

## Study visit and mutual learning event **Working Group on Mental Health**

25<sup>th</sup> & 26<sup>th</sup> June 2018  
**National Learning Network Kerry**  
Clash Industrial Estate, Tralee, Kerry (IRELAND)

### **Summary Report**



From left to right (back row): Noelle O Sullivan; Assistant Manager; Rehab Group; NLN Kerry (IRL) **Fiona Keogh**, Rehab Group Area Manager NLN Kerry (IRL)/ **Sergio Fabela**, Senior Clinical Psychologist (CRPG, PT) / **Fiona Kennedy**, Rehab Group; Lead Psychologist; Southern Region, NLN; (IRL); **Alison Steeds**, Rehab Group Integrated Services Manager; Cork & Kerry Services (IRL)/ **Linda Coone**, Rehab Group; Head of Quality Assurance & Improvements; Quality & Governance Directorate (IRL) Joanne Nelligan; Rehab Group; Southern Region Advocacy Officer (IRL) Kerry **Siobhan Foley**; Rehab Group; Day Services & Residential Manager RehabCare; Kerry (IRL)

From left to right (front row): **Mirko Miceli**, Membership Officer (EPR, BE) / **Monika Klojčník**, Psychologist, (URI, SLO) / **Neja Fermišek**, Psychologist, (URI, SLO) / **Loreto Cantero López**, Director's assistant Quality coordinator (Fundación INTRAS, ES) / **Teresa Orihuela Villameriel**, Technical Director (Fundación INTRAS, ES)

Participants from Fundación INTRAS (Spain), CRPG (Portugal) and URI (Slovenia) met the Irish colleagues of Rehab Group's NLN Kerry, and Rehabcare Kerry on 25th and 26th June in Tralee for the study visit organized by EPR in the framework of the Working on Mental Health.

The summer weather and the warm welcome of the Irish co-organisers created a very positive atmosphere which enabled all participants to actively exchange good practices, sharing ideas and visiting different local services supporting mental health and wellbeing. By meeting the Irish colleagues and their services, international partners have had the opportunity to learn directly about inspiring initiatives and thanks to the mutual learning sessions, participants identified common interests, priorities and some follow-up activities relevant for the EPR Working Group on Mental Health and other EPR members.



The event started off with Linda Coone's welcome speech on behalf of the Rehab Group, thanking all participants for being in Tralee. She stressed the importance of such initiatives to promote exchange of good practices among European colleagues but also the relevance to presenting and showcasing services to an international audience for the local professionals.

Following the welcoming speech, Mirko Miceli presented some background information of the first online meeting of the EPR Working Group **on Mental Health**. During the online meeting (13/02/2018), EPR members discussed several topics related to mental health services and proposed to organise an in-person meeting to further explore areas of common interest and challenges. Based on these outcomes of the online meeting, the exchange in Tralee **focused** on:

- |                              |                           |  |  |
|------------------------------|---------------------------|--|--|
| I. Anti-stigma/<br>inclusion | 2. Wellness/<br>wellbeing | 3. Peer-support and working<br>with families | 4. Community integration<br>and advocacy |
|------------------------------|---------------------------|--|--|

After the introduction of the meeting, the international participants presented their organisations, main services, areas of interest and then briefly presented any programme/practice related to each of the topic of the event in Tralee.

**CRPG** presented examples of how they promote wellbeing through a "holistic rehabilitation approach" and the importance of working with local stakeholders, including research centers, to increase diversity awareness and social participation. ([more details see ANNEX](#))

**Fundación INTRAS** presented the several anti-stigma initiatives, including awards and photography campaigns, but also different EU projects, including on peer-support and developing human rights training course. ([more details see ANNEX](#))

**URI** mentioned that in the Slovenian the focus is mostly on labour market integration and a more diagnostic assessment, which makes this event a great opportunity to look at mental health from a different perspective.

**Irish presentations** provided a comprehensive description of Rehab Group services which are delivered in three strands of the Organization – Rehab care; National Learning Network and Rehab Enterprises. The study event focused on the work of National Learning Network, a high quality, training, education and employment service and Rehab Care who deliver health and social care services. Both NLN Kerry and Rehab Care Kerry, on behalf of the rehab group shared detailed insight into how they work to promote inclusion, well-being and community integration; and gave examples of their work in advocacy and peer support.

Based on this first exchange, participants started discussing topics of **general interest** for service providers including;

Mobile units  
Employment and the Quota system  
ESF/ EU funding support:

Personal budget  
Infrastructure in rural areas

In addition to these generic topics, some others themes emerged which were seen to be of **particular interest** including;

The concept of person centred working  
The importance of needs assessment  
The importance of body based work, and self-compassion in promoting well being  
The role of natural and professional/organisational supports in promoting positive well being  
The importance of language and the difficulties arising in reaching a shared understanding of recovery  
An overarching theme was the importance of evidence based practices.

After the open discussion, the group visited some of the services in the NLN Kerry center, including the woodwork programme, the award-winning catering & culinary programmes and the Sporting Chance Programme, where the students presented their achievements and shared with EPR delegates, why they had decided to attend this programme. Participants also visited another programme that prepares students in finding and retaining jobs. On-the-job and in-center training enable students of the Employer Based Training to acquire practical skills with a Host Company in a skill area of their choice and a co-ordinator will support both the student and employer.

#### Conclusions morning session

**Topics of general interest:** Mirko proposed to share some of the proceeding of the national-awareness raising on mental health event held in Valladolid, where an expert on Mental Health from the European Expert Group on the Transition from Institutional to Community-Based Care, presented some European funding opportunities in the context of rural areas and the case of the Czech Republic in using mobile unites. In relation to employment opportunities/quota system, Mirko invited participants to attend the upcoming event on partnership with employers (Nov-Dec 2018, Madrid) where EPR members will discuss more labour-related issues for people with disabilities.

**Topics of specific interest:** the topics emerged during the discussion and ideas from the visits are further analysed and discussed in the afternoon session.

All participants have agreed that a holistic, person centred approach is of primary importance.

A shared understanding of language is important; mental health, mental illness, mental well-being

A full; meaningful role in one's community is key component of recovery

#### Afternoon session Monday, 25<sup>th</sup> June 2018

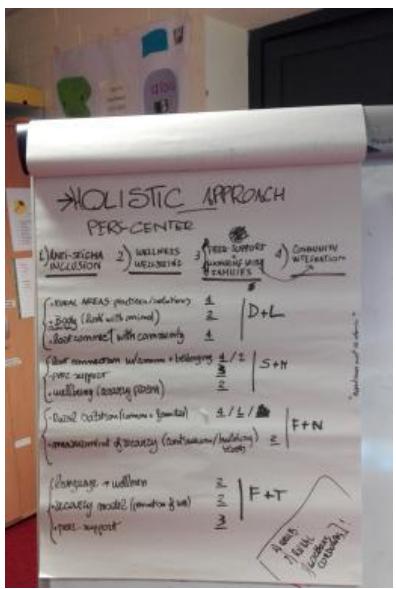


During the first online meeting of the EPR Working Group on Mental Health, participants expressed an interested in better understating the assessment of outcomes measurement of the recovery process.

Donal McAnaneny was invited to present his review of the Recovery Context Inventory (RCI), which has been developed by EVE Mental Health Services (Margaret Webb, Tom O'Brien and Greg Stynes). The presentation started with the definitions of the "recovery model" (clinical/personal), features of the RCI and comparison with other recovery measurement tools. The presentation of the findings of the benchmarking and stakeholders' perception concluded this session. ([more details see ANNEX](#)).

Participants agreed that recovery is linked to quality of life, requires engagement and motivation. Understanding mental health as illness (medical model) reinforces the stigma and exclusion from the community and therefore a more satulogenic approach of recovery focusing on wellbeing should be preferred. Participants also noted that recovery happens in a context of "whole life system", and so emphasis must be given to working not only with the individual but with developing social connectedness and inclusion.

In the last session, participants were divided in pairs and asked to choose up to 3 topics per group that are most relevant to them.



#### GROUP I

Rural areas: good practices + successful solutions  
Body-oriented practices (link with mind)  
Lost connection with community

#### GROUP II

Lost connection with community + belonging  
Peer-support  
Wellbeing (recovery process)

#### GROUP III

Rural areas isolation  
Measurement of recovery (continuum/building blocks)

#### GROUP IV

Language (wellness)  
Recovery model (promotion of wellbeing)  
Peer-support

Based on the outcome of this exercise, the main focus of the participants is on **wellbeing** and **mental health service in rural areas**, which might also cover stigma, social exclusion and community engagement. In terms of outcomes measurement, participants agreed to start sharing what they currently use and that they will have a closer look at the RCI model to assess commonalities and future work on this topic.

### Morning session Tuesday, 26<sup>th</sup> June 2018

The second day of the study visit started with the visit to the **Bud's Family and Community Resource Centre** in Ballyduff. This is an independent center working together with families and the wider local rural community to ensure participation and inclusion opportunities for all. Nora the co-ordinator at the resource centre guided the participants through the different services, including primary school, Meal-on-Wheels, the café and the spaces available for the local community. The Bud's Family and Community Resource Centre works closely with NLN Kerry and became a place where locals meet, learn and also develop professional skills through voluntary work and training workshops. Everybody is welcome and can access the services and contribute to the smooth running of the center.

The participants also visited the Men's Shed where they were greeted by Anthony. The Mens Shed is located not far from the Bud's Family and Community Resource Centre and is inspired by an Australian model. Anthony presented what are the main activities, their products and explained how the Men's Shed help the locals men to connection to the local community and promoting healthy ageing.



For the last visit of this event, participants had a coffee break with some of the guests of Rehabcare Blennerville. Rehab Care Blennerville offers a variety of services to promote well – being. In addition to the warm welcome, Michaela Lacey spoke with EPR of her work with the local advocacy group and how important this work is; in terms of building self - confidence and social skills.

## Action points and next steps

Once all the participants returned to the NLN Kerry and before closing the event, it was important to clarify and ensure that everyone agreed on the next steps of the Working Group on Mental Health.

### 1) Knowledge hub in EPR website: repository of resources

- to create a dedicated section on good practices on mental health, where participants can search examples and inspiration using keywords.
- EPR to share a draft template to collect practices
- EPR members to share relevant resources in ENG on MH, including outcomes measurement of recovery is currently used in the organisation

*To be completed before the end of 2018*

### 2) Presentation Utrecht: wellbeing + rural areas

Members of the Working Group are strongly invited to present practices during the mutual learning session of the EPR 2018 Annual Conference. The mutual learning session is scheduled on Day 2 (morning) and participants can decide whether to present in Workshop or Speed-dating format. More info [here](#).

*Sept 2018, including a possible fringe meeting to discuss possible future activities*

### 3) Locuras Corduras

F. INTRAS will share more details in ENG about this initiative. EPR and members will then decide how to organise similar initiatives and create a European awareness-raising campaign on Mental Health based on this Spanish idea.

*Discussed in 2018, planned in 2019*

## Annexes

Text