



European Community Based Mental Health Service Providers Network

European Partnership for Delivering Quality Community Mental Health Services

Our Website is Online

Finally, EUCOMS has a website: www.eucoms.net. On our website you can find information about where EUCOMS stands for, what we do, who we are, what goals we want to achieve and our activities including our last and upcoming events. The website is work in progress. Your input is very welcome, so have a look and let us know if you have any suggestions for the website via eucoms2015@gmail.com.

Register now for the EUCOMS Event in Hamburg!

We would like to remind you to register for our event in Hamburg on the **12th of September**. Registration is possible until the **1st of July**. Participants from Europe and beyond are invited to share knowledge and experiences on challenges encountered when implementing CMHC, and opportunities to overcome these challenges in practice. The meeting specifically focuses on the theme: 'Collaboration Between Community Outreach Teams and Hospitals'. For more information and registration please visit www.eucoms.net. We look forward to welcoming you in Hamburg!

Want to become a member?

That is possible! Becoming a member is free and is open for individuals and organisations that provide or support services for people affected by mental illness. For more information and to register please visit www.eucoms.net.

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Request for Twinning Support

“A twinning is the coming together of two communities seeking, in this way, to take action with a European perspective and with the aim of facing their problems and developing between themselves closer and closer ties of friendship”. Jean Bareth

In the spirit of community mental health care we would like to explore whether our members would be interested in setting up a twinning structure in Europe to support each other in the full implementation of community based mental health care. Common themes of interest between the different members could be the start of a collaboration.

Support of the other organisation or country could mean many different things such as:

- Participation in knowledge sharing activities
- Organisation of workshops and cross-country visits to share best practices and to build capacity of leaders, providers and peer experts in community care

Next EUCOMS Meeting in Collaboration with European Compass for Mental Health and Wellbeing – Save the date!

We are very happy to announce that the fourth EUCOMS event will be organised as a preconference of the Third EU Compass Forum on Mental Health and Well-being in Luxembourg. The forum will take place on the **8th and 9th of February 2018** highlighting the following themes: ‘Mental Health in all Policies’ and ‘Community Mental Health Care’. The EU Compass for Action on Mental Health and Wellbeing aims to collect, exchange and

- Hosting of an event could be a way to create collaboration with other members/countries that would benefit them
- Providing advice on policy influencing strategies on national and European level for the implementation of quality community mental health care
- Providing advice on the development of patient and carer organisations and the involvement of peer experts in the organisation of community mental health care

To organise this twinning structure, we would like to hear from you if you would be interested to be linked to, and to support another organisation.

Please share your ideas and let us know if you would like to build a twinning structure via this [email address](#).

analyse information on policy and stakeholder activities in mental health in Europe. The EUCOMS Network and its members get the opportunity to contribute and participate in this event specifically related to the implementation of community mental health care in Europe. This will help us to spread the message among international expert and policymakers. Keep an eye on the website, the exact date of the EUCOMS preconference will follow!

Welcome to our New Members

This month we welcome the following organisations as member of EUCOMS:

- Louise Penzenstadler, Addiction department, University of Geneva, Switzerland
- Marianne Destoop, Broeders van Liefde, Belgium
- Mark Ritzen, Centre Hospitalier Neuro-Psychiatrique, Luxembourg

Events and Courses

14th National Symposium on assertive community treatment, Aviles, Spain, 29-30 June, 2017

In the last decade home interventions has been revealed as a fundamental pillar of care in the most up-to-date mental health services. Mental health care has shown to have better results if done in the patient's home. In this XIV Symposium we will exchange the latest research and initiatives that have emerged in Spain in the field of assertive community treatment for people with a mental illness. We will take a fascinating tour of the history of the Psychiatric rehabilitation. The philosophy of Recovery will be discussed with the presentation of instruments that facilitate its implantation in our environment. More information about this event can be found [here](#).

Fourth European Congress on Integrated Care and Assertive Outreach, Hamburg, Germany, 13-15 September 2017

Integrated Care and Assertive outreach is done by programs or services to reach persons with severe and enduring mental illness who are sometimes not themselves able to seek support and help. The aim is to support the person in fulfilling their goals, coping with the illness and achieving a meaningful and good life in the community. The person and his network are the key collaborators for the services. The main theme of the Fourth European Congress on Integrated Care and Assertive Outreach is: Learning from each other. More information can be found [here](#).

Refocus on Recovery Conference, Nottingham, 18 – 20th of September 2017

A conference aimed at advancing the field of recovery research and to create an international community of influence. This conference will bring together leading researchers and people who use mental health services, their carers and informal supporters, mental health workers and professionals, and policy-makers and other stake-holders from across mental health services and wider systems. Previous conferences have attracted participants from over 20 countries, and we work hard to ensure the experience of attending is enjoyable. More information can be found [here](#).

6th European Conference on Mental Health, Berlin, October 4-6, 2017

The conference covers a broad set of themes including recovery oriented practices, community and social psychiatry and e-mental health services. Key note speakers include Pim Cuijpers, Peter Lehman, Niina Junttila and Andreas Heinz. More information about the conference can be found [here](#).



ENMESH The Context of Mental Health Care; Conceptualising Measuring and Influencing Context in Mental Health Care: From the Individual to Society, Groningen, Netherlands, 5-7 October, 2017

Mental health systems need to meet two related challenges: providing treatment and support which is personalised to the individual, and responding to environmental change. From the individual to the community and society levels, understanding context is pivotal in treating mental health problems and their psychosocial consequences. The conference will be organised around four topics: 1) assessment: understanding the context; 2) Epidemiology: Methodological approaches supporting personalised care; 3) Approaches: Novel approaches using the patient's own context; and 4) Policy: Societal challenges for community mental health. More information can be found [here](#).

WPA XVII World Congress of Psychiatry, Berlin, 8-12 October 2017

The World Psychiatric Association (WPA) is committed to improving the health care of psychiatric patients through raising the standards of training, education and clinical practice by providing added value. In the current period of the 21st century psychiatry is at a point where biological, social and psychological factors are changing rapidly, and their interaction provides us with opportunities to take the profession forward. Apart from being the most complex, intellectually stimulating and rewarding medical speciality, psychiatry is at a stage where we are beginning to understand more about brain changes and their impact on an individual's functioning. Several countries across the globe provide innovative services despite limited resources. This congress provides a showcase for such developments. More information can be found [here](#).

XII World Congress of Psychosocial Rehabilitation, Madrid, 5-7th of July 2018

The local Organizing Committee of the WAPR World Congress Madrid-2018 has met for the first time in Madrid. The meeting was attended by main officer of FEARP (the Spanish Federation of Association for Psychosocial Rehabilitation and of AEN-Profesionales de Salud Mental, an outstanding Association in Spain, that will be partner in the Organization. The meeting agreed in the main guidelines: This meeting will explore the state of the art in Psychosocial Rehabilitation and will enhance the professional discussion on the main controversial aspects of Psychosocial Rehabilitation today. Users and carers will have a very important role at the congress. More information can be found [here](#).

If you have suggestions for events and courses to include in this section please send us an email to eucoms2015@gmail.com

Publications

Worlds apart? A scoping review addressing different stakeholder perspectives on barriers to family involvement in the care for persons with severe mental illness

Elleke Landeweer, Bert Molewijk, Marit Helene Hem and Reidar Pedersen

BMC Health Services Research (2017) 17:349

Background: Empirical evidence shows that family involvement (FI) can play a pivotal role in the coping and recovery of persons with severe mental illness (SMI). Nevertheless, various studies demonstrate that FI in mental healthcare services is often not (sufficiently) realized. In order to develop more insights, this scoping review gives an overview of how various stakeholders conceptualize, perceive and experience barriers to FI. Central questions are: 1) What are the main barriers to FI reported by the different key stakeholders (i.e. the persons with SMI, their families and the professionals, and 2) What are the differences and similarities between the various stakeholders' perspectives on these barriers.

Methods: A systematic search into primary studies regarding FI was conducted in four databases: Medline/Pubmed, Cinahl, PsychInfo and Web of Knowledge with the use of a PICO scheme. Thematic analysis focused on stakeholder perspectives (i.e. which stakeholder group reports the barrier) and types of barriers (i.e. which types of barriers are addressed).

Conclusions: Differences in perceptions of barriers to FI can itself be a barrier. To deal with barriers to FI, a dialogical approach on how the different stakeholders perceive and value FI and its barriers is required. Methods such as moral case deliberation or systematic ethics reflections can be useful.

The full article can be found [here](#).

Health system governance to support scale up of mental health care in Ethiopia: a qualitative study

Charlotte Hanlon , Tigist Eshetu, Daniel Alemayehu, Abebaw Fekadu, Maya Semrau, Graham

Thornicroft, Fred Kigozi, Debra Leigh Marais, Inge Petersen, and Atalay Alem

Int J Ment Health Syst (2017) 11:38

Background: Ethiopia is embarking upon a ground-breaking plan to address the high levels of unmet need for mental health care by scaling up mental health care integrated within primary care. Health system governance is expected to impact critically upon the success or otherwise of this important initiative. The objective of the study was to explore the barriers, facilitators and potential strategies to promote good health system governance in relation to scale-up of mental health care in Ethiopia.

Methods: A qualitative study was conducted using in-depth interviews. Key informants were selected purposively from national and regional level policy-makers, planners and service developers (n = 7) and district health office administrators and facility heads (n = 10) from a district in southern Ethiopia where a demonstration project to integrate mental health into primary care is underway. Topic guide development and analysis of transcripts were guided by an established framework for assessing health system governance, adapted for the Ethiopian context.

Conclusions: To support scale-up of mental health care in Ethiopia, there is a critical need to strengthen leadership and co-ordination at the national, regional, zonal and district levels, expand indicators for routine monitoring of mental healthcare, promote service user involvement and address widespread stigma and low mental health awareness.

The full article can be found [here](#).



Current situations and future directions for mental health system governance in Nepal: findings from a qualitative study

Nawaraj Upadhaya, Mark J. D. Jordans, Ruja Pokhrel, Dristy Gurung, Ramesh P. Adhikari, Inge Petersen and Ivan H. Komproe

Int J Ment Health Syst (2017) 11:37

Background: Assessing and understanding health systems governance is crucial to ensure accountability and transparency, and to improve the performance of mental health systems. There is a lack of systematic procedures to assess governance in mental health systems at a country level. The aim of this study was to appraise mental health systems governance in Nepal, with the view to making recommendations for improvements.

Methods: In-depth individual interviews were conducted with national-level policymakers (n = 17) and district-level planners (n = 11). The interview checklist was developed using an existing health systems governance framework developed by Siddiqi and colleagues as a guide. Data analysis was done with NVivo 10, using the procedure of framework analysis.

Conclusions: In the last few years, some positive developments have emerged in terms of policy recognition for mental health, as well as the increased presence of NGOs, increased presence of service users or caregivers in mental health governance, albeit restricted to only some of its domains. However, the improvements at the policy level have not been translated into implementation due to lack of strong leadership and governance mechanisms.

The full article can be found [here](#).

A blind spot on the global mental health map: a scoping review of 25 years' development of mental health care for people with severe mental illnesses in central and eastern Europe

Petr Winkler, Dzmitry Krupchanka, Tessa Roberts, Lucie Kondratova, Vendula Machů, Cyril Höschl, Norman Sartorius, Robert Van Voren, Oleg Aizberg, Istvan Bitter, Arlinda Cerga-Pashoja, Azra Deljkovic, Naim Fanaj, Arunas Germanavicius, Hristo Hinkov, Aram Hovsepyan, Fuad N Ismayilov, Sladana Strkalj Ivezic, Marek Jarema, Vesna Jordanova, Selma Kukić, Nino Makhashvili, Brigita Novak Šarotar, Oksana Plevachuk, Daria Smirnova, Bogdan Ioan Voinescu, Jelena Vrublevska, Graham Thornicroft

Lancet Psychiatry, May 8, 2017

Just over 25 years have passed since the major sociopolitical changes in central and eastern Europe; our aim was to map and analyse the development of mental health-care practice for people with severe mental illnesses in this region since then. A scoping review was complemented by an expert survey in 24 countries. Mental health-care practice in the region differs greatly across as well as within individual countries. National policies often exist but reforms remain mostly in the realm of aspiration. Services are predominantly based in psychiatric hospitals. Decision making on resource allocation is not transparent, and full economic evaluations of complex interventions and rigorous epidemiological studies are lacking. Stigma seems to be higher than in other European countries, but consideration of human rights and user involvement are increasing. The region has seen respectable development, which happened because of grassroots initiatives supported by international organisations, rather than by systematic implementation of government policies.

The full article can be found [here](#).



Contact Information

Do not hesitate to contact us if you have comments or suggestions for the newsletter. You are welcome to share information with our contacts and members such as events, courses, new publications and requests.

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