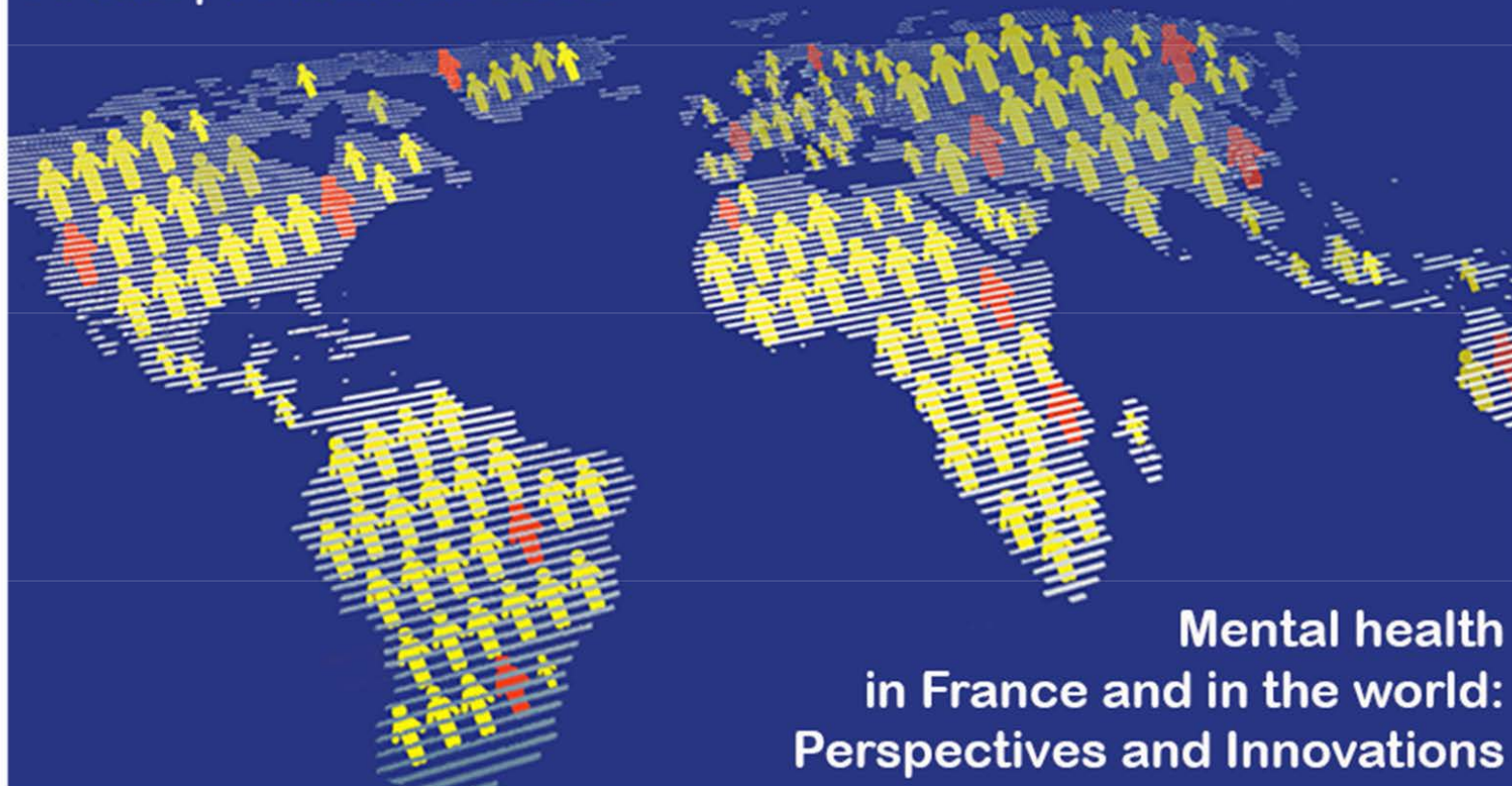




# Mental Health in the world: Perspectives & Innovations

Paris, 17 March 2016

PARIS | 17 MARCH 2016



Under the high  
patronage of:





## **Round table: What perspectives for public policies in mental health?**

### **‘Sick or well – a citizen first’**

*Guadalupe Morales, Deputy Chair of the European Network of (ex-) Users and Survivors of Psychiatry (ENUSP)*



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## Meaningful involvement of expert users

We can develop projects with:

a work programme, a schedule, budget, methodology, evaluation, reports, etc.

The role of the user-expert should be that of a promotor, or an active collaborator, under equal conditions with all the members of the team.

It can also be a teaching role, and like for all other members of the team, this work should be paid.

User-experts could participate in the training of professionals with real input.



## EU Joint Action in Mental Health in Schools

...the analysis of different countries revealed that teachers and school staff are not always fully equipped to cope with this responsibility, particularly when it comes to the detection of early signs of mental and behavioural disorders, for prompt referral purposes, **as well as lacking training in effective programmes to prevent mental disorders and promote mental health**



## Protection of Rights - Concrete Proposals

User members of evaluation teams in hospitals and community facilities. Promote user information about their rights.

Learn from countries where peers receive public funds:

- Accompany people to mental health care centers
- Staff in mental health services

CRPD awareness courses for medical and social services staff.

Group Legal experts, to defend people with psychosocial disabilities.

Funding through Structural Funds, just like the UNCRPD recommends in their Observations from the end of September 2015.



## Develop human rights quality indicators

There is a need for quality control. If we consider the reform of the system, not medical beliefs or considerations, a human rights approach should be the first reason for change. Attention to human rights and quality indicators developed in close collaboration with user/survivor organizations would be helpful to resolve such important problems, taking into consideration the Recommendations of the UN CRPD Committee to the EU in September 2015.



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2001 World Health Report - Mental health:  
New Understanding, New Hope

5. Recommendation.

Involve communities, **families and consumers should be included in the development and decision-making of policies**, programmes and services. This should lead to services being better tailored to people's needs and better used...



2005 Helsinki. Mental Health Declaration for Europe  
Facing the Challenges, Building Solutions

We will support nongovernmental organizations active in the mental health field and **stimulate the creation of nongovernmental and service user organizations**. We particularly welcome organizations active in:

- I. organizing users who are engaged in developing their own activities, including the setting up and running of **self-help groups** and **training in recovery competencies**.
- II. empowering vulnerable and marginalized people and advocating their case.
- III. providing community-based **services involving users**.



## January 27, 2016 EU Mental Health and Well Being Framework

ENUSP welcomed the fact that the promotion of **active involvement of users in the delivery, planning and reorganization of services** is also among recommended actions, as well as development of **self-help and users'** and carers' groups, as stated in their Report. We propose peer-to-peer and training-the-trainers programmes to strengthen capacity building.





## Users movement and access to funding

To have a strong user movement, this means giving users/survivors and their representative organizations proper recognition. Above all, this means ensuring that user organizations have access to funding both on the national and on the EU level.



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Thank you for your attention!

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