



GAMIAN -Europe Report of the Annual Convention Vilnius

19/21 sept 2013

REPORT

REPORT

GAMIAN's 16th Annual Convention: 19/21 September 2013

by Introduction by Pedro Montellano, president

The Annual Convention of GAMIAN-Europe is always a very special and empowering event. Members from all across the Europe get together in an atmosphere where you can breathe Mental Health in a positive way.

It's a time to meet old friends and make new ones. All delegates are very committed to share their experiences and get new information which helps them to improve mental health in their own countries.

This year in Vilnius all this happened. After a very friendly welcome dinner the work sessions began the day after.

The themes of the sessions were very interesting and the invited speakers made excellent presentations. This raised in the audience an enormous will to participate and in almost every session the Chair had to close the session before all the questions could be asked.

The social part of the Convention was also a great success, allowing people to get to know each other in a very friendly atmosphere and creating conditions for the exchange of experiences and future collaboration.

The farewell dinner was an excellent example of this spirit of the GAMIAN-Europe family. Everybody was singing and dancing to the sound of a band of Lithuanian traditional songs.

I want to specially thank the members of the Club 13 & Co and the staff of GAMIAN-Europe that worked very hard to make this Convention a great success.

I'm looking forward to next year Convention.

Gamian is supported by GSK, Janssen and Lundbeck
The 2013 Vilnius convention was co-financed by Lundbeck



Programme

Thursday 19/09

Afternoon: Arrival of Delegates & Registrations

Evening: Award Giving Ceremony of GAMIAN-Europe Good Practices Award

Welcome Dinner

Friday 20/09

09.00-09.30 Welcome address by GAMIAN-Europe and Club 13 & Co- hosting organisation in Vilnius.

Morning session: chaired by Danguole Survilaite, chairperson of Club13 & Co and Pedro Montellano, president of GAMIAN Europe

09.30-10.15 [The Joint Action on Mental Health and Well Being . Focus on Depression](#)

Pedro Montellano, president of GAMIAN-Europe, member of the Group of Governmental Experts on Mental Health and Well-being and member of the advisory committee of the joint action

10.15-11.00 [The OECD reports on Work and Mental Health in 9 European countries](#) **Veerle Miranda**, OECD representative:

11.00-11.30 Coffee Break & Networking

11.30-12.15 [Working with Schizophrenia: Pathways to Employment, Recovery & Inclusion](#)

Stephen Bevan (Fit4Work – The Work Foundation)

12.15-13.00 Lunch & Networking

13.15-13.45 Transfer by bus to the Republican Vilnius Psychiatric Hospital (Parko 15, Vilnius)

13.45-14.15 Short tour in the psychiatric hospital

Afternoon Session: chaired by Rebecca Muller, secretary General of GAMIAN-Europe and Bert Aben, board member

14.30-15.15 [The Patients view on Mental Health and work; presentation of the results of the GAMIAN-Europe survey: with special focus on Depression](#)

Rebecca Mueller (GAMIAN-Europe), **Inge Neyens** (LUCAS, Belgium)

15.15-16.00 Presentation of selected good practices on work as an element of recovery by GAMIAN-Europe national members

16.00-16.30 Coffee break & Networking

16.30-17.30 Presentation of selected good practices on work as an element of recovery by GAMIAN-Europe national members

17.30-18.30 Discussion

Saturday 21/09

Morning session chaired by Flavio Prata, vice president of GAMIAN-Europe and Raluca Nica, board member

09.30-11.00 **Dr Catherine Kilfedder** (British Telecom)

Reasons behind British Telecom's focus on combatting depression within the company and the subsequent effects on employees and the company as a whole

Prof. Dr. Stelios Stylianidis

(Associate Professor of Social Psychiatry at the Department of Psychology at Panteion University in Athens; founder and Scientific Director of the Scientific Association for Regional Development and Mental Health - EPAPSY and Vice President of the World Association for Psychosocial Rehabilitation - WAPR)

How to survive an economical and financial crisis.

- 11.00-12.00 Coffee Break & Networking: **Organization Market**
- 12.00-13.00 Interactive session to edit recommendations based on the exchanges of Friday afternoon.
Chaired by Hilikka Karkkainen, treasurer of GAMIAN-Europe and Aikaterini Nomidou, board member
- 13.00- 14.00- Lunch & Networking
- 14.00 -15:30 General assembly GAMIAN-Europe (members only)
- 16.00- 19.00 Visit Trakai Castle
- 20.00 Farewell Dinner and Networking



Participants

NAME OF DELEGATE	ORGANISATION	COUNTRY
Bert Aben	VMDB (board member)	The Netherlands
Jelmer Abrahams	Anoisikis	Netherlands
Paul Arteel	GAMIAN-EU (executive director)	Belgium
Stephen Bevan	Fit4Work	UK
Andrea Bodrogi	Avakenings Foundation	Hungary
John Bowis	Indv member (board member)	UK
Yoram Cohen	Enosh	Israel
Patrick Colemont	Ups & Downs	Belgium
Paul Cosse	Schizo ?...Oui !	France
Bogdan Dobnik	OZARA	Slovenia
Dragan Kalinov Donkov	Richmond Foundation (1st delegate)	Malta
Aidan Fahy	Cork Mental Health	Ireland
Jacinta Hastings	Indiv member	Ireland
Kristina Jandrić	Sunrise	Croatia
Jan Jaroš	Kolombus	Czech Republic
Patrick Jeannot	SOLIDARITÉ SANTÉ MENTALE	France
Georgios Karakitsios	SOFPSI N.SERRON	Greece
Hilkka Karkkainen	Indiv member (treasurer)	Finland
Catherine Kilfedder	Speaker British Telecom	UK
Marthe Lokken	Bipolarforeningen (1st delegate)	Norway
Christine Marking	GAMIAN-EU (European Relations policy-advisory)	Belgium
Jan Martinek	Česká asociace pro psychické zdraví	Czech Republic
Veerle Miranda	Speaker OECD representative	France
Pedro Montellano	ADEB (president)	Portugal
Rebecca Muller	Ups&Downs (secretary-general)	Belgium
Inge Neyens	Speaker Lucas	Belgium
Nica Raluca	LRSM (board member)	Romania
Aikaterini Nomidou	Sopsi N Serron (board member)	Greece
Frans Overmeire	V.M.D.B	Netherlands
Flavio Prata	Arete Onlus (vice-president)	Italy
Urve Randmaa	EMHA	Estonia
Ulrike Rieser	France Dépression	France
Eva Sellberg Bäckström	LIBRA	Sweden
Antoinette Shah	Richmond Foundation (2nd delegate)	Malta
Thanasis Soumalias	Kinapsi Greece	Greece
Arif Haldun Soygur		Turkey
Stellios Stellanidis	Speaker EPAPSI	Greece
Finn Svartvadet	Bipolarforeningen (2nd delegate)	Norway
Elise Torossian	Advocacy Group for the Mentally Ill (A.G.M.I)	Cyprus
Håkan Wingren	Riksförbundet Balans (National Association Balans in Sweden)	Sweden
Muazzez Merve Yüksel	Ankara Şizofreni Hastaları ve yakınları Derneği	Turkey
Rafal Zukowski	Association Integration	POLAND
Laura Dobell	Janssen	UK
David Mouyal	Lundbeck	Danmark
Sofie Ustrup	Lundbeck	Danmark

Our local partner: Club 13&co
(National Association of Persons with
Mental Disorders and Their Friends)

www.club13.lt
info@club13.lt

The Club's 13&Co. mission is to improve the image of mental patient within society, reduce stigmatization and discrimination by sharing the information related to mental health issues, to increase self – confidence of mental patients' by their creativity.

Main goals of the Club 13&Co.:

- to advocate and protect rights of people with mental problems;
- to promote health and social rehabilitation of people with mental disorders;
- to fight against stigma &discrimination and to promote equal opportunities of mentally ill;
- to inform the society about the problems of mental patients;
- to improve the reputation of people with mental disorders in society; to encourage mental users for creative self-expression

CONGRESS VENUE AND ACCOMMODATION
Radisson Blu Hotel Lietuva, Vilnius

Konstitucijos ave. 20
LT - 09308 Vilnius, Lithuania
Tel: +370 5 272 6272
Fax: +370 5 272 6270

<http://www.radissonblu.com/lietuvahotel-vilnius/location>

Housed in a 22 story highrise, this Vilnius hotel is the city's tallest accommodation. Centrally located in the Lithuanian capital's bustling business district, the lively upscale hotel is only a 10- minute walk from the famed Old Town. Radisson

Regarded as one of the finer Vilnius hotels, this four-star accommodation also boasts an excellent restaurant, as well as a **top floor bar** and lobby bar.



LECTURE 1

FOR MORE INFORMATION

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SEE THE POWERPOINT PRESENTATION

Link to the pdf: [click here](#)

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The Joint Action on Mental Health and Well Being . Focus on Depression

by **Pedro Montellano**, president of GAMIAN-Europe, member of the Group of Governmental Experts on Mental Health and Well-being and member of the advisory

GAMIAN is collaborating partner in the "horizontal dimension" of the Joint Action. This means in particular to be a member in the Advisory Committee which will be created and will meet once or twice per year. This approach reflects the understanding that the Joint Action will be primarily a process addressing Ministries of Health of EU-Member States, but at the same time the need to involve NGOs and patient organisations as well as the added value of an interface with regional and local expertise.

Membership in the advisory committee means to be updated on the progress of the JA, and the possibility to advise on its implementation. Further stakeholders may be invited to participate in the advisory committee with a nonformal status. The status as a collaborating partner does not exclude further involvement, as agreed with Work Package leaders, in specific work packages.

Gamian was invited to participate at the meetings of the Governmental experts on Mental Health and Well Being and actively participated in

- WP 4 . Taking evidence-based action against depression, including actions to prevent suicide. E-health
- WP 5: Managing the evolution towards community-based and socially inclusive approaches in mental health



LECTURE 2

FOR MORE INFORMATION

➔ OECD
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SEE THE POWERPOINT PRESENTATION

[Link to the publication](#)

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The OECD reports on Work and Mental Health in 9 European countries: by Veerle Miranda, Economist

Directorate for Employment, Labour and Social Affairs OECD

Tackling mental ill-health among the working-age population is becoming a key issue for labour market and social policies in OECD countries. It is an issue that has been neglected for too long, reflecting widespread stigma, fears and taboos. Employment opportunities for people with mental ill-health are low, many of those who are employed struggle in their jobs, and disability caused by mental ill-health is frequent and rising. OECD governments increasingly recognise that this situation is not sustainable and that policy has a major role to play in improving it.

Although mental ill-health poses one of the greatest new social and labour market policy challenges in OECD countries, relatively little is known about the connection between mental health, disability and employment. How much does mental ill-health affect employment opportunities and how does this vary by severity of illness? Is the changing workplace environment contributing to trends in mental health-related disability? To what extent is the increasing share of mental health-related

disability a result of policy and system design? What is the role of the health care system with reference to the working situation of the patients? Why are youth in OECD countries increasingly moving into the disability benefit system without ever entering the workforce? Available evidence to address these questions is partial or incomplete; many important elements are still unknown or not understood fully; and misconceptions are widespread.



LECTURE 3

Working with Schizophrenia: Pathways to Employment, Recovery & Inclusion

by **Stephen Bevan** (Director, Centre for Workforce Effectiveness
The Work Foundation &
Honorary Professor Lancaster University)

FOR MORE INFORMATION

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SEE THE POWERPOINT PRESENTATION

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About one in a hundred people in the UK have schizophrenia

Only 8% of people with schizophrenia are in employment, compared to 71% of the general population

Being diagnosed with schizophrenia at an early age impedes entry into the labour market

Periods of absence lead to poor job retention and hamper career prospects

70% of average annual cost of schizophrenia in England is due to lost productivity from unemployment and absence from work

Benefits of work* include financial gain and improved general and mental health and wellbeing

What are the barriers to employment and remaining in work for people living with schizophrenia?

What are the most important factors that influence the ability to work or remain in work for people living with schizophrenia?

What interventions help people living with schizophrenia enter or remain in employment?

What can policy makers and key stakeholders do to reduce the barriers to employment for people living with schizophrenia?



LECTURE 4

FOR MORE INFORMATION

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The Patients view on Mental Health and work; presentation of the results of the GAMIAN-Europe survey: with special focus on Depression

by **Rebecca Mueller** (GAMIAN-Europe). **Inge Neyens** (LUCAS, Belgium)

Patient Survey of GAMIAN-Europe **on the needs of patients regarding Mental Health and the Work Place**. This project is supported by a non restrictive grant of Janssen & Lundbeck.

Survey methodology & aim:

A total of **572 responses** has been received.

The survey questionnaire was **translated into 21 languages** in order to allow respondents to answer without any barriers.

Respondents were contacted **by the GAMIAN member associations** in 20 European Countries.

The survey was also **accessible online** on the GAMIAN website and on the GAMIAN Facebook, Twitter and Linked-in accounts.

Scientific Steering Committee: Pedro Montellano, Rebecca Muller and Hilka Kärkkäinen (for GAMIAN-Europe), Prof. Chantal Van Audenhove (LUCAS -University Leuven Belgium), David Mouyal and Laura Dobell

Motivation to work is high!

Mental health has a strong influence on work and vice versa

Fear for relapse and presence of symptoms make it difficult to get back to work or keep a job.

Social aspect of work is very important -> relationship with colleagues

Need for effective treatments to ensure sufficient symptom reduction so that people can work again and keep their jobs!

Work leads to an increase quality of life -> A good life quality includes work !

More and effective programs for people with mental health problems to find work and keep their job.

Fighting stigma & change of attitude



LECTURE 5

FOR MORE INFORMATION

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SEE THE POWERPOINT PRESENTATION

Link to the pdf: [click here](#)

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Reasons behind British Telecom's focus on combatting depression within the company and the subsequent effects on employees and the company as a whole

bv Dr Catherine Kilfedder (Group Wellbeing advisor, British Telecom Group)

Business drivers for mental health at work:

Enhancing performance
Diversity & creativity
Social responsibility
Corporate image and brand
Legal compliance
Cost management
Absenteeism
Presenteeism
Healthcare costs
Quality issues
Accidents
Burnout & Turnover

Mental Health Toolkit to Promote good mental health

Management competencies for stress
Positive mentality
How good is your mental health?
Managing pressure
Achieving the Balance
Support when mental health at risk
STREAM, STRIDE
2 minute guides to stress
Employee Assistance Management
Health and Wellbeing passport
Training



Managing mental health issues

Open Minds: Head First
Resource pack for managing people in distress
Managing mental health training *
Self-help books
Employee Assistance Programme
Mental Health service
Occupational Health service

LECTURE 6

How to survive an economical and financial crisis

By Prof. Dr. Stellios Stylianidis

FOR MORE INFORMATION

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SEE THE POWERPOINT PRESENTATION

No ppf available

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(Associate Professor of Social Psychiatry at the Department of Psychology at Panteion University in Athens; founder and Scientific Director of the Scientific Association for Regional Development and Mental Health - EPAPSY and Vice President of the World Association for Psychosocial Rehabilitation - WAPR)

Stellios Stylianidis gave an overview of the situation in Greece, confronted with the financial crisis.

He emphasized on the need to re'spect patients' rights, included right to treatment.

The role of self-help groups, and their great cost/effectiveness could be an important treatment tool for countries in financial problems



Exchanges

A Gamian-Europe convention is a place of encounters, where representatives of patients associations are invited to present their association and their activities to each other.

In Vilnius following associations took the opportunity:

BLUE HORSE TURKEY



The Blue Horse Café has been founded on June 5, 2009 by the Federation of Schizophrenia Associations in Ankara, Turkey. Primary goal of Blue Horse Café was to provide supported work for schizophrenia patients, and through this path, to strengthen their self-esteem, functionality, life quality and to contribute to their target in becoming part of the society. Secondary goal of the Blue Horse Café is, for individuals consisting the society, to receive services from schizophrenia patients and through their social contact, to create opportunity for them to change their negative prejudice and attitude towards such patients. The budget of the project was 120.000 Turkish Liras, 80.000 was funded by support of Biofarma Pharmaceutical Co. The Blue Horse project was established with no collaboration with other projects or associations

[Read more...](#)

Contact:
TURKISH FEDERATION OF SCHIZOPHRENIA ASSOCIATIONS (Solidarity Association)
Mareşal Fevzi Çakmak Str. 31/8 Beşevler
ANKARA TURKEY
Project leader : PROF. HALDUN SOYGUR
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Contact person : MUAZZEZ MERVE YÜKSEL
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ANOIKSIS HOLLAND



Anoisksis was founded on 16 February 1993. Anoisksis means 'Open Mind' and is the Dutch association of people with vulnerability for psychosis or schizophrenia.

The purpose and mission of Anoisksis is to improve the quality of life of people with this susceptibility.

Our activities include public education, advocating our interests, supporting research and organizing meetings for patients. Meeting with our fellow peers is vital because we can understand each other and discuss our experiences openly and without discrimination.

In 2009 Michael van Oostende and an Anoisksis Think Tank set up a contest for a new name for "schizophrenia". That label is out-of-date and out of touch with modern scientific knowledge. There were 320 entries for the competition, even some from abroad. We no longer wanted to explain every time that we do not have a split personality. However, we do have to cope with the possibility of symptoms and avoid triggers that might bring on a psychosis. The winner of the competition was Dysfunctional Perception Syndrome (DPS). The jury found, however, that even this name, DPS, does not cover the ground ideally. DPS caught on in the Netherlands but not internationally.

[Read more...](#)

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AGMI CYPRUS



Kinisi Proaspsis Dikeomaton Psychika Asthenon (KI.PRO.DI.PS.A.)

Advocacy Group for the Mentally Ill – english title acronym (A .G.M.I .) is an Non Governmental Non Profit Organization Established 1999

The objective outlines and determines the policy of A.G.M.I. and its activities which aims to protect safeguard the rights of citizens with mental health problems and that of their family and carers advocating for the improvement of mental health care, for their empowerment , combating stereotypes exposing affected citizen's to prejudice, discrimination and marginalization. All contacts/ activities of the organization involves are aimed in combating prejudice for mental illness ,contributing in promoting mental health and preventing mental illness.

Activities on a collective and personal level are directed towards different Ministries, Departments, Conveying and promoting the views derived under the needs of this group to decision makers, authorities etc..

[Read more...](#)

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FRANCE DEPRESSION



Objectives:
Support and inform people about depression and bipolar disorder, particularly future consequences, treatments, therapy, acceptance and recovery, current research... ,
- Encourage understanding of depression among the general public and fight the stigma against mental illness,
- promote the development of research programmes into the causes, treatment and prevention of depression and bipolar disorder.

[\(read more...\)](#)

Contact: France Dépression
Ulrike Rieser
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75015 Paris

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info@france-depression.org

BALANS LIBRA SWEDEN



(H)JÄRNKOLL

BALANS is based in Stockholm and has about 800 members. As of today, BALANS has nearly 10 participating subdivisions from north to south. BALANS was also founded in 1997 (same as LIBRA)

(H)järnkoll improves attitudes:

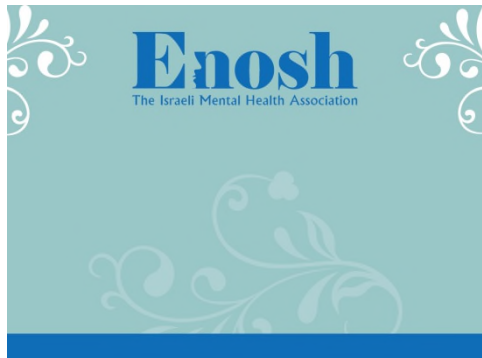
Hjärnkoll is Sweden's largest anti-stigma campaign, ever. Its mission is to increase awareness, improve public attitudes and end discrimination faced by people with mental health conditions. [read more on LIBRA](#) and [read more on BALANS](#)

Contact:

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ENOSH ISRAEL



Enosh was founded in 1978 by a group of families, volunteers, and professionals.

Enosh initiates and develops many multidimensional services for mentally ill persons and their families within communities throughout Israel (housing, employment, and leisure).

55 branches spread from Kiryat Shmona to Eilat (including the Arab Sector), that serve approximately 4,500 mentally disabled individuals and approximately 3,000 families.

Enosh's mission is carried out by the governing board in collaboration with the senior professional staff, and is implemented by approximately 700 employees and 900 volunteers ([read more...](#))

Contact:

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Michal Danin-Hollander, Director of Resource Development

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Discussion / Conclusions

Lorem Ipsum

Nulla semper orci id leo adipiscing at pulvinar ante porta. In quis orci orci, sed pellentesque dui. Aliquam nec cursus augue. Sed est massa, ullamcorper vitae gravida ut. Curabitur pretium eleifend lectus, at faucibus lectus

On Saturday morning all participants discussed on the themes that were presented during the convention.



Three issues were brought forward as things to go on:

- The British Telecom example (as presented by Catherine Kilfedder) should be multiplied. Patients associations could promote this way of thinking/working in their countries.
- The issue of patients right: access to treatment. The Greek experience, as presented by Stelios Stylianides showed the importance of self help groups.

The Attitude ambassadors, project of the Swedish associations Balans and Libra, could become a Gamian-Europe project.



Trakai Castle

The old town of Trakai is situated west of Vilnius between the hills, forests and lakes. The shores of the peninsula on which it is located are washed by the waters of Lakes Galvė, Totoriškių and Bernardinų. This town, famous for its picturesque landscape and the legendary Trakai Castle, was a cradle of the Lithuanian statehood, an important military and political centre, headquarters of the Lithuanian Grand Dukes, and the capital of Lithuania. Today, Trakai attracts visitors to a wonderful place offering refuge from a hectic city life, with walks around the beautiful area or yacht trips on one of the numerous lakes.

Trakai is also known for the Karaimes (a people speaking the Turkic language), who have lived there since the 14th century and have preserved their traditions. The kenesa – a Karaime sanctuary – and houses of Karaimes have survived in Trakai, and the national dishes (the most popular is kybyn – a small pasty stuffed with minced meat) of this ethnic group can be tasted at the Karaime Restaurant.



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author: Paul ARTEEL

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