

WORLD HEALTH ORGANIZATION
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ORGANISATION MONDIALE DE LA SANTÉ
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ВСЕМИРНАЯ ОРГАНИЗАЦИЯ ЗДРАВООХРАНЕНИЯ
ЕВРОПЕЙСКОЕ РЕГИОНАЛЬНОЕ БЮРО

The WHO-EC Partnership Project on User Empowerment in Mental Health

Work plan

9 December 2008
WHO Regional Office for Europe
Copenhagen, Denmark

CONTENTS

	Page
Introduction.....	3
Work plan and deliverables	5
1) Identification of indicators and success and failure factors for user empowerment in mental health	5
2) Identification of good practice in user empowerment	6
3) Supporting governments and local actors in creating an environment for user and carer participation	7
4) Promoting the mainstreaming of good practice in user empowerment in mental health.....	8
Timetable.....	9

Introduction

The empowerment of people with mental health problems and those who care for them are identified as key priorities for the next decades in the Mental Health Declaration for Europe and the Mental Health Action Plan for Europe. At the Ministerial Conference in Helsinki in 2005, the Ministers of Health of the Member States of the WHO European Region committed themselves to enforce mental health policy and legislation that sets standards for mental health activities and upholds human rights, to eliminate stigma and discrimination and empowering people at risk, and to offer people with mental health problems choice and involvement in their own care.

The participants in the EU high-level conference "*Together for Mental Health and Well-being*" in Brussels in June 2008 acknowledged with the European Pact for Mental Health and Well-being the importance and relevance of mental health and well-being for the European Union, its Member States, stakeholders and citizens. They expressed their recognition of mental health as a human right that enables citizens to enjoy well-being, quality of life and health and that promotes learning, working and participation in society. The participants committed themselves to undertake action to help Member States tackle the challenges caused by mental health problems by promoting good mental health and well-being in the population, strengthening preventive action, and providing support to people who experience mental health problems and their families.

In the light of this background, the World Health Organization Regional Office for Europe and the European Commission aim to support Member States in creating a society in which people with mental health problems are enabled to develop and express their full potential as equal citizens. The WHO and the EC therefore recommend supporting the empowerment of persons with mental health problems and their carers through:

- Creating awareness and positive change for affected individuals and their families, for communities, educational and working environments, governments and national agencies;
- Informing and monitoring policies and activities that will promote the human rights and inclusion of people with mental health problems and reduce stigma and discrimination against them;
- Empowering users and carers by producing targeted information that will allow them choice and involvement in their care;
- Promoting representation of users and carers on committees responsible for planning, running and inspection of services;
- Supporting agencies which empower and advocate on behalf of people with mental health problems by coordinating activities locally, nationally and across countries.

The WHO and the European Commission are therefore co-funding this partnership project with the main objective to support Member States to improve their strategies and actions to empower people with mental health problems and their carers. It will be developed and implemented in close cooperation between the WHO Regional Office for Europe and the EC, and it will make key contributions to the implementation of the Helsinki Declaration and Action Plan for Mental Health and the EC's mental health agenda as reflected in the European Pact for Mental Health 2008.

The WHO-EC Partnership Project on User Empowerment in Mental Health comprises four components:

1. Identification of indicators and success and failure factors for user empowerment in mental health;
2. Identification of good practice in user empowerment;
3. Support of governments and local actors in creating an environment for user participation;
4. Promotion of the mainstreaming of good practice in user empowerment in mental health.

The project will be implemented jointly with the relevant WHO-networks and Commission expert groups. User and carer associations, NGOs, WHO EURO Collaborating Centres, and other experts in policy, services, human rights and social inclusion form part of the Advisory Group of this project. Project deliverables will be fed into existing WHO-networks and the Commission's expert meetings, and it will also be made available to wider communities.

The project will be implemented from April 2008 to March 2011.

The following experts form the advisory board of this partnership project:

- Matt Muijen, Regional Advisor Mental Health WHO EURO
- Anja Baumann, Technical Officer Mental Health WHO EURO
- Jürgen Scheftlein, Policy Administrator DG Health and Consumer's Protection EC
- Hana Horka, Administrative Assistant DG Health and Consumer's Protection EC
- Jean-Luc Roelandt, Director WHO EURO Collaborating Centre Lille
- Malgorzata Kmita, President Mental Health Europe
- Andrew McCulloch, Chief Executive Mental Health Foundation
- David Crepaz-Keay, Head of Patient and Public Involvement Mental Health Foundation
- Kevin Jones, Secretary-General EUFAMI
- Erik Olsen, ENUSP
- Dolores Gauci, President GAMIAN
- Claude Finkelstein, President FNAPSY
- Judith Klein, President Open Society Mental Health Initiative
- Vappu Taipale, National Institute for Health and Welfare, Finland
- Rachel Perkins, Director of Quality Assurance and User Experience at South West London and St George's Mental Health NHS Trust
- Wilma Boevink, Trimbos Institute
- David Shiers, Lead NIMHE National Early Intervention Programme
- Patrick Geogheagen, Chief Executive South Essex Partnership NHS Foundation
- Maria Jesús San Pío Tendero, FEAFES
- Oliver Lewis, Executive Director MDAC
- Peter Ryan, Professor for Mental Health, Middlesex University
- Julie Repper, Associate Professor of Mental Health Nursing and Social Care, University of Nottingham
- Lorenza Magliano, WHO EURO Collaborating Centre Naples
- Antoni Novotni, Director Clinic of Psychiatry, University Clinical Centre, Skopje
- Geoffrey Reed, Senior Project Officer, Revision of ICD-10 Mental Health and Behavioural Disorders, World Health Organization, Geneva

Work plan and deliverables

This project consists of four components, each with milestones and deliverables.

1a) Identification of indicators of user empowerment in mental health

On the basis of existing data sources such as UN Human Rights Conventions, declarations and recommendations of WHO and the EC, indicators of user and carer empowerment will be identified and developed according to the following principles:

- The indicators should support the objectives of the Mental Health Declaration for Europe and the European Pact for Mental Health and Well-being;
- The relation of the indicator to the objectives of the Declaration and the Pact should be easily explicable;
- The indicators should where possible be based on existing data sources or should be relatively easy to collect as information systems develop, but, the absence of data for an individual Member State at this time should not be a reason for not including an indicator within the set;
- Each indicator should have a definition which is easily understood and applicable within different health care systems.

1b) Success and failure factors for user empowerment in mental health

An essential question that will point the way towards the project report including resulting policy recommendations is which factors contribute to success and to failure of implementation of good practice in user empowerment in mental health at the national and local level. With the support of the members of the project Advisory Group, user and carer groups, non-governmental organizations engaging in empowerment as well as governments will be asked to indicate what factors made their empowerment activities successful and what challenges they had to face.

This should cover questions such as:

- What are success factors to developing and implementing successful activities;
- What are the obstacles;
- What are the roles and responsibilities of partners;
- What policies are lacking;
- What information is missing;
- What is the role of international agencies.

Consideration needs to be given to: type of organization; political priority; level of need and resources; service structure and available agencies; legal and financial incentives; existing knowledge networks; and quality of local/national evidence and expertise.

2) Identification of good practice in user empowerment

Once indicators have been developed, examples of good practice will be identified in partnership with the members of the Advisory Group. In addition to the data from the WHO baseline report “Policies and practices for mental health in Europe – meeting the challenges”, reviews of national policies, strategies and activities in these areas that have been conducted previously by WHO- and Commission-supported projects as well as relevant information gained from recent reports from user and carer associations will be included in the collection.

As part of this component a conference on “Mental health and well-being at the workplace – protection and inclusion in challenging times” will be conducted jointly between WHO Regional Office for Europe, European Commission and the German Alliance for Mental Health, supported by the German Federal Ministry of Health. This conference will focus on the link between user and carer empowerment and the workplace. Good practice examples in this field and recommendations for effective empowerment from the perspective of service users and carers will be discussed.

3) Supporting governments and local actors in creating an environment for user and carer participation

To bring together the actors in the field and to initiate and strengthen interaction between user and carer groups and non-governmental associations with governments, a joint WHO-EC workshop “Leaders of User Empowerment in Mental Health” will be organized. Through this workshop governments shall be stimulated to strengthen the empowerment of people with mental health problems and their carers.

4) Promoting the mainstreaming of good practice in user empowerment in mental health

The key outcome of this activity is the dissemination of ideas and evidence to decision makers in policy contexts and among stakeholders in key sectors across the European Region, aiding the implementation of good practice in user empowerment. For this purpose, a WHO-EC Report on User Empowerment in Mental Health will be produced and disseminated on the websites of WHO and EC.

TIMETABLE

Deliverable 1: WHO-EC Advisory Group established
Milestone 1: **October 2008**

Deliverable 2: First meeting of the Advisory Group: Launch of project
Milestone 2: **9 December 2008**

Deliverable 3: Joint WHO/German Alliance for Mental Health Conference on “Mental health and well-being at the workplace – protection and inclusion in challenging times”
Milestone 3: **17/18 March 2009** in Berlin

Deliverable 4: Development of indicators of good practice in user empowerment
Milestone 4: **First set: May 2009, final set: March 2010**

Deliverable 5: Identification of good practice examples
Milestone 5: **First collection: December 2009, final collection: March 2010**

Deliverable 6: Collection of information on success and failure factors
Milestone 6: **First set: May 2009, final set: March 2010**

Deliverable 7: Second meeting of WHO-EC Advisory Group
Milestone 7: **June 2009**

Deliverable 8: WHO-German Alliance for Mental Health Joint Publication on “Mental Health and well-being at the workplace – protection and inclusion in challenging times”
Milestone 8: **October 2009**

Deliverable 9: Organize a leadership workshop
Milestone 9: **May 2010**

Deliverable 10: WHO-EC Report on user empowerment in mental health
Milestone 10: **March 2011**

