

EUROPEAN MEETING OF GOOD PRACTICES AND HUMAN RIGHTS IN MENTAL HEALTH, A YOUNG LOOK

KA1- ERASMUS+
MOBILITY OF YOUTH WORKERS

Valencia, Spain
September 2019



INTRODUCTION

This seminar is designed to facilitate the exchange of good practices and the creation of networks among professionals from European-level entities working in the field of mental health.

A first part of the seminar will consist of sessions where the key points of specific issues will be presented (to be determined). Actions carried out at the local level and success stories involving users, professionals and volunteers will be showed.

In a second part, several Mental Health centers on Valencian Community (Spain) will be visited where this type of actions are carried out.

A third part of the seminar will be an opportunity to discuss the possibilities for designing a broader European projects (Erasmus+, H2020,..).

We will also try to leave time to visit the most emblematic sites of the city of Valencia and present our culture.

The last day of seminar an event will take place for different entities to show the work done in their countries. Thus, the general public can know new initiatives and can take ideas to carry out with their beneficiaries (capacity 160 seats).

OBJECTIVES

- To encourage the exchange of good practices and implementation of new quality actions in the field of intervention for people with mental health problems.
- To contact and create networks between entities working in the field of mental health.
- To get better understanding about the possibility of carrying out projects within the Erasmus+ Program, H2020 and others.

DATE AND VENUE

- Date: November 2019.
- Duration: 3 days (+ 2 days travel)
- Venue: **National Reference Center for Psychosocial Care for People with Serious Mental Disorder.** ([+ INFO](#)). Valencia, Spain.

PARTICIPANTS PROFILE

- 20-25 participants from Erasmus+: Youth in Action programme countries.
- Participants must be professionals or volunteers working in the field of mental health, preferably young people and from different professional profiles.
- We are looking for 8 partners that send a maximum of 3 participants each.

FINANCIAL CONDITIONS

Travel, accommodation and subsistence costs will be funded according to Erasmus+ Programme.

Keep in mind that travel costs will be funded under the Erasmus+ distance calculator (http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm).

SOME DISCUSSION TOPICS

- Evaluation of three types of **physical exercise** in the improvement of the symptomatology and quality of life in people with schizophrenia in a psychosocial rehabilitation program.
- Evaluation of a **music therapy** program in patients with severe mental illness: effects on symptomatology, social cognition and quality of life.
- Mental health **stigma**
- The promotion of user groups: **Clubhouse**
- The challenge of the **labour inclusion** of people with severe mental disorders.
- Paradigm shift on **human rights** in mental health
- **Adherence therapy (AT)** in patients with schizophrenia
- Programs for **self-management** education
- **Cognitive-behavioural** therapy for psychosis
- Efficacy of progressive **muscle relaxation**
- Psychoeducational interventions for **relatives** of people with schizophrenia
- Clinical interventions in **women** with schizophrenia: pregnancy
- Effects of **early interventions** for psychosis in the use of hospitalization services
- Risk factors for **suicide** in schizophrenia
- Recovery perspective in **community-based housing**
- **Metacognitive training**

ABOUT FUNDACIÓN RAMÓN REY ARDID

Foundation Ramón Rey Ardid is a non-profit organization that was created in 1991 to attend the need of people affected by mental illness. After more than 25 years of experience, our organization has grown and increased its social presence, by working with other collectives at risk of exclusion (elderly, migrants, young people in difficulty, etc.).

The main goals are to achieve full social integration, to cover their basic needs and to improve both their quality of life and their relatives. To achieve these goals we developed different actions: training, awareness, leisure and recreation, etc. FRRRA has established diverse agreements with official bodies and private institutions to develop assistance, prevention, rehabilitation, socio-professional integration and training activities.

<https://www.reyardid.org/nueva/imagenes/documentos/473.pdf>
www.reyardid.org

About CREAP. National Reference Center for Psychosocial Care for People with Serious Mental Disorder.

Fundación Ramón Rey Ardid manages the center CREAP. The CREAP is a public center.

The State Reference Centers are configured as instruments of the General State Administration that, in the exercise of their powers, serve as a channel for collaboration between public and private resources for the promotion and improvement of the services of a specific sector of the State. People with mental illness, especially those with severe mental disorders, constitute a priority attention group for the State.

Due to these needs, it is how this national-level initiative of reference promoted by the Ministry of Health, Social Services and Equality through Imsero arises. With the aim of promoting in all the territories of the State the improvement of the quality and efficiency of the resources aimed at people with severe mental disorders and their families.

Objectives

- Collection, analysis and dissemination of data, information and knowledge about people with severe mental disorder (SMD). Promotion and development of studies and research on this group.
- Promotion, programming and delivery of training actions for professionals and caregivers.
- Development and validation of innovative programs and methods and intervention techniques in socio-health care for people with SMD.
- Promotion and development of good practices in prevention, promotion of personal autonomy and attention to people with SMD.
- Collaboration with families, groups and non-governmental organizations in the sector through information, advice, training and support actions.
- Promotion of quality improvement plans and development of common criteria for accreditation and evaluation of centers.
- Technical advice to administrations and public bodies, entities, professionals and interested in the care of people with mental disorders and their families caregivers.

+[INFO](#)



EXPRESSION OF INTEREST

- Please, send the Partner Identification Form (PIF) by email to lrincon@reyardid.org.
- Deadline: 26th April.