number of contacts have been established in Buenos Aires and in the Province of Santa Fé. Media interviews and meetings with Responsibles of PAHO-OPS, with Italian Ambassador e local authorities completed the intervention.

Dr. Evaristo in May 2012 was involved in Brasil for a number of conferences and seminars: on 16.5.12 in Ourinhos-SP, he hold a communication at 2 International MH Conferne organised by the Faculty of Psychology of FIO University, for the celebration of the day of “Luta Antimanicomial”; on 18.5 in Assis-SP he hold a Seminar with students at Master of Psychology of UNESP; on 21.5 he attended in San Paulo the meeting of Frente Antimanicomial at the Legislation Assembly of the State; on 21-25.5 in Sao Bernardo do Campo-SP he participated at the week of discussion on MH Services with visits and consultation to CAPS for Adults, Children, Addiction and Basic Health Unit, Community Agencies, Psychiatric Residences, Association of users and carers, meeting with the Health Assessor (protocol of cooperation with COPERSAMM); on 23.5, he hold a seminar at the faculty of Nursing USP-SP. At Belo Horizonte meeting with all staff and managers.

There is also an agreement on the process of overcoming PH in San Pedro di Puerto Alegre with the local governement.

**Activity 4**

**Support to WHO Headquarters for mhGAP Project. Provision of technical support to the project entitled "Mental Health GAP" promoted by WHO Headquarters.**

During the international meeting “Beyond the walls”, Trieste, April 2011, experiences in pilot countries for mhGAP have been presented (Jordan, Iran, Palestine, Mozambique). WHO CC started the translation into Italian and a pilot implementation of the Intervention Guide in Udine. In Iran our collaboration will include support to mhGAP implementation. 3rd group visit to Trieste from Kashan and the MoW (December 2011). A workplan has been proposed for a follow-up, with pilot projects and related on-site and off-site training. In August 2012, a Memorandum of Understanding has been proposed by WHOCC at Therhan University and signed for collaboration.

**MENTAL HEALTH GAP ACTION PROGRAMME (mhGAP) 3rd meeting of the mhGAP Forum Hosted by WHO in Geneva on 10 October 2011. The Forum was attended by 21 Member States as well as partner organizations including UN Agencies, WHO Collaborating Centres, academic institutions and international associations and federations. WHO was represented by the Assistant Director-General for Noncommunicable Diseases and Mental Health, and 1Directors and staff representing many departments. The meeting was chaired by Dr Ala Alwan, Assistant Director-General for Noncommunicable Diseases and Mental Health. The work done by WHO CC in this framework was the subject of a presentation by dr Mezzina and dr Bonn.**
Activity 5  
Training and summer school

“Franca and Franco Basaglia International Summer School” - First module: September 19-24, 2011, has been entitled: “Beyond the walls - how to open the doors of psychiatric hospitals towards community based care and services. Focus on Europe and the East”. Organised by WHOCC in collaboration with WHO HQ and Euro, IMHCN, ConfIBasaglia, Forum salute mentale, WAPR. It has been co-funded by: Friuli Venezia Giulia Regional Administration and WHO (relevant local offices supporting some specific delegations). This first module was dedicated to the partners already included in the workplan, chiefly those from East European countries and some of the leading countries in the Mental Health Gap Programme (Geneva) which are experiencing psychiatric care reform and transformation processes. The summer school, in addition to that, interacted by means of international cooperation supporting the development of universally accessible social and health systems especially in those countries with which the Friuli Venezia Giulia has established partnerships and cooperation relationships.

37 participants from 9 countries attended the course. These were directors, leaders, experts, clinicians and policy makers from institutions like hospitals and mental health services, universities, NGOs, ministries, WHO offices. Countries represented were Romania (n.11), Serbia 2, Bosnia-Herzegovina 3, Albania 5, Macedonia 4, Greece 4, Czech Republic 2, Azerbaijan 1, Turkey 4, Japan 1. The detailed list is available. The first module’s topic focuses specifically on supporting rehabilitation and social inclusion of people with mental health problems still interned or treated basically in psychiatric hospitals. The declared aim was ‘Support the leaders, train the trainers. Teaching the Trieste experience and the international successful models of deinstitutionalisation and of cooperation’. Methods included lectures, workshops and working groups, visit to MH services and programmes in Trieste, Udine and Palmanova, use of video and papers. Language was English (with additional translations in Turkey, Macedonian, Albanian). In details, lectures focused on historical, strategic, and organisational aspects of deinstitutionalisation. Discussion was aimed at relating those issues to the National and local context and experience of participants. Teachers came from Italian and International Institutes as WHO, Universities like Verona, UC London, Warwick e Wollongong (Sydney), Mental Health Departments, International NGOs from 8 countries (Italy, Iran, Switzerland, United Kingdom, Serbia, Australia, Czech Republic). At the end of the week there was a supplementary workshop run by Australian teachers on D.I. and development of CB MH service in Australia. Feedbacks reported a good/excellent degree of satisfaction and it was possible to collect useful suggestions for the second edition/module. A number of questionnaire on the process of phasing out PHs has been completed. The whole course has been videorecorded and abstracts and presentations were soon available on the website of DSM / ASS n.1 Trieste.

A second module has been programmed for 22-27 October 2012 with the title: “Services people need. A rationale for a fully integrated, person-centered mental health system of care” This second module will focus on putting learning into practice based on the particular needs of participants in implementing change from institutions and their practices into community mental health services and a whole life recovery approach. It was organised in a 4 days international course, that also provides a full immersion in the Trieste service organisation and practice and in a subsequent conference open to other participants, that offers an updated international view on innovative programmes and community based services.

- On day 1st to 4th: the INTERNATIONAL COURSE: COMPREHENSIVE COMMUNITY SERVICES. Learning and practising (limited to 40 places)
- On day 5th and 6th: the INTERNATIONAL CONFERENCE: WHY CHANGE? Creativity and Innovation in mental health development

Meeting of WHO CC on the new European Strategy draft – Trieste, 6-7 of November

All materials of conference in 2011 and the first module of Summer School are available on the website.

From September 2011 to September 2012, 630 professionals and other stakeholders from 21 countries (Argentina, Australia, Austria, Brasil, California, Canada, Denmark, France, Japan, Greece, UK, Iran, Italy, Netherlands, Czech Republic, Serbia, Slovenia, Spain, Sweden, Switzerland, Turkey) came to Trieste MH Services and were involved in study visits and seminars.

ASS 1 Dipartimento di Salute Mentale - via Weiss, 5 – 34142 Trieste (Italy)  
e mail: dsm@ass1.sanita.fvg.it tel. +39 040 3997439 fax +39 040 3997439
Activity 6
Preparation of deliverables on Deinstitutionalisation and Community-based Mental Health Services.

A book “People in Crisis” in cooperation with IMHCN – English “With the open door” guidebook on 24 hr CMHC. - Italian and English “Beyond the walls n.2 / After the Iron curtain” – with Romania.

An advanced draft has been developed of a guide on how to set up community-based mental health services.

Translation of mh GAP Intervention Guide into Italian is in course.

The Manual for Prevention of Suicide in Jail: a project with Italian Ministry of Justice. Translation and adaptation of the WHO Manual (SUPRE project) to be distributed in the whole country.

Trieste WHO CC (dr Mezzina and Dr Ridente) participated to the development of QuIRC (Quality Indicator for Rehabilitative Care) which is an instrument developed to measure the quality of care in longer term residential units. It is currently available in ten languages (Bulgarian, Czech, Dutch, German, Greek, Italian, Polish, Portuguese, Spanish and English), with scope for further translations. QuIRC is freely accessible online at http://www.quirc.eu.

Extension to Brasil con UNESP (University of San Paulo, prof Rossana Seabra Sade).

The WHO CC supported the 1st Australian “Social Enterprise and Mental Health Conference”, Sydney, 21-2s November 2011.

Ricerca sulle reti sociali in cdp con l’Istituto Mario Negri. Ricerca PILDSM in cdp

The Trieste Declaration 2011.
The Declaration, together with a theoretical background document, was approved and signed by all the delegates attending the meeting. As indicated by the Director of the WHO Department of Mental Health and Substance Abuse in Geneva, Dr. Shekar Saxena, and Regional Director for Mental Health-WHO Copenhagen, Dr Matt Muijen, the Declaration was officially sent to WHO and the European Commission. It has been signed by organisations like IMHCN, MHE, GIP, WAPR among others. A Definitive version incorporates amendments (from B. Saraceno and others). A series of projects and cooperation measures is attached to the Declaration. The projects and concerted actions are an indication of important business to realize the shared intention to change services emerged from the meeting. The list of project proposals and cooperation actions is constantly updated and is open for further contributions.

The Charter of deinstitutionalization actions in Europe and worldwide will be presented at the conference of WHOCCs on WHO new European Strategy. The WHO CC in Trieste intends to follow and support it in cooperation with the international organizations.

Analysis of the results of the Questionnaire on the process of gradual phasing out mental hospitals - previously sent to protagonists of the process of deinstitutionalization in the world to gather evidence, know-how and good practice – in order to develop guidelines and recommendations for de-institutionalization and training. A publication of the WHO CC.

Activity 7
Technical support on Mental Health services and Welfare Innovations actions in Republic of Serbia and the Balkan region

The Region Friuli Venezia Giulia under the request of cooperation from the UNDP / PH of Vlore and Minister of Health of Albania financed an exchange in order to support the deinstitutionalisation that in already in course in that town after several international contributions starting from Trieste WHO CC 8-10 years ago. An Albanian delegation attended the Summer School in Trieste: Director of Vlore MH Services, dr. Antonela Agaj, e della National
Coordinator dr.ssa Eljesa Harapej, 3 other staff (Gentiana Xhelli, psychol from Vlore., Elina Mukaj, sw, at Inst. of Public Health Tirana and Mimoza Merkulaj, sw at CMHC in Skodra). The alter focal point was also requested by Chief Technical Advisor of UNDP (United Nations Development Programme) dr. Luigi Caﬁero. Immediately after the Summer School has been organised a mission (dr Mezzina, dr Evaristo e dr Borghi) in Vlore and Tirana (25-30 September 2011) in the framework of Cooperation funded by Region Friuli Venezia Giulia that included a meeting with the deputy Minister of health dr. Bardh Spahija. The new forthcoming law on mental health has been discussed too.

The objective was to complete support the project of deinstitutionalisation of PH in Vlore into a full network of community services. This process started years ago with the support of consultants from Trieste, then from other Regions like Puglia and Sardinia. A CMHC is implemented as well as residential structures. A number of suggestions for policy implementation has been discussed in a view of ongoing collaboration supported by Region Friuli Venezia Giulia.

A EU Tender on Structural funds on DI for Serbia has been presented in partnership. At the Summer School there was the participation of Deputy Ombudsman of Serbia Mr, and WHOCC has been invited to a conference on 19 October in Belgrade. In two subsequent meetings in Trieste and Novi Sad, February-March 2012, WHOCC represented Health of the Region in the EUROSTART Programme of Cooperation between Region FVG and autonomous Province of Vojvodina from November 2012 (Improving services for MH).

A delegation from Tuzla, Bosnia Herzegovina (NGO Phoenix) keeps an active relationship for training (participation either at meeting “Beyond the walls” or “Summer School”). A delegation of 5 professionals attended the Summer School in Tirana in September 2011, funded by Ministry of Foreign Office (Italian Embassy) - the Director of Skopje PH, Macedonia, dr Bajraktarov, and 3 other Directors form Macedonia institutions in order to foster their process of change in MH (Pete Nikolov, Atanas Todorov, Sime Petrovski). A proposal of cooperation in Montenegro in partnership with Monfalcone Municipality is starting in October thanks to Regional funds (PH in Kotor).

**Activity 8**

**Support to the WHO Office in Palestine**

The collaboration this year has been stopped due to the withdrawal of the WHO Project in Palestine. Ongoing contacts has been taken through the IMHCN.

**Other WHO Connections**

The WHO CC Director attended as keynote speaker the mhGAP conference in Geneva, 10 October 2011. Meeting with Dr Saxena, Director of Dept of MH and Substance Abuse – WHO HQ, and his staff (dr Michelle Funk) in Geneva on 11 October 2011.

Meeting with Dr Matthias Muijen, Director of WHO Euro for MH, and his staff at WHO Copenhagen on 15 November. In invitation to contribute to the draft of new WHO European Strategy. Main issues discussed and points raised during the meeting:

- Update on Trieste’s WHO CC ongoing and future activities. Its collaboration with ALB, ROM, TUR, MDA, CZH, ROM, BUL.
- Structure of MNH services including community centres in Trieste and other places (diversity / particularities of existing models, especially Trieste’s one. Influence on / connection with national MNH services development).
- The draft European Regional strategy on MNH and needs / possibilities to align activities of WHO CCs to the Strategy objectives. Trieste WHO CC could be a good example of implementing some principles of the Strategy.
- Needs for elaborating practical ways of ensuring future overall better coordination / synchronization between work of WHO/EURO MNH programme and relevant WHO CCs activities (Trieste’s one in particular) as well as possible joint actions with other respected partners / networks.
- WHO/EURO will organize a meeting of WHO CCs in spring 2012 to discuss strengthening collaboration and other relevant issues.
- WHO/EURO could contribute to the development of a Trieste Summer school programme.
- Strengthening communication and information exchange. Plans for 2012 could be shared.
- Development of web sites and links.
Collaboration with other WHO CC

- Italian WHO CC in MH have been invited to all events. Prof Tansella will be one of the Teachers of the Summer School.
- WHO CC of Lille is a partner either in networking for best practices or for the European Network of User Organisations. Trieste WHO CC has been invited to a conference in Lille for recovery on 31st of August 2011.
- WHO CC in Lisbon has been invited to discuss a possible collaboration/synergy for training (e.g. the International Master on Mental Health Policy and Services is a Universidade Nova de Lisboa).
- For suicide prevention, the WHO CC in Switzerland proposed a cooperation. There is also a plan to collaborate with WHOCC in Karolinska Institute in Stockholm.

Collaboration with WAPR and IMHCN

There is a plan for professional training of mental health service staff in South Eastern Europe as continuation of the Stability Pact established in the region in the past. The countries involved in the project were: Albania, Bosnia, Bulgaria, Croatia, Montenegro, Republic of Moldova, Romania, Serbia, Slovenia, Macedonia, Turkey. The lead project is WAPR with other international agencies, such as Trieste WHO-CC and the International Mental Health Collaborating Network; they could work together in order to promote in collaboration with EU and WHO a long-term new Stability Pact Project.

Participation at the WAPR conference in Athens, 30-31 March 2012 and at the Congress in Milan, November 2012 (dr Mezzina).

Dr Mezzina’s visits to services and meetings in Australia (keynote speech and communication in workshop at TheMHS Conference in Cairns, 21-24 August 2012; St Vincents’ Seminar in Sydney on Inner city MH (29-30 August 2012). Travelling Professor by invitation of RANZCP (Royal College of Australia and New Zealand) from 29 of August to 22 of September 2012: 21 lectures in Sydney, Melbourne, Geelong, Canberra, Adelaide, Brisbane, Townsville, Auckland, Wellington and 2 keynote speech at the New Zealand RANZCP Conference on the following topics: Deinstitutionalisation and Community & General Hospital Re-provision in Italy; Epidemiology of a shift from institutionalized to Recovery oriented services: implications for access, responsiveness, involuntary care, forensic admissions and suicide; Approaches to Psychiatric Crisis, Rehabilitation & Recovery in Italy; Integrated approaches to the therapy of psychosis; Conditions and consequences of Empowerment. There were also meetings with the Minister of MH of South Australia, WA, and New Zealand; Meeting with Chair of MH Commission prof Allan Fels, Chair of MH Commission NSW; Seminar with NGOs (ARC Group) in order to review the forthcoming New Zealand national strategy - Blueprint II (21 September, Wellington).


Institutional collaboration with Services and University of Valladolid, Spain
In November 2012 a study visit of the official delegation of Danish Governement to Trieste will be organised in order to prepare a new reform policy. Contacts at Ministerial level were requested from Egypt (21 June 2012 dr Eman Sourour, Responsible of MH at Egyptian Government, visited Trieste MH Services and attended a conference), then Philippines and India.

Launch of the “Beyond the walls” - Network of European Psychiatric Hospitals in Transition: Nis, Vlora, Armentieres, Schaerbeek, Socola, Prague, Skopje, etc. They should support themselves, compare their process of transformation and evaluate it - under the umbrella of WHO. A first meeting will take place during the Summer School in Trieste.
The “Conferenza Permanente per la Salute Mentale nel Mondo (Permanent Conference for Mental Health Worldwide) – ConfBasaglia”, an association based in Italy is developing with WHO CC of Trieste a transnational collaborative project for the recovery of the campuses / parks of ex-Psychiatric Hospitals in several countries (e.g. Italy, Serbia, Palestine, Argentina, Brasil, Australia, UK) can be involved as a partner in a formal agreement. Deinstitutionalisation, social economy and entrepreneurship, valorisation of the historical sites, restitution to the community are the guidelines of that action, that can have a strong emblematic value and a real impact on thousand of Hospitals all around the world. Provisional name: The seven doors.

The WHO CC is supporting the campaign for the abolition of Forensic Hospitals in Italy (“Stop OPG”) and the construction of individual projects as alternatives to Forensic Hospitals with the support of many associations operating for the rights of the people deprived of personal freedom.

Collaboration with IMHCN. The IMHCN contributed to organize the 2nd Module of the International School, 22-27 October 2012. Following activities of IMHCN were developed with WHO CC:

- Conference “Recovery, restoring, cure: concepts and applications”, 31 August 2011, Lille, France
- International Mental Health Collaborating Network, Cornwall Partnership NHS Foundation Trust: “Recovery into Practice for and by Psychiatrists”, workshop, 30 September 2011, Cornwall, UK
- Conference “Mental Health Crisis - A time for opportunity and change”, Acute and Crisis Mental Heath Services, Lyngby-Taarbæk Municipality, Copenhagen, 14 November 2011
- IMHCN Conference “Recovery into practice for professionals”. Plymouth NHS Trust, 26 March 2012
- 1st International Acute Care Conference, 15-6 May 2012, Glyndwr University, Wrexham, Wales. Organised with the IMHCN