



‘Supporting and Empowering Family Members’

John Saunders

Recovery and Reform,

Prague, 2nd June 05



The European Federation of Associations of Families of People with Mental Illness

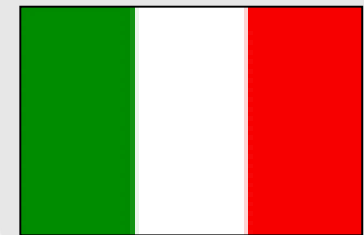
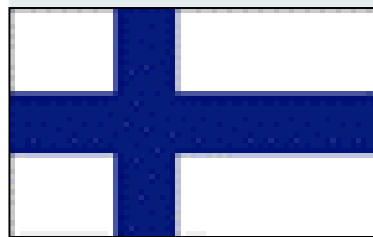
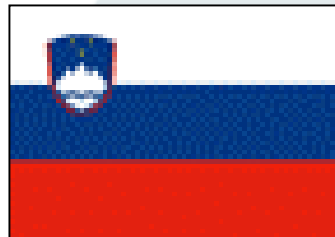
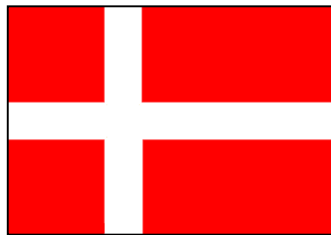
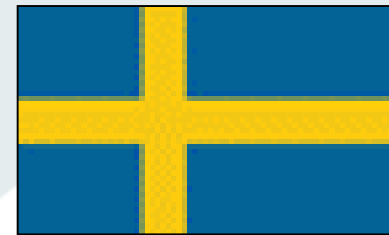
- **EUFAMI is a European network of family organisations, promoting the interests and well-being of people with mental illness and their family carers**
- **42 member associations in 25 countries**
- **Founded in 1990; not-for-profit association with office in Louvain, Belgium**



Training Programmes for:

- **Family & Friends**
- **People with Experience of Mental Illness**
- **Health and Social Care Professionals**

Participating countries



Participating organisations



Project Promoter	EUFAMI European Network
Project Coordinator	Ypsilon (The Netherlands)
National Partner	Landesforeninga SIND (Denmark)
National Partner	Hyvan Mielen Talo Ry (Finland)
National Partner	Families Promoting Mental Health in Tampere (Finland)
National Partner	UNAFAM (France)
National Partner	Schizophrenia Ireland (Ireland)
National Partner	UNASAM - Unione Nazionale delle Associazioni per Salute Mentale (Italy)
National Partner	AEIPS - Associação para o Estudo e Integração Psicosocial (Portugal)
National Partner	FEAFES Confederacion Espanola de Agrupaciones de Familiares y Enfermos Mentales – (Spain)
National Partner	OPORA Denna Psychi. Nemocnica (Slovakia)
National Partner	OZARA Slovenija Nacionalno Združenje Kakovost Življenja (Slovenia)
National Partner	Sahlgrenska University Psychiatric Hospital Rehabilitation Department (Sweden)
National Partner	Schizofreniforbundet (Sweden)
National Partner	National Schizophrenia Fellowship (Scotland)

Purpose of partnership



**To develop and produce
training programmes for:**

Family & Friends

People with Mental Illness

Health and Social Care Professionals

'Common Ground' Module



EUFAMI member associations recognised the need for empowerment of family carers through a new approach to training.

- **Review of existing courses in Europe, USA**
- **Advice from Dr K. Alexander, carer/trainer**
- **EUFAMI decision to develop own approach**



- **Peer-to-peer communication, not 'expert-to-learner'**
- **Participative group training through sharing personal experience, not 'information-dispensing'**
- **Uses trainers who are group members with experience. They facilitate a process - they are not 'teachers'**
- **Open to new ways of thinking and new perspectives, not providing answers or solutions**



Contribute to breaking the cycle of social isolation, limitation and discrimination, and enable people with experience of mental illness to embark on their own path towards 'recovery' through social integration, education or training, and work opportunities



The programmes and their content

- For Family and Friends
- For People with Personal Experience of Mental Illness
- For Health and Social Care Professionals
- A 'Common Ground' Module



Family & Friends

- **addresses the needs of carers - family members and friends**
- **enables them to gain confidence**
- **develops their coping skills**
- **supports regaining control**
- **improves their quality of life**

Approximately 12 trainees per group, led by two peer facilitators

The programme consists of 10 modules, delivered over a period of 10 weeks.



People with Personal Experience of Mental Illness

- promotes recovery
- enables greater community integration
- improves skills and work opportunities

Approximately 12 trainees per group, led by two peer facilitators

The programme consists of an introductory session and 10 modules, providing approximately 30 hours of training



Health and Social Care Professionals

- **proposes the notion that a key role of mental health services is to facilitate citizenship**
- **places the person with experience of mental illness and family members in a social context, as citizens rather than service users or carers**

Approximately 12 trainees per group, led by two peer facilitators

The programme consists of an introductory session and 4 modules to be delivered over 2 sessions



‘Common ground’ module

To facilitate and increase three-way communication among all three groups

Programme for a mixed group - of professionals, people with experience of mental illness, and family and friends

Can be run independently, or incorporated into any of the other three programmes.

Approximately 12 trainees per group, led by 2 peer facilitators
The programme, up to 3 hours of training, is in 5 parts.

Some opinions of the participant groups ...

A large, decorative graphic on the right side of the slide. It consists of three overlapping, semi-circular shapes that resemble a stylized sun or a series of waves. The outermost shape is a light blue-grey, the middle one is a medium blue, and the innermost one is a light grey. Each shape has a white outline, and they are arranged in a way that they appear to be layered together, creating a sense of depth and movement.



- Non-threatening training environment
- Sharing experiences helps solve the problem of isolation
- Realise that mental health carers have similar needs
- Realise that you can't always be on top of everything, and you are allowed to take time out for yourself
- The training helps one deal with day-to-day matters
- Becoming aware of the pressures, and learning to manage stress, and cope with grief
- It broadened my view of life



- Seeing we are equal to the others, the professionals and carers
- Realising how important it is to have a job in order to keep my mind off my illness
- Recognising that the training may help us organise groups of people with personal experience of mental illness at home.
- Discussing issues with others raised awareness of alternative opportunities
- Having a good time in the group
- Knowing more about how mental health is organised
- Knowing that I am not the only one with this illness...



- Reaffirming an understanding of citizenship, and how to develop ways to facilitate it
- Thinking about cooperation with users and relatives in a more empathetic way
- Realising the need for informed reflection and critical thought
- Being challenged by a human rights approach to the issue of empowerment and stigma
- Realising the importance of respecting the dignity of the client



The preparatory years 2000 - 2002

- Deciding and approving the training concept, objectives and process
- Writing the project action plan
- Finding potential funding partners
- Securing funding for the project



Year 1: 2002

- Selecting management and steering committees
- Recruiting a coordinator
- Finding partner organisations to work with (seminar)
- Selecting senior trainers, consultants, and evaluators
- Developing training programmes (working groups)
- Approving draft training programmes (seminar)
- Selecting facilitators in each participant country



Year 2: 2003

- Training event in March in Netherlands for 63 aspirant facilitators from 10 national partner countries, representatives of all three groups.
- Aspirant facilitators try out training skills in 10 partner countries June-November, training 233 people.
- 80% of participants formally evaluated sessions
- Evaluation feedback to partners (seminar)
- Final modifications to all training programmes



Year 3: 2004

- Debated the future of Prospect Training, and proposed a Prospect Development Centre
- Training modules finalised and written up
- A fourth training module created and tested
- Training programmes translated
- Training materials designed and produced
- Prospect Development Centre initiated



Prospect Central Training Event – March 2003



63 aspirant facilitators from 10 countries took part !

THANK YOU !

John Saunders



www.eufami.org