



## European Community Based Mental Health Service Providers Network

European Partnership for Delivering Quality Community Mental Health Services

### Recovery, discovery and rediscovery in community mental health

#### The legacy of Guido Pieters

Guido Pieters shaped the vision of the European Community Mental Health Service providers network (EUCOMS). He was the chair of the writers group of the consensus document and main author of our publication in BMC Psychiatry. Guido defined the 6 principles of community mental health care: human rights, public health, recovery, effectiveness of interventions, a network approach and peer expertise. I present these principles in [this video](#).

#### Primary care

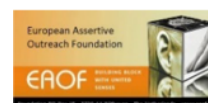
Guido's broad vision on community mental health resonated in other sectors and regions of the world. For Guido, primary care is the heart of community mental health care and he started a collaboration between EUCOMS and the working group mental health of the European Forum of primary care (EFPC). He also inspired our colleague Takashi Iseda to make a Japanese translation of the EUCOMS document.

#### Forgotten expertise

In the summer of 2018 Guido invited me to come to his house. He had a stack of books on community mental health that he wanted to give to me. On our return from holiday my wife and I drove to Flanders and were welcomed heartily by

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Guido and his wife. We talked about our holiday, literature, work, travels, drank prosecco and looked at the books. I was moved and amazed. Over the last 10 years I thought I made many discoveries on the interaction between social environment and mental health, interdisciplinary and intersectoral collaboration, bringing together social and clinical psychology and the neighborhood as a unit for mental health services. I thought these were new issues in the 21st century. Guido's gift, 9 books written between 1973 and 1997 made me aware that these concepts are by no means new. It is time for a rediscovery of this forgotten expertise.

### **Rediscovery in community mental health**

The rediscovery of the interaction between environment and mental health is a task for many sectors and disciplines, be it in mental health care, primary care or the social domain. It is also a task for academia, as the future of academic psychiatry may be social. I am sure that the researcher Guido Pieters would have agreed with me that the opportunity of today is the development of implementation science.

The long hot summer of 2018 was the last one for my dear colleague Guido Pieters. He had been diagnosed with an incurable disease in November 2017. He had decided to devote his remaining time to the quality of his life which meant doing meaningful things together with his wife, his friends and colleagues. I was happy to be in the last category and together we continued to work until his death in October 2018 on community mental health care. So the best

way to commemorate Guido is by action and evaluation in community mental health. Mental health services that share our vision are welcome to join EUCOMS. Let's go for it!

*René Keet, October 7th 2019*

### **The Consensus Paper**

We are proud to announce that our first scientific article based on the consensus paper has been published in BMC psychiatry. Here you can read the publication: <https://rdcu.be/bGlby>. BMC psychiatry gave us permission to publish translations of the article in other national journals. Translations will be done by a local author and will include adaptations about the local context and implications for the specific country. The article is now in the process of being translated and published in the Netherlands, Croatia, Slovenia and Spain. Would you also like to translate and publish the article in national journal of interest in your country? Please let us know by e-mail and we will contact you.

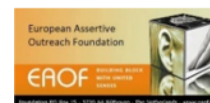
Also the Spanish translation of the complete consensus paper outlining the six key principles of community mental health care is now available on our website together with the English, Japanese and French version.

### **EUCOMS Meeting in Lille**

The 6th EUCOMS meeting took place on the 13<sup>th</sup> and 14<sup>th</sup> of June in Lille, France. More than 55 participants representing mental



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health organisations from 10 different countries across Europe attended this meeting. Participants were invited to learn from each other by attending presentations, networking, actively join workshops, going on site visits and by sharing outcomes on all of these components in plenary sessions. The A summary report of the 6<sup>th</sup> EUCOMS meeting can be found [here](#).

### **EUCOMS at EAOF, Verona**

This year EUCOMS was represented in the programme of the 5<sup>th</sup> International EAOF conference in Verona, Italy (September, 5-7, 219) with two symposia. One symposium showed how European community mental health services can learn from each other by exchange. Speakers explained the use of the exchange tool and reported on the results of two exchanges: between Norway and Spain and between Germany and The Netherlands. The second symposium was about Public Mental Health, one of the six principles of EUCOMS. The speakers aimed to described a public mental health model to mental health in 2 different European countries; Italy and Northern Ireland. Before the start of the conference EUCOMS members had a chance to visit a community mental health service in Verona where professor Antonio Lasalvia gave a short introduction about the Italian mental health reform law in 1978 stating the closure of psychiatric hospitals and setting up community mental health services. In [this video](#) professor Antonio Lasalvia explains how this worked out in Verona.

### **Save the date 2020!**

The **7<sup>th</sup> EUCOMS meeting** will take place in Pilsen, Czech Republic on February 11<sup>th</sup> 2020 before the start of the Czech Second International Recovery Conference (Pilsen,

11th-12th February 2020) and will be hosted by NGO Ledovec. The EUCOMS meeting will also focus on the theme “Recovery”. You can already find general information on our website. The official invitation, preliminary programme and registration will soon follow.

Note that participation in the EUCOMS meeting is free of charge. Participants however do need to register on our website once the registration form is opened and are required to cover their own travel and accommodation expenses. To also attend the Czech Second International Recovery Conference it is necessary to make a separate registration which requires a small conference fee.

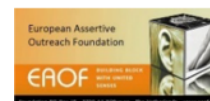
### **Learning and Exchange visits**

You can download the report of Andalusia (Spain) visiting Oslo (Norway) on our website. De Waterheuvel (Netherlands) is planning to visit Ledovec (Czech Republic) using the exchange manual.

The purpose of these site-visits is to learn from the expertise and experience of each other in order to bring in practice the principles of good community mental health care as described in the ‘Consensus Paper on Fundamental Principles and Key elements of Community Based Mental Health Care’. Would you like to take part in an exchange visit to learn about the good practices from other service providers? Send us an email and we will connect you!



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## EUCOMS Welcomes Partners

Below you find the new partners and collaborators since our last newsletter. Welcome!

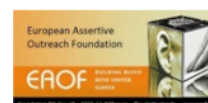
Name	Organization	Country
<b>Rune Helland</b>	Mental Health Norway	Oslo, Norway
<b>Gabriel Omojowho</b>	Nechuks Associate Health Ltd	London, UK

## Upcoming Events from our Partners

An overview of our past events EUCOMS has participated in can be found on our website. If you want to share your event please send us an email and we will share it via various channels with the EUCOMS partners. Please add to it whether you give a presentation that allows you to give attention to EUCOMS.

We can share with you the following upcoming events:

- [Congress of the German Society of Psychiatry, Psychotherapy and Neurology – DGPPN, Germany, Berlin, November 27-30, 2019](#)  
National and international scientists will present new approaches in the prevention, diagnosis, therapy and rehabilitation of mental illness. Futurologists will show how the world of work and leisure is changing and what effects this has on mental health.  
**EUCOMS presence:** Nils Greve and Rene Keet will prepare a symposium on community mental health and one on peer expertise and self-disclosure of mental health professionals.
- [EUCOMS Event, Czech Republic, Pilsen, February 11, 2020](#)  
The main theme of the 7<sup>th</sup> EUCOMS meeting is: “Recovery” and will be hosted by NGO Ledovec in Pilsen, Czech Republic.
- [Second International Conference on Recovery, Czech Republic, Pilsen, February 11-12, 2020](#)  
The conference will focus on the relationship between recovery and language and the relationship between recovery and the institution. The 7<sup>th</sup> EUCOMS Meeting will take place prior to the International Conference on Recovery.  
**EUCOMS presence:** Rene Keet will be a key-note speaker on Recovery and discuss the EUCOMS principles.
- [28th European Congress of Psychiatry, Madrid, Spain, March 28-31, 2020](#)  
The 28th European Congress of Psychiatry, EPA 2020, is guided by the motto, The shared heritage of European psychiatry. The congress will facilitate discussion and educational forums on a range of topics in the field of psychiatry, psychology, social work, and clinical trials. The European Psychiatric Association is the main association representing psychiatry in Europe with individual



members active in as many as 88 countries. The EPA's activities address the interests of psychiatrists in academia, research and practice throughout all stages of career development.

- [Refocus on Recovery, Canada, Toronto, May 20-21, 2020](#)

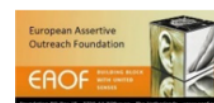
For the first time the Refocus on Recovery conference will be hosted outside the United Kingdom. Refocus on Recovery Canada 2020 is part of the international Refocus on Recovery research conference community and will focus on Diversity and Mental Health. Sub-themes will include: Recovery and Diverse Populations, Recovery Across the Lifespan and Diverse and Innovative Models of Service Delivery. Refocus on Recovery Canada 2020 blends science and lived experience to provide the ideal environment for personal and professional growth. The two-day conference is ideal environment to reconnect with colleagues and make new connections with those dedicating their lives to advancing recovery from mental illness.

- [20th WPA World Congress of Psychiatry, Thailand, Bangkok, October 14-17, 2020](#)

The 20th WPA World Congress of Psychiatry not only provides courses and discussions on hot topics in the industry but it also brings together leaders whose knowledge and experience can be tapped for your benefit. WPA promotes collaborative work in specialist areas of psychiatry and has 70 Scientific sections covered.

### **Want to become a partner?**

That is possible! Becoming a partner or collaborator 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](http://www.eucoms.net).



## 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 such as events, courses, new publications and requests.

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