



Seminar agenda

Sustainable Mental Health in Community

21 - 22 November 2024 | Lisbon, Portugal

Wednesday 20th
Arrival Day

Activities location: Fundação Oriente Museum, Lisbon (<https://www.foriente.pt/>)

[Click here to register to the seminar](#)

Thursday 21st

- 09:30 **Opening Ceremony**
Miguel Xavier - President of the Scientific Council at NOVA Medical School, National Coordinator of Mental Health Policies in Portugal
René Keet - Chair of EUCOMS Network, Directeur of FIT Academy, GGZ-NHN
TBC - Representative of the Ministry of Health
- 10:00 **Mental Health reform in Portugal: achievements and challenges**
Miguel Xavier - National Coordinator of Mental Health Policies
- 10:20 **Training and implementing CMHT in Portugal: update and future directions**
Joaquim Gago - Psychiatrist Consultant, Psychiatry Teacher and Member of National Coordination of Mental Health Policies
- 10:40 **Coffee break**
- 11:00 **CMHT in Portugal: research and follow-up**
Maria João Marques - Researcher at NOVA National School of Public Health, Member of the National Coordination of Mental Health Policies
Diogo Francisco Rodrigues - Psychiatry Resident at ULS Lisboa Ocidental
- 11:15 **3 CMHT in clinical practice: challenges, sustainability and development**
To Be Confirmed from Beja, Ourem and Viseu CMHT
- 12:15 **Feedback and discussion**
Rene Keet, Manuel Franco, Miguel Xavier and Joaquim Gago
- 13:00 **Lunch**
- 14:00 **Sustainable health in a global world chaired by René Keet**
Sustainable health and environment - Luis Campos (Portuguese Council for Health and Environment)
Sustainable mental health - Tânia Dinis and Teresa Pereira - (ECOPSI)
Mental health service working on sustainability - Freddie Ong (Advisor on property and sustainability, GGZ Noord-Holland-Noord)

- 15:00 Sustainability of Mental health service in Lille: French local challenges
Alain Dannet (WHO Collaborating Centre in Mental Health, Lille Metropole)
- 15:15 Sustainable community mental health teams chaired by **Caldas Almeida**
Zamora “Reticular” mental health community model - **Manuel Franco (Universidad de Salamanca, Spanish National Health System)**
CMHT in Netherlands - **Niels Mulder (Erasmus University, Dutch Psychiatric Association)**
CMHT in Norway - **Tor Helge Tjelta (Norwegian Association for Mental Health & Addiction Care)**
- 16:15 First day comments and conclusions followed by city walk
- 19:30 Dinner and Cultural Activity
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Friday 22nd

- 09:00 - 13:00 **Visits to innovative community mental health projects and CMHT**
Participants are separated in 4 or more groups
- a) CMHT from Hospital Fernando-Fonseca
 - b) CMHT from ULSLO - West Lisbon / Oeiras
 - c) Social prescribing project and community involvement
 - d) MAAT Museum visit (near Tejo River) and innovative mental health interventions
- 13:00 - 14:00 **Lunch**
- 14:00 - 14:30 **Questions and discussion about morning visits**
- 14:30 - 15:30 **Sustainable recovery**
Pilot peer support project in Portugal - **Manuela Silva** and a Peer Support expert
Recovery college experience - **Beverley Rose (Projectleader, Consultant, Researcher)**
Families support and involvement (EUFAMI Portuguese representative)
- 15:30 - 16:30 **Sustainable Inclusion**
Support employment - **Jaap Van Weeghel (Board Member at MIND, Emeritus Professor of TRANZO, Tilburg University)**
Housing first - AIEPS (Portuguese NGO)
- 16:30 - 17:00 **Coffee break**
- 17:00 - 17:45 **Feedback, proposals and closing remarks**
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