

Projects in the field of de-stigmatisation and community care in the Czech Republic

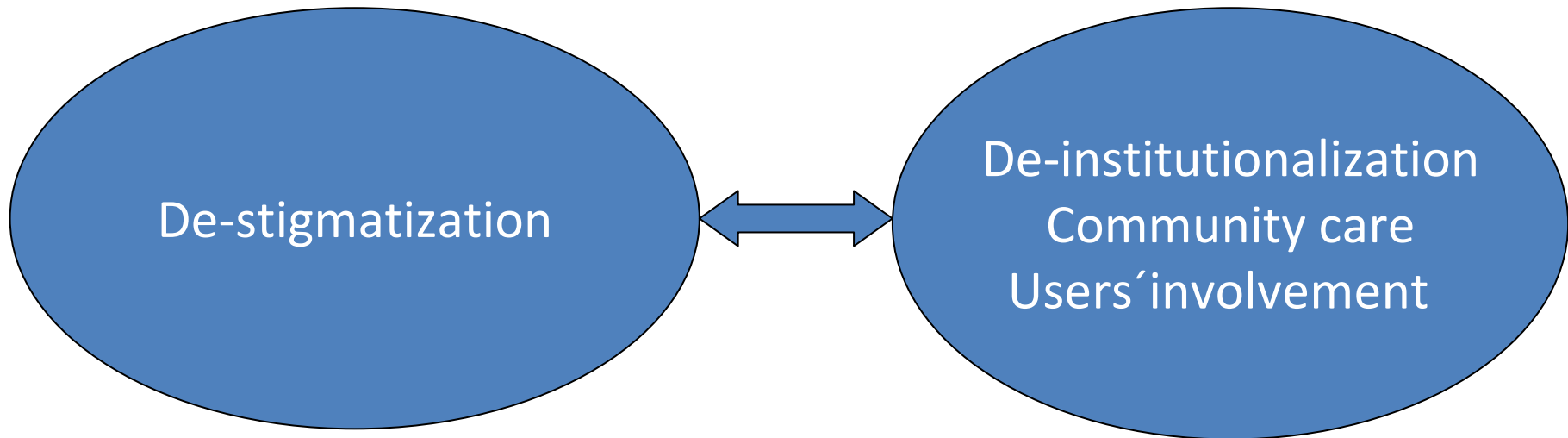
„Destigmatisation and Improving the Quality of Care in Psychiatry“

28 – 29 May 2009

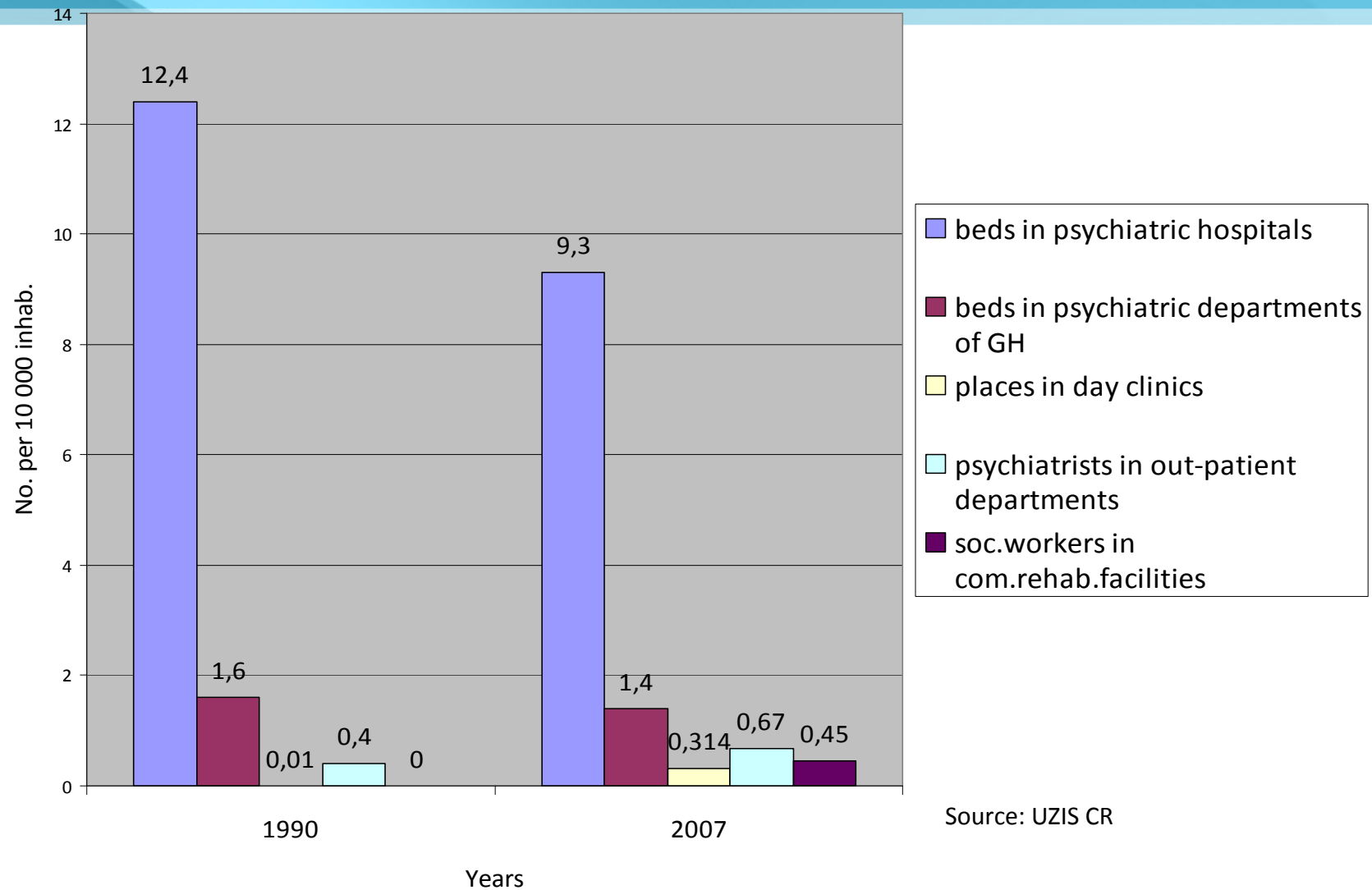
O.Pěč



The interplay between de-stigmatization and de-institutionalization



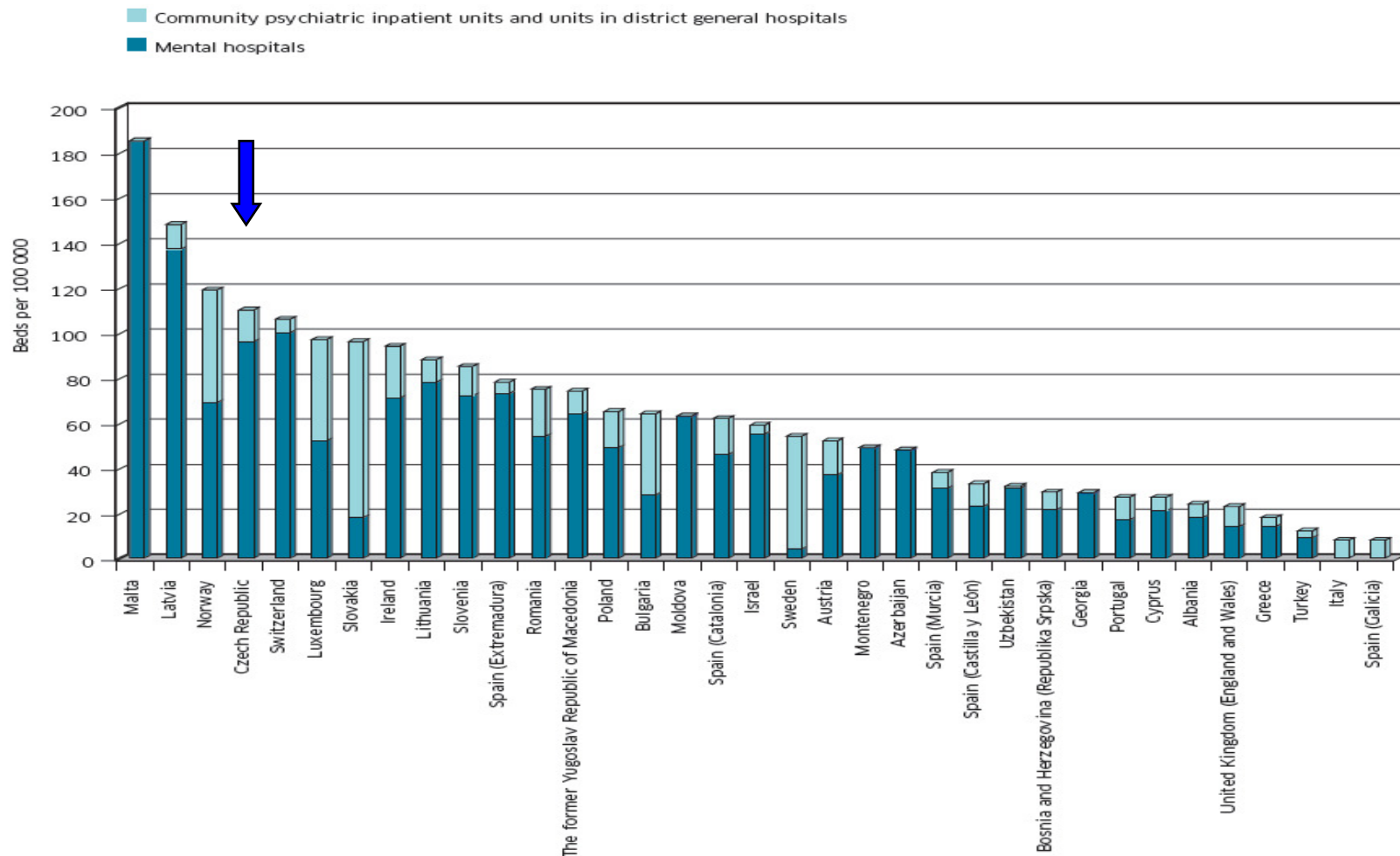
The changes in a structure of the care for mentally ill people in the last 20 years



Source: UZIS CR

The comparison to other EU countries

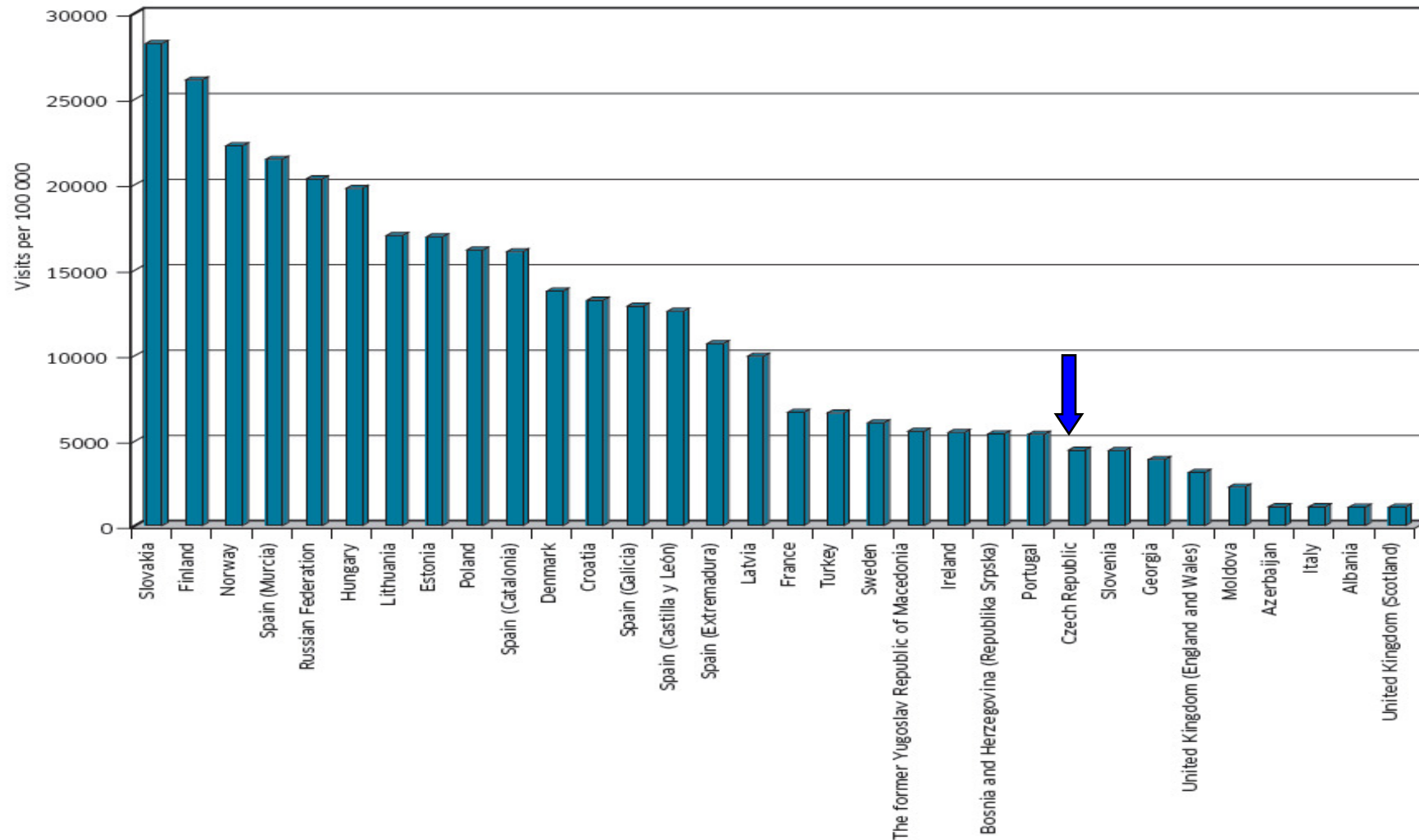
The proportion of beds in mental hospitals and community inpatient units per 100 000 inhab.



Source: WHO Europe, 2008

The comparison to other EU countries

The number of visits in out-patient and community facilities per 100000 inhab.



Projects in the development of community care

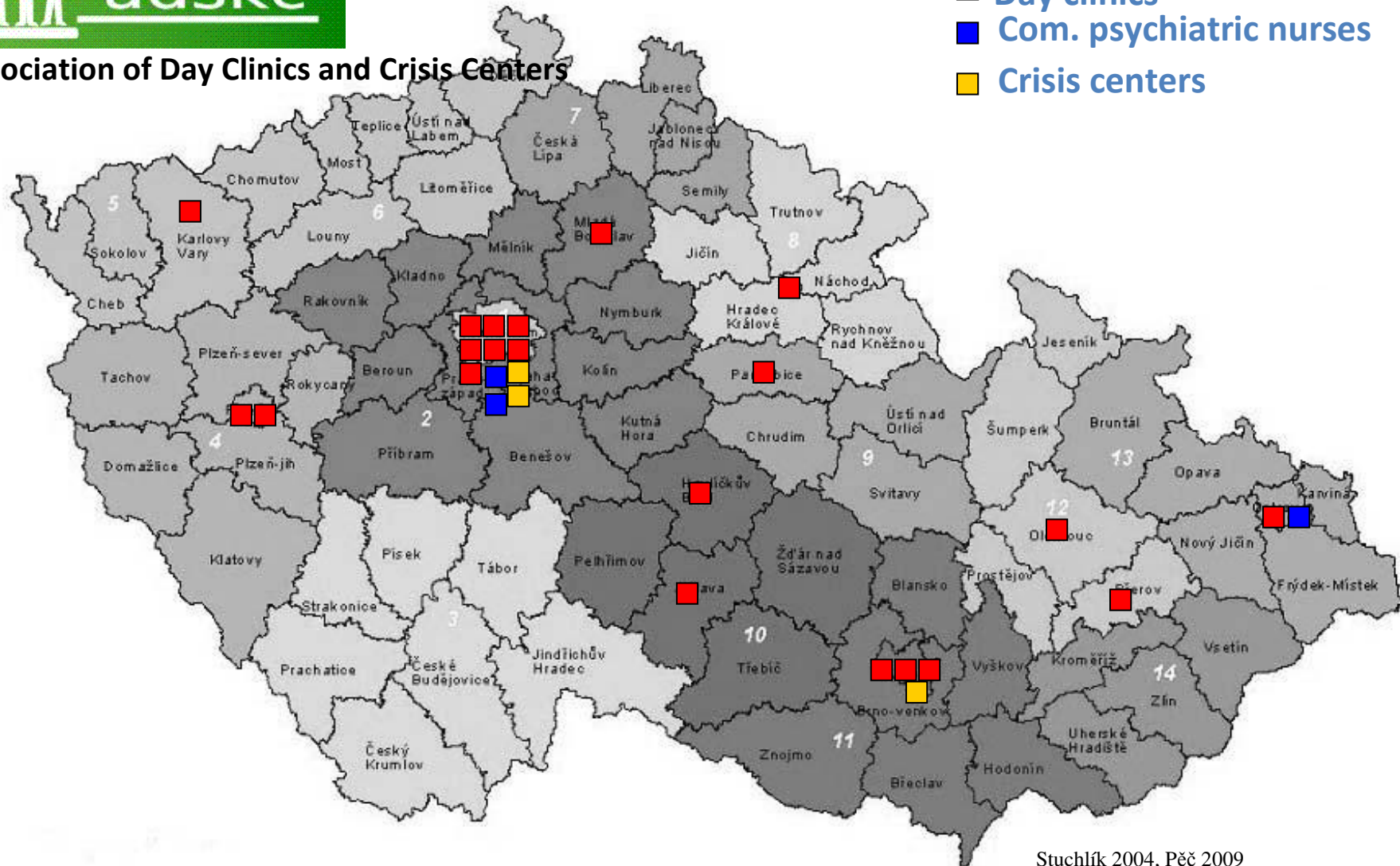
- The most important factors:
 - an activity of the newly established providers (NGO 's) after the political changes in 1989
 - New extramural mental health facilities
 - New NGO's providing psychiatric rehabilitation
 - organizations promoting and encouraging changes in mental health care (NGO's)
 - e.g. Center for Mental Health Care Development, Czech Association for Mental Health
 - counseling and financial assistance from abroad (e.g. Netherlands)

Facilities providing day and crisis care



Association of Day Clinics and Crisis Centers

- Day clinics
- Com. psychiatric nurses
- Crisis centers



Stuchlík 2004, Pěč 2009

21 day clinics, 3 crisis centers, 3 facilities providing community psychiatric nursing

Development in rehabilitation community services



FOKUS

Association for Mental Health Care

www.fokus-cr.cz

- established in 1990
- providing community psychiatric rehabilitation services
- from 1990 gradually emerging organizations up to 10



Regional models of extramural care



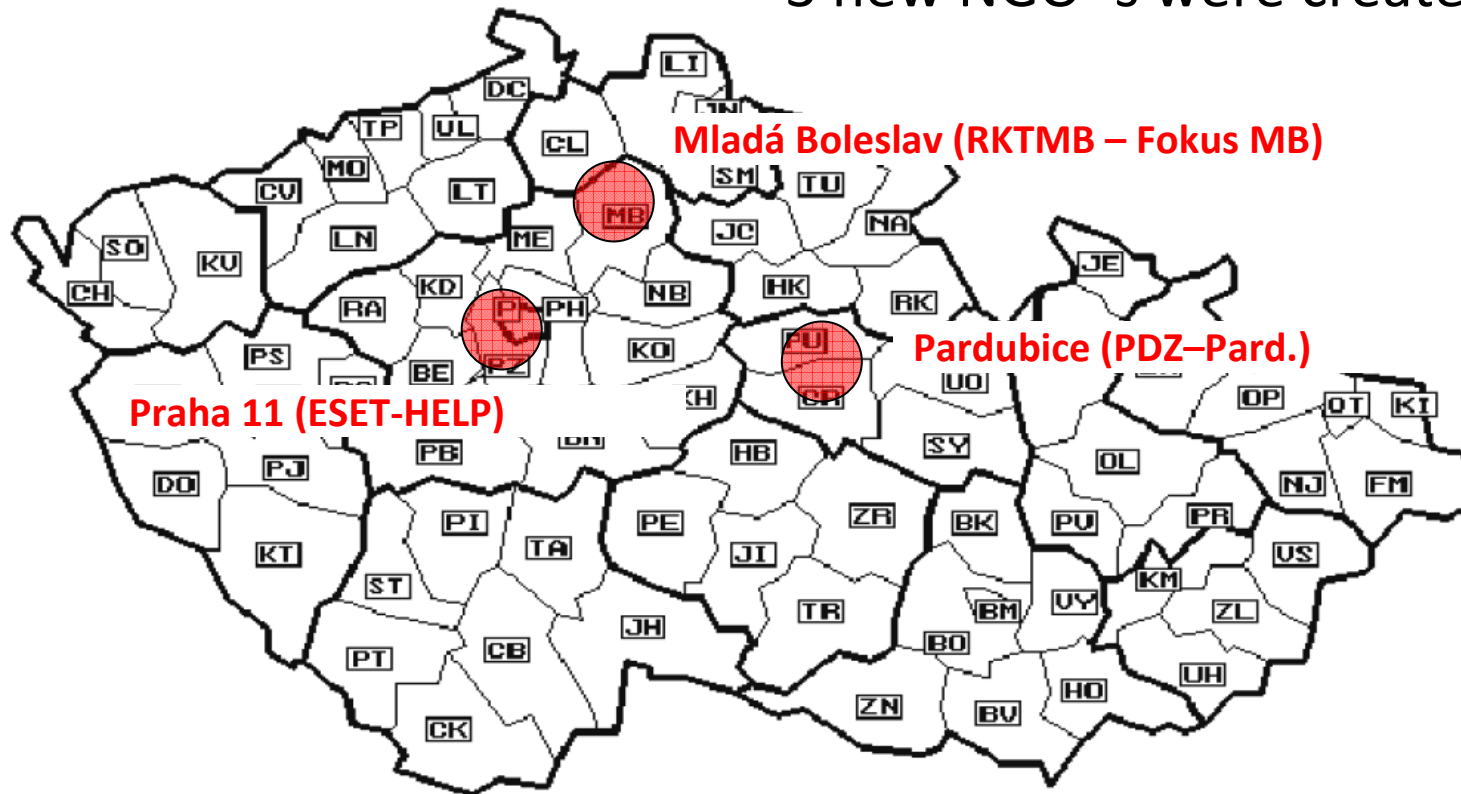
Centre for Mental Health Care Development & GGZ
Netherlands & Min. of Foreign Aff. Netherlands

1995-1997

3 new regional community teams in
Prague 11, Pardubice, Mladá Boleslav

„MATRA I“

3 new NGO 's were created



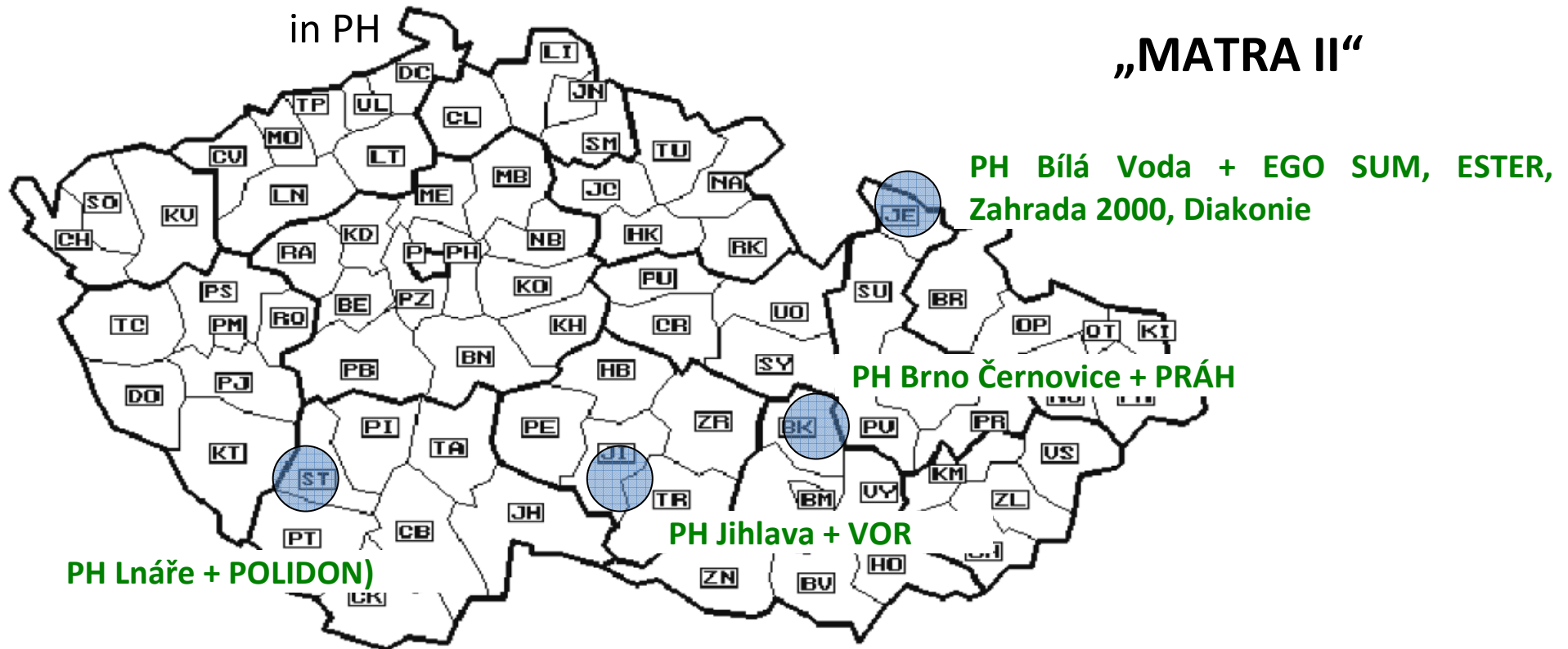
„Socialization Psychiatric Hospitals “



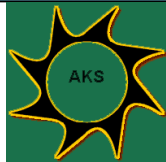
Centre for Mental Health Care Development & GGZ Netherlands & Min.of Foreign Aff.Netherlands & Trimbos

- 1999-2001 linking up of newly established extramural NGO ´s or so far existing NGO ´s with the services of 4 psychiatric hospitals
- community care for discharged patients, slight reduction in the length of hospitalization, slight downsizing in the numbers of beds in PH

„MATRA II“



Community rehabilitation services



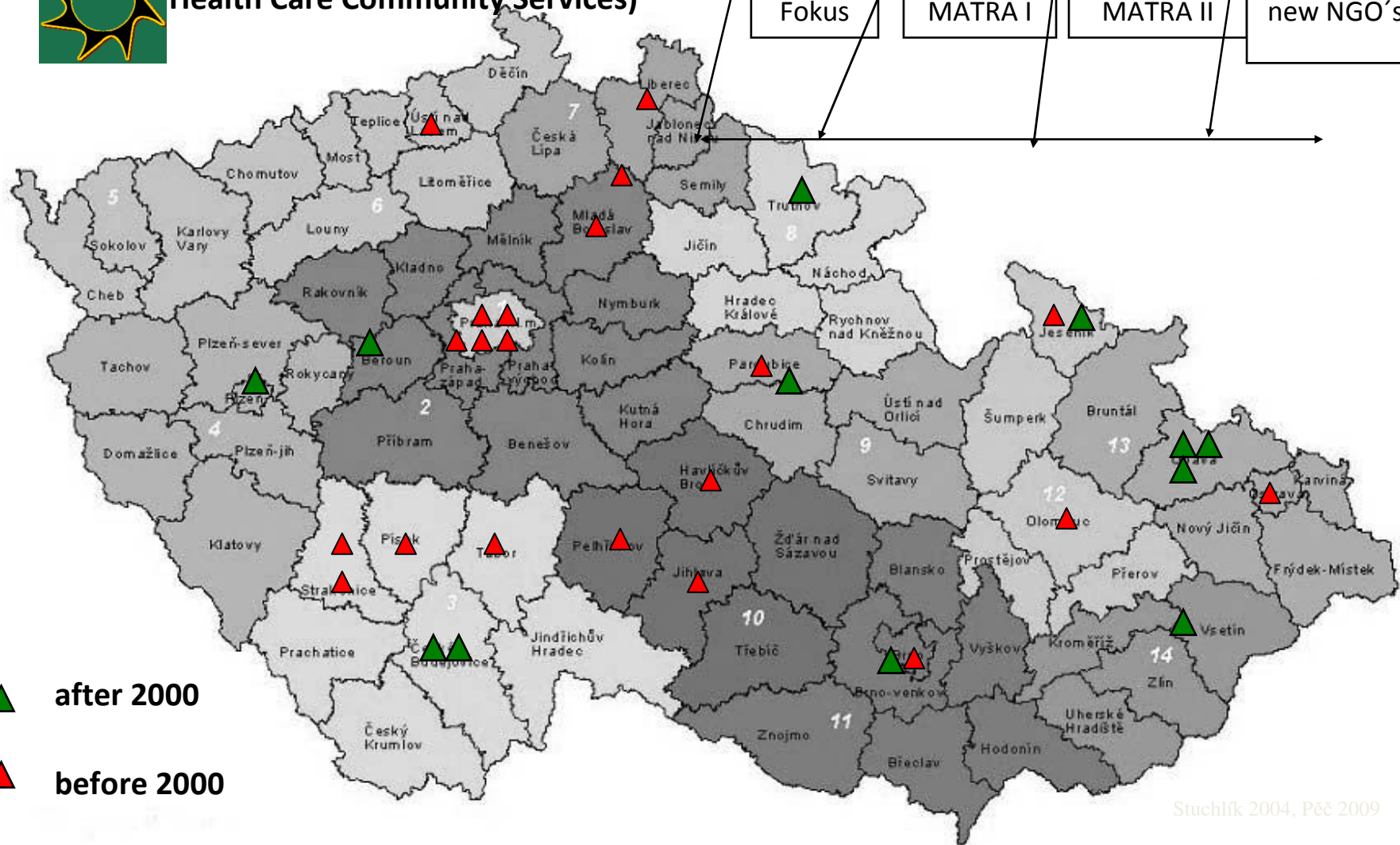
AKS (Association of Mental Health Care Community Services)

1991 – Fokus

1995 – MATRA I

1999 – MATRA II

2000 – new NGO's



Stuchlík 2004, Pěch 2009

30 NGO's with 430 professionals (mainly social workers) cared about 4600 patients in 2007 (source: AKS, Fokus)

Model of care for mentally ill in Prague and its economic evaluation



Centrum pro rozvoj péče o duševní zdraví

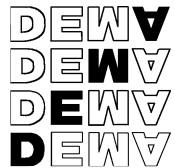
Centre for Mental Health Care Development

- finding out needs of professionals and users of psychiatric care in terms of quality and quantity of services for mentally ill
- 109 users and professionals - focus groups
- 102 mental health professionals from Prague - respondents of questionnaires

RESULTS:

- a need for an increase of capacity of out patient psychiatric care, case management, community residential care, crisis services, psychotherapeutic and rehabilitation programs
- a need for linking of all segments of services, a need for orientation of the services toward community and an importance of an out patient psychiatric care with appropriate therapeutic relationships
- that will require an increase in funding of 2.83 billion CZK per year (2,8 times more then now)
- but this increase means only small difference from the point of view of comparison of financing psychiatric care in other EU countries.

Projects in de-stigmatization



Centrum pro rozvoj péče o duševní zdraví
Centre for Mental Health Care Development



2004 - a representative research „Views on schizophrenia“

- 667 adult persons in CR in face to face structured interviews

RESULTS:

- only 43 % people think that persons with schizophrenia can normally live and work
- 82% people think that persons with schizophrenia are erratic or unpredictable in their behavior and manifestation
- 43% people think that persons with schizophrenia are mindlessly aggressive and disruptive
- 21% would place persons with schizophrenia in mental hospitals, 48% people would help

De-stigmatization campaigns

1990– FOKUS Praha, UNIJAZZ

2009 „Týdny pro duševní zdraví“ (Weeks for Mental Health)

every year from 10. September till 10. October – in many places of CR: concerts, happenings, exhibitions of clients, round tables, seminars, workshops

1991- Nedomysleno, s.r.o.

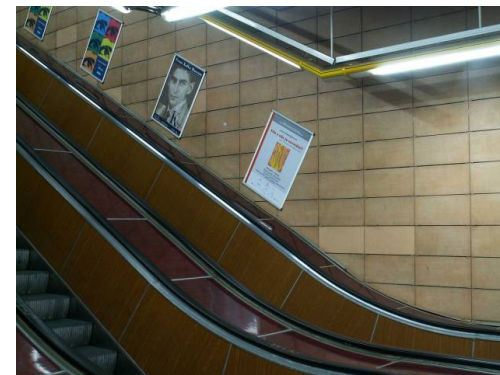
2009 „Mezi ploty“ (Between the Fences)

every year in May in the space of psychiatric hospitals in Prague-Bohnice, Dobřany, Brno-Černovice – one of two days of concerts (jazz or rock bands)

2005 - CMHCD, AMEPRA – project „Změna“ (Change)

De-stigmatization campaign in Prague underground stations

posters with the stories of psychiatric patients and the exhibition of pictures, anonymous counseling



Involvement of users in de-stigmatization

KOLUMBUS– users' organization

Self organized exhibitions, lectures for public or lectures in schools,

VIDA

Users provide consulting services for users or for other people in 8 advocacy centers in CR. Centers are placed in public areas.

Lectures for public or for schools.



Training cafeterias or shops

e.g. GREEN DOORS, PRÁH, LOMIKÁMEN, FOKUS VYSOČINA, ESET-HELP ...

Users sell products for public or serve in cafes



De-stigmatization programs in schools

FOKUS Praha

Blázníš? No a! (Are you crazy? So what!)



Workshops with students of secondary schools with participation of a mental health professional and an user. 6 schools in Prague in the year 2007/2008.

Project in a collaboration with German and Slovak schools and organizations (Irrsinig Menschlich e.v., University in Leipzig, Integra Michalovce).

Other de-stigmatization projects

Special de-stigmatization websites

e.g. www.stopstigma.cz

Activities in the media (articles in journals or newspapers; interviews)

Seminars, conferences