



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>)

Thursday 21st

- 09:30 **Opening Ceremony**
Miguel Xavier - National Coordinator of Mental Health Policies in Portugal
René Keet - Chair of EUCOMS Network, Directeur of FIT Academy, GGZ-NHN
Ministry of Health or Representative (to be confirmed)
- 10:00 **Mental Health reform in Portugal: achievements and challenges**
Miguel Xavier
- 10:20 **Training and implementing CMHT in Portugal: update and future directions**
Joaquim Gago
- 10:40 **Coffee break**
- 11:00 **CMHT in Portugal: research and follow-up**
Maria João Marques and Diogo Francisco Rodrigues
- 11:15 **3 CMHT in clinical practice: challenges, sustainability and development - chaired by Teresa Maia**
Beja CMHT (Maria Mouzinho, Célia Santos), Dão Lafões CMHT (Filipa Lopes, Hugo Afonso) and Ourém CMHT (Inês Fernandes, Jorge Carvalheiro)
- 12:20 **Feedback and discussion - chaired by Maria João Marques**
Comments by: *René 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 - Teresa Pereira and Tânia Dinis (ECOPSI)
Mental health service working on sustainability - Freddie Ong (Advisor on property and sustainability, GGZ Noord-Holland-Noord)

- 15:00 - 16.30 **Sustainable community mental health teams - chaired by [Caldas de Almeida](#)**
Sustainability of Mental health service in Lille: French local challenges
[Alain Dannet](#) (*WHO Collaborating Centre in Mental Health, Lille Metropole*)
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*)
- 18.30 -20.00 **City walk discover Lisbon downtown** (before dinner, particularly suited for international participants, ending at Casa do Alentejo restaurant - prior registration required)
- 20.00 **Dinner and Cultural Activity - Casa do Alentejo** (prior registration required)
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Friday 22nd

- 09:30 - 13:00 **Visits to CMHT and innovative community mental health projects**
Participants will be divided into 7 groups (prior registration required – departure Praça Restauradores)
- 1) CMHT from Damaia and espaço@com -ULS Amadora/Sintra
 - 2) CMHT from Queluz and espaço@com -ULS Amadora/ Sintra
 - 3) CMHT from Oeiras / Oeiras Mental Health Unity -ULS Lisboa Ocidental
 - 4) MAAT Museum visit (near Tejo River), “open therapy“and other innovative MH interv.
 - 5) ARIA - NGO for Mental Health Rehabilitation and Recovery
 - 6) Social prescribing project and community involvement - Lisbon downtown
 - 7) Casa do Impacto and TARGET Programme - Principe Real, Lisbon
- 13:00 - 14:00 **Lunch**
- 14:00 - 14:30 **Comments and questions about morning visits**
- 14:30 - 15:30 **Sustainable recovery - chaired by [Joaquim Gago](#)**
 Pilot peer support project in Portugal - [Manuela Silva](#) and [Ingrid Ferreira](#)
 Recovery college experience - [Beverley Rose](#)
 Families support and involvement - [Joaquina Castelão](#) and [Francisca Pelicas](#)
- 15:30 - 16:00 **Coffee Break**
- 16:00 - 17:00 **Sustainable Inclusion - chaired by [Maria João Marques](#)**
 Support employment - [Jaap Van Weeghel](#) (*Board Member at MIND, Tilburg University*)
 Housing first: Contributions for Mental Health Policy - [José Ornelas](#) (*AEIPS President*)
- 17:00 - 17:45 **Feedback, proposals and closing remarks** (panel with a person with experience of mental illness, family member, CMHT coordinator, CNPSM and EUCOMS representatives)
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