

## EPR Mental Health Working Group

### Study Visit SIVA

#### Agenda

27<sup>th</sup> - 28<sup>th</sup> June 2022

SIVA

Dubultu prospekts 71, Jaundubulti, Jūrmala, Latvia

#### Aims of the Meeting

- Study Visit to SIVA, getting to know better their mental health services
- Develop and advance in person the working group joint work in the activities 2022

#### Agenda

*Meeting led by SIVA host Katrina Sevruka and Alicia Gómez Campos supported by Giada Venier, EPR Secretariat*

#### Day 1: 27th June 2022

Please keep in mind Latvian local time is one hour ahead Brussels

**The sessions highlighted in yellow can be followed on Zoom**

**9:00** Pick up at Daina Beach Hotel and Transfer to SIVA (Slokas iela 61, Jūrmala)

**9:30** Welcome and SIVA Overview

*Alicia Gómez Campos, EPR Secretariat*

*Inguna Zuševica, Head of the SIVA College and Jurmala Vocational secondary school*

**10:00** Introduction with SIVA vocational rehabilitation

*Katrina Sevruka, SIVA Centre Coordinator, senior expert*

*Aiga Dārzniece, SIVA social worker*

- Assessment process
- Training programs
- Support services

Includes Coffee break

**11:00** EPR Mental Health Working Group

**12:30** Lunch break

**13:30** Skills training programs for people with mental health disorders

*Inga Lejiņa, SIVA expert in career support field*

*Katrina Sevruka, SIVA senior expert*

**14:15** Demonstration and practical try-out of Work capacity assessment tool

*Marika Sermule, SIVA senior expert in Professional assessment department*

*Katrina Sevruka, SIVA senior expert*



**15:00**     **Site visit of study laboratories in vocational rehabilitation**  
*Katrina Sevruka, SIVA senior expert*

**16:30**     **End of Day 1, transfer to the hotel**

**19:30**     **Social Dinner**  
**(Optional)** at Restaurant Yerevan Pandok  
Address: Jomas iela 25, Jūrmala, LV-2015

**Day 2: 28th June 2022**

Please keep in mind Latvia local time is one hour ahead Brussels

**The sessions highlighted in yellow can be followed on Zoom**

**9:00**     **Pick up at Daina Beach Hotel and Transfer to SIVA (Dubultu pr.71, Jūrmala)**

**9:30**     **EPR Mental Health Working Group**

**11:00**     Coffee break

**11:30**     **Introduction with social rehabilitation**

*Liene Saukuma, SIVA expert in the development of rehabilitation services*

**12:15**     **Defining difficulties and searching for inner sources through associations  
practical try-out**

**13:00**     Lunch break

**13:45**     **Site visit of social rehabilitation services**

- Psychological support and dealing with acute traumatic life events within social rehabilitation
- Social worker's support
- Occupational therapy
- Physiotherapy and rehabilitation through the senses

**15:00**     **End of Day 2**

### The hosting organisation at a glance:

The Social Integration State Agency (Agency) is a direct governing institution under the supervision of the Minister of Welfare. It was founded in 1991 and it aims to promote the social integration of people with disabilities and persons with functional disorders, to provide access to vocational rehabilitation and to vocational secondary or first-level vocational higher education.

SIVA's activities include vocational and social rehabilitation. In the field of professional rehabilitation, we carry out a set of activities that ensure the acquisition of a new profession, professional knowledge or skills, according to persons functional abilities and skills and basic, previous or professional education.

In social rehabilitation, we provide a set of activities that ensure the recovery of social status and inclusion into society by restoring or improving social functioning capacity.

### Practicalities:

The city of Jurmala is the fifth-largest city in Latvia and it is only 25 km away from the capital Riga. Jurmala is a popular resort town which attracts many tourists thanks to its long beaches facing the Gulf of Riga and romantic wooden houses in the Art Nouveau style.

#### A) Travel to Jurmala

- **HOW TO GET TO DAINA BEACH HOTEL FROM THE AIRPORT**

Riga International Airport is 28 km away from the centre of Jurmala and 24 km away from Daina Beach Hotel. It is an efficient and modern facility.

Once landed, you can reach the hotel by:

**Bus+train+walk: 1)** When getting out from the airport, across the car parking there is a public transport's bus stop. The bus Nr.22 from Riga Airport (Lidosta Rīga) will take you to the Riga centre (take off at the bus stop “**Centrāltirgus**”), it will take approx. 25 mins. Time table can be found here: <https://saraksti.rigassatiksmelv/index.html#bus/22/b-a/en>

Tickets can be bought at the newspaper stand “Narvesen” inside and outside the airport, ask for a single one-way ticket, cost: 1,15 eur. Tickets are validated inside the bus, there are several ticket readers in each bus.

<https://www.rigassatiksmelv/en/tickets-and-e-ticket/types-of-e-tickets/yellow-e-ticket/>

**2)** When arriving to the Riga centre at the bus stop “Centrāltirgus” (Central Market) across the street is a central train station. Normally train to Jurmala can be found on the platform Nr.3. But because of the big renovations at the moment the platform can be changed, please check the info at the screens. Tickets can be bought at the cash desk (cost: 1,50 eur) or online here: <https://pv.lv/en/> Just choose the train stations **From: Riga To: Melluži**, date and concrete time (cost: 1,43 eur). If buying at the cash desk, ask for a single one-way ticket to Melluži.

At the platform to Jurmala, there might be trains with different final stations. Information about the next train is seen on the screens. The right trains for you will be: Rīga – Sloka; Rīga – Tukums 1, Rīga – Tukums 2. Be careful: the train Rīga – Dubulti from the same platform won't take you to Melluži. The trip is 42 mins long.

**3)** Arriving in Melluži, the hotel is just 6 mins walk: [map](#).

**Taxi:** the driving distance from the Airport to Jurmala is 20 km. When arriving and passing the luggage pick-up zone, dial +371 67600006 for the “Panda taxi”. If you want to pay by card and the ticket is needed, it is better to say so to the operator at once. The journey to Jurmala usually costs 20-25€ and it takes approximately 20 minutes.



The operator will ask you about the address (Hotel Daina, Jurmala, Mežsargu street 4). You will receive a message with the car Nr. and time to wait. Normally they arrive in about 10 mins.

## THE MEETING VENUE:

### **SIVA - Social Integration State Agency**

27.06.2022. Slokas street 61, Jurmala, Latvia, LV-2015

28.06.2022. Dubultu prospekts 71, Jurmala, Latvia, LV-2015

[Website](#)

### **Accommodation**

Daina Beach hotel  
Mežsargu iela 4/6, Jurmala, LV-2008, Latvia

[Website](#)

75€/ night including breakfast and access to the spa zone for 2 hours. The hotel is located 2 mins walking from the seaside.

Transport from/to hotel and venue will be arranged by EPR and SIVA.

For any questions any time please contact Katrina Sevruka by phone or WhatstApp: +371 26888458, or e-mail: [katrina.sevruka@siva.gov.lv](mailto:katrina.sevruka@siva.gov.lv)