# MentalPRAC

## Training for practitioners who work with people with severe mental disorder

## VISIT TO RESOURCES REPORT

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# INTRODUCTION

In 2005 the World Health Organization divulged the Mental Health Declaration for Europe as a result of the Ministerial Conference in Helsinki that year. Following this milestone, the European Union initiated a series of responses to address this area, such as the publication of "Green Paper: Improving the mental health of the population. Towards a strategy on mental health for the European Union" in 2005, the manual "Mental Health Policy and Practice across Europe. The future direction of mental health care", published in 2007, and the "European Pact for Mental Health and Well-Being" in 2008. Conclusions are drawn through these manifestations at European level, such as lack of support to mental health in general, lack of interventions and solutions, the need to tackle stigma and discrimination, and the need for designing training programmes to create a sufficient and competent multidisciplinary workforce.

Taking these circumstances into account, "Mentalprac - Training for Practitioners who Work with People with Severe Mental Disorder", along with the priorities of the European Union, is a project that has as main goal improving the support for people with severe mental disorders through an increase of skills of mental health care workers.
The specific objectives are:

- Filling the gap of lack of specific formal training of social and health care professionals who support the particular group of people with severe mental disorders.
- Enhancing knowledge and skills of professionals with low or medium qualification caring for people with severe mental disorder, as well as preventing burnout.
- Disseminating training materials for workers in the mental health care environment, and in particular those who work with people with severe mental disorders.
- Raising awareness of specific support needs required by people with severe mental disorders and the importance of training professionals who work with them.

Mentalprac is not the first European project carried out by the partners. There is a history of collaboration of some of the partners in previous European projects and it has been a common practice during transnational meetings visiting organizations that work in the social field. We wanted to keep this practice as it is useful to know different models of intervention, to increase the network with other organizations and to promote the dissemination of the project itself, in this case Mentalprac.

This report is a description of the resources, facilities, services and organizations that we have visited throughout the development of the project during the transnational

meetings. These entities work in the social field. Within the groups they work with we can find people with mental health problems. Therefore the visits have provided different ways to address the main issue of the project.

# UNITED KINGDOM

**Name of Resource**: SPADEWORK LTD (Kent)

**Type of resource**: Not for Profit organization and registered charity

**Year of foundation of resource**: 1984

**Mode of financing of resource**: Social services, charitable trusts, commercial sales, donations from a group of supporters, donations from the general public

**Profile of beneficiaries of resource**: Learning disabilities, autism, language difficulties, physical difficulties, brain injuries, down syndrome, etc

**Number of beneficiaries**: 88

**Description of the visit**: The partners toured the greenhouses and garden centre, which operates as a commercial entity with all profits being used for the development of services for the clients.

There is a café on site in which the partners enjoyed an early lunch. The partners were introduced to clients, all of whom suffer mental disabilities, some with mental health issues as well as disabilities. The project staff explained the background to the creation of the project and also explained their financial streams and their philosophy.

The premises were very impressive and the commitment of staff was clear. On Saturdays when there is high commercial activities, clients are not usually on site. This is partly due to lack of staffing resources to supervise clients and also because most clients are only working weekdays. Most clients attend for 2 days per week, depending on their funding package. Individuals are supported by Social Services, health service or by family resources on a private basis. There are not enough placements to meet all demands. Those attending achieve good progression and totally enjoy their experience.

**Name of Resource**: WEST TRACK STUDIO (Canterbury, Kent)

**Type of resource**: Community Interest Company

**Year of foundation of resource**: 2008

**Mode of financing of resource**: Various grants; rehearsal and recording fees from bands and musicians hiring the studio. The people they support often receive funding for their support through care managers/social services. The West Track Studio is part of the Skillnet Group which receives regional and local funding to provide services to the target group as well as individual payments attached to participants on this special project

**Profile of beneficiaries of resource**: People with learning difficulties.

**Number of beneficiaries**: 25.

**Description of the visit**: The West Track Studios is part of Skillnet Group, founded in 2001, a non-for profit Community Interest Company that has a number of 100-150 beneficiaries.

The West Track Studios provide work experience placements and music related social integration activities for adult with learning disabilities. The studio operates part-time with sessions schedules according to the individual needs and resources available. Most places are funded by Social Services using financial allocations attached to each client. This varies according to the level of disability and the assessed needs of the individual client.

The visit was arranged by the UK host organization, Action with Communities in Rural Kent. Representatives from all MentalPrac project partners took part in the visit. There were 6 clients from the target group present and each introduced him/herself. The trainer gave background information and explained how the studios not only provide stimulation and music skills, but also creates an essential social interaction without which the clients may live in isolation, compounding their disadvantage.

The clients sang and played the guitar to an audience of appreciative transnational partners. They also viewed the facilities which include a complete recording studio and ancillary offices. These facilities are sometimes rented out to generate income, which helps to run the project.

All partners enjoyed the visit and appreciated the opportunity to engage directly with the target client group. The learning included how to use creative environments to inspire and enthuse disadvantaged groups as well as how to create and promote social enterprise that not only generates new financial resources but also opens unusual social resources to benefit the local community as well.

**Name of Resource**: CHEQUERS KITCHEN (Deal, Kent)

**Type of resource**: Not for Profit, Community Interest Company

**Year of foundation of resource**: 2012

**Mode of financing of resource**: European Social Fund, Fund-raising, Charitable Trusts, Private donations, Crowd Funding

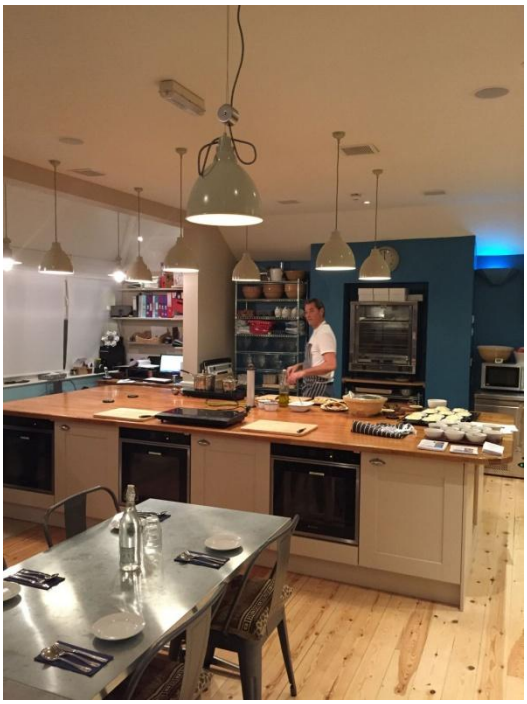
**Profile of beneficiaries of resource**: Local people from low-income families including long-term unemployed. From an area of socio/economic deprivation affected by closure of coal mines. 3-generations of unemployment. Low educational achievement. History of exclusion. Poor quality of health

**Number of beneficiaries**: 200 per year

**Description of the visit**: The objective of the resource is to provide training to low income families so that they can produce healthy meals for themselves. To educate parents about the value of home-cooked meals and the benefits that creating wholesome, nourishing and low-cost meals can bring to the socio-economic factors in every house-hold. This includes the value of sharing meals together, the social skills of conversation over eating together, the reduction in use of convenience (pre-prepared) foods, the empowerment of being able to provide nourishing low cost and attractive food for the family and reducing obesity through healthy eating.

In relation to the visit, the partners toured the training centre which was created from a redundant pub. The chef produced a typical healthy meal and the partners shared a social evening, eating together and comparing good practices. All partners were very impressed by the quality of the facilities, the dedication of the staff team and the high standard of food produced. It was a dark winters night so it wasn't possible to experience the beautiful rural surroundings in which the project is situated, alongside the beach between Deal and Sandwich. The partners learned how the public come to the restaurant when it is open for general trade, bringing income to support the vocational training aspects that are provided during the day-time sessions of training and education.

A very good project visit, much enjoyed by everyone.



# BELGIUM

**Name of Resource**: COORDINATION CENTRE GROUP UBUNTU
Blokkestraat 29A, 8550 Zwevegem, Belgium

**Type of resource**: Non-Profit organization

**Year of foundation of resource**: 1997 (First called vzw Feniks – since 2008 the network organization Group Ubuntu)

**Mode of financing of resource**:
VAPH – Flemish Agency For Disabled persons – support & subsidies
Flemish Government – subsidies
Charity
Own resources

**Profile of beneficiaries of resource**:
Adults with learning disabilities / Staff members

**Number of beneficiaries**:
450 Clients
225 Staff members
100 Volunteers

**Description of the visit**: The word Ubuntu is derived from one of the Bantu languages in Africa and is pronounced 'oeboentoe'. It's an African philosophy that gives us more insight in ourselves in relation with the world. According to Ubuntu, there is a connection between all of us and because of this connection, by interacting with our fellow men, we discover our own qualities. We need other human beings in order to be and become human. We acknowledge our own humanity if we recognise this from others.

Ubuntu refers to what you can do for others. It relates to how you see others and yourself within relationships, your family and the community. Ubuntu goes to the heart of being human! Offering your strong suits to the benefit of others, sharing your qualities with others.

From this Ubuntu philosoph, Group Ubuntu is convinced that a person with a disability too has the ability to create and hereby contributes to the development of other people's life quality. At the same time, he or she enjoys a higher quality of life and satisfaction. In

Group Ubuntu they search actively for those possibilities to develop talents with clients and employees.

"Based on the principle of respect and equality, Group Ubuntu wishes to support disabled people and their networks in finding a meaningful role in society and in developing a cherished place and a life of quality for themselves. Group Ubuntu believes that all people should be united in order to be able to understand themselves and to fulfill their individual needs. In order to achieve this, Group Ubuntu is committed to invest all the talents and expertise, to engage in networks and to start new initiatives".

The visit included the following activities:

- Visit of the coordination center of Group Ubuntu
- Visit of the training rooms of Epo2
- Presentation mental health care in Belgium
- Comparison with mental health care in partner countries
- Mental health care vs people with disabilities – presentation & roundtable discussion

**Name of Resource**: ARTISTIC WORKPLACE "DE ZANDBERG"
Julius Sabbestraat 45, 8530 Harelbeke, Belgium

**Type of resource**: Service centre for people with disabilities; Local community centre (cooperation with vzw BIK); Non-profit association

**Year of foundation of resource**: 2004

**Mode of financing of resource**: VAPH – Flemish Agency For Disabled persons – support & subsidies; Flemish Government – subsidies; Charity; Own resources

**Profile of beneficiaries of resource**:
Adults with learning disabilities - Disabled artists (Outsider Artists)

**Number of beneficiaries**: 45

**Description of the visit**: As part of the aforementioned organization Group Ubuntu, De Zandberg (The Sand Mountain) is a workshop for disabled artists. It is conceived for adults who have an artistic feeling. Below are described the different sections.

Workshop: Every artist has its own spot to work at De Zandberg. Work at De Zandberg involves painting, drawing, working with clay, working with fabrics, photography, dance, music, poetry, silkscreen painting, etching, etc,... There are many things one can learn, but also teach to others. One can explore, invent, observe different techniques and materials. Or one can try multiple disciplines and find out what suits best. Every artist has his own style.

Art creates connections: At regular times the artists of 'De Zandberg' visit exhibitions or artist's workshops or just beautiful spots. Why? To learn and observe. To watch what other people are making. To meet other artists, to listen to them and to talk to them and then go back to the own workshop and be inspired to make something new or to continue with fresh ideas.

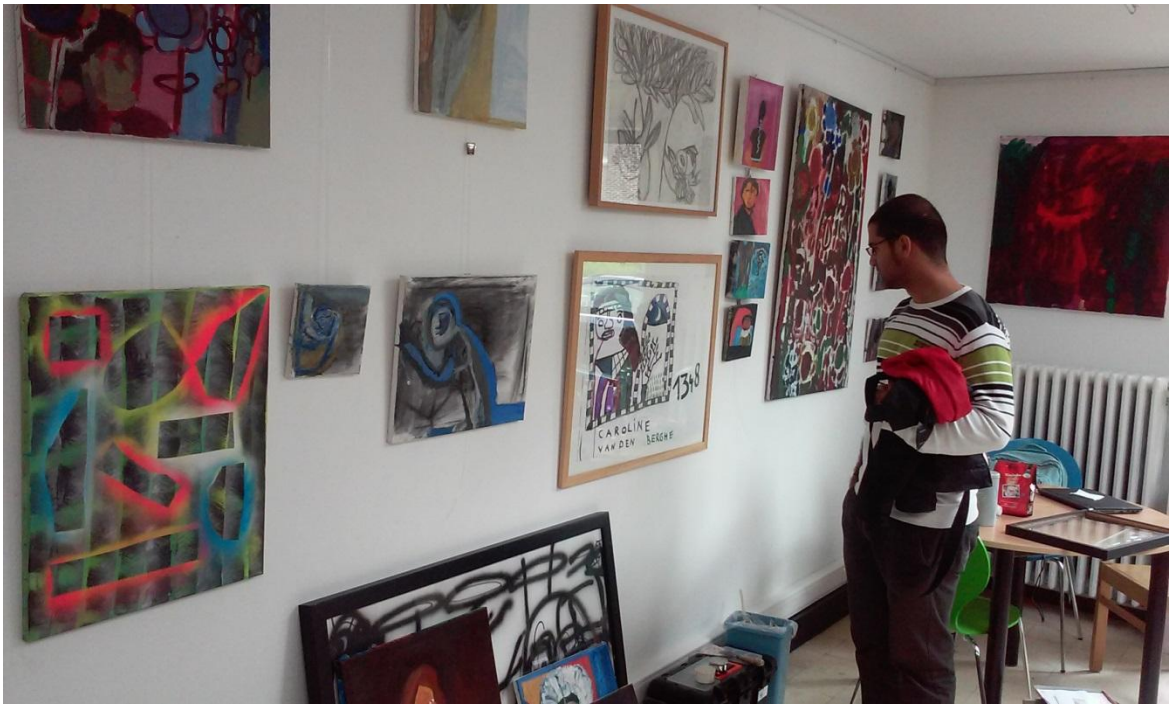
Projects: Occasionally the artists are offered a chance to work with other artists and learn new things. This could be something totally new, that the artists never done before, or it could involve working together on a project. Working together means learning from one another.

Exhibition: If a person has been working at De Zandberg for some time and has been making interesting work, some of his/her art work may be eligible for exhibition. Showing one's work is really important as it enables you to hear other people's opinions. It is equally important for people who visit the exhibition as they will first see the exhibits and then later find out that the artists who made them are 'different'.

Art Library: Every year the artists of 'De Zandberg' present their work to a jury. This jury makes a selection of the best creations. These works will become part of the Art Library. This means that people can rent these painings, drawings, etches, etc. They will pay € 35 per year and will be allowed to choose a new work of art from our Art Library as often as they like.You will find all artists and photos of the work they have on loan on www.artotheek.be

The activities of the visit were the following:

- Visit of the workspaces of the artists
- Brief introduction of outsider Art
- Overview of the approaches and methodologies
- Workshop 'Gentle Teaching' (methodology) – www.gentleteaching.com
- Workshop 'Ubuntu lifestyle' (methodology)
- Visit of the exhibition space
- Visit of the artotheek (Art Library)
- Visit of the local community centre (cooperation with vzw BIK)


CAROLINE
VAN DEN BERGHE

DE ZANDBERGTUIN

# GERMANY

**Name of Resource**: BERATUNGSTELLE FÜR NEUZUWANDERER AUS RUMÄNIEN UND BULGARIEN (Counseling center for immigrants from Romania and Bulgaria)

**Type of resource**: Nonprofit organization

**Year of foundation of resource**: 2010

**Mode of financing of resource**: Since 2011 is funded by "die Landeshauptstadt München, Amt für Wohnen und Migration"

**Profile of beneficiaries of resource**: Immigrants from Romania and Bulgaria

**Number of beneficiaries**: about 2.500

**Description of the visit**: Managed by Caritas, non-for profit organization founded in 1897 that support in Germany more than 12 million people, the counseling center for immigrants from Rumania and Bulgaria has as objectives protecting the person´s dignity, and promoting life in solidarity with each other in a pluralistic world, commitment across borders.

The centre provides advice for the social and labor integration in Germany for people who come from Bulgaria and Romania. The offer of this centre will ensure the needed support, especially for children and young people of these countries. The visit was organized by the German host organization. Representatives from all Mental Prac project partners took part in the visit. During the visit were explained the main points of this organization, how it works with the different target groups, the distribution of the counseling as well as the different courses they offer, in order to support the people who come to the institution. These courses are designed to improve the skills of the target groups so that they have better job opportunities in the future.

**Name of Resource**: ARBEITSGELEGENHEITEN IN DER MÜNCHNER AIDS-HILFE (Job opportunities in the Munich Aids)

**Type of resource**: Nonprofit organization

**Year of foundation of resource**: 1984

**Mode of financing of resource**: The Munich Aids is promoted in its various areas of work by several institutions, projects and other grant donors.

**Profile of beneficiaries of resource**: Long-term unemployed people with placement difficulties (with and without HIV)

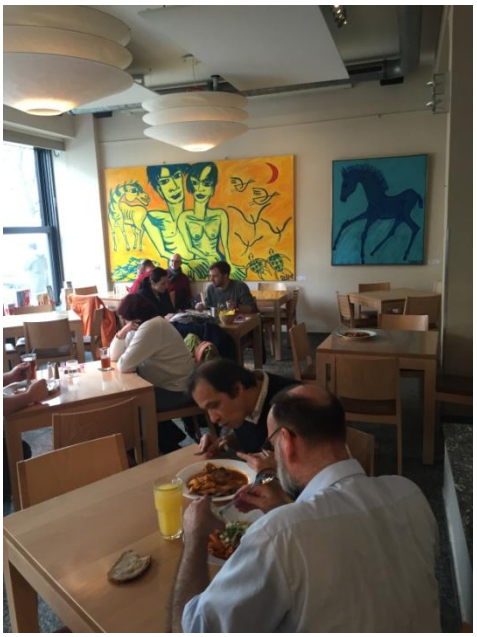
**Number of beneficiaries**: 86 people took part in an action in 2014

**Objectives of the resource**:

**Description of the visit**: The main goal of the resort is the approach of long-term unemployed people to the labor market and ultimately their reintegration.

The visit took place in the Münchner Aids Hilfe and was organized by the German host organization. Representatives from all Mental Prac project partners took part in the visit. We had the opportunity to visit the "Café Rebengoben", service that offers restaurant, catering, as well as a great place for different events. In this place they offer occupations for long-term unemployed people with placement difficulties (with and without HIV) with the support of pedagogues and experts in kitchen. We had also the opportunity to carry out our event in the Convention Center, where they explained us how this institution works. The München Aids-Hilfe offers through its sector "Job and occupation" jobs possibilities in different sectors for long term unemployed people with placement difficulties, not only in service, but also in the social care, laundry, administrative and cleaning sector.

Caritas
Pater-Rupert-Mayer-Haus
Bildungs- und
Tagungszentrum
Lämmerstraße 5
80335 München
Haupteingang
Hirtenstraße 2 - 4
Lämmerstraße 5



# SPAIN

**Name of Resource**: Centro para la atención de la enfermedad mental Nuevo Azahar
(Centre for supporting people with mental disabilities Nuevo Azahar)
Archena (Murcia) -Spain-

**Type of resource**: Non-profit organization

**Year of foundation of resource**: 2012

**Mode of financing of resource**: Financed by the Instituto Murciano de Acción Social (IMAS) (Institute of Social Action of Murcia)

**Profile of beneficiaries of resource**: People with diagnosis of severe mental disorder.

**Number of beneficiaries**: 38

**Description of the visit**: The Residential Center "Nuevo Azahar" is a community resource for people with severe and chronic mental illness, who do not have family support or because of their disorder, social circumstances or needs within their rehabilitation process, they require the services of this residential resource.

The operation of the center is open to the community, fostering a family environment, as normalized as possible to facilitate and involve residents in the active participation, planning of activities and development of proposals for improving the service.

The general objectives are:

- Providing a safe, accessible and tailored environment to cover the special needs of people with mental disorder.
- Providing a harmonious coexistence between people with mental disorder and the centre environment.
- Offering a portfolio of services in order to improve the quality of life of people with mental disorder.

The specific objectives are:

- Carrying out a personalized programme based on the needs and particularities of each of the residents, so that they can achieve progressively higher levels of development and personal independence.

- Providing the greatest possible degree of independence to achieve the greatest possible autonomy.
- Developing skills that foster social autonomy in people with mental disorder.
- Providing individual and/or group counseling.
- Providing individualized health care to people with mental disorder.
- Encouraging the active participation of families to acquire skills to enhance the autonomy, social competence, etc, of clients with mental disorder.