



10th SMES Europa Conference  
Severity of Poverty & Exclusion: Resignation or Challenge?

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## **Good Practices for Combating Social Exclusion of People with Mental Health Problems**

**Mary Van Dievel**  
Director MHE

**Sogol Noorani**  
Policy Officer





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# ABOUT MHE



***Mental Health Europe - Santé Mentale Europe is a European non-governmental organisation committed to the promotion of positive mental health and well-being, the prevention of mental distress, the improvement of care, advocacy for social inclusion and the protection of human rights for (ex)users of mental health services, their families and carers.***

MHE has more than 50 full members, 12 associate members, 55 individual members in 29 EU countries

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# WHAT DOES MHE DO?



- Lobbies the European institutions to raise the profile of mental health and well-being on the European agenda
  - Develops recommendations for policy and practice based on membership consultation and European projects
  - Organises a platform for exchange and collaboration among mental health NGOs in Europe
  - Supports its members with information on European policy and legal developments
  - Develops communication strategies and materials: newsletter, website, leaflets, press releases, position papers and media relations
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## MHE's AREAS OF WORK

# MHE POLICY AREAS



- Mental Health and Social Policy
- Mental Health Promotion
- Mental Health and Human Rights
- Mental Health and Disability



## MHE's AREAS OF WORK

# MHE THEMATIC AREAS



- Mental Health and Human Rights
  - Mental Health and Minority Ethnic Communities
  - Mental Health and Women
  - Mental Health and Children and Adolescents  
*(to be established)*
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## MHE's AREAS OF WORK



## MHE EUROPEAN PROJECTS

- Good Practices for Combating Social Exclusion of People with Mental Health Problems (2005-2007) – DG EMPL
  - MHEENII - Mental Health Economics European Network – Phase II (2005-2007) – DG SANCO
  - IMHPA - European Network for Mental Health Promotion and Mental Disorder Prevention (2004-2006) – DG SANCO
  - Training Centres for Mental Health (2005-2007) – DG EAC
  - EMIP - Implementation of EU Mental Health Promotion and Prevention Policies and Strategies (2004 – 2006) – DG SANCO
  - ProMenPol - Promoting and Protecting Mental Health (2007 – 2010) – FP6
  - Comparative Cost Analysis: Community-based services as an alternative to institutions (2006 – 2009) - DG EMPL
  - CAMHEE - Child and adolescent mental health in enlarged Europe (2007 – 2009) - DG SANCO
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# MHE WORK PROGRAMME 2008-10

(funded under PROGRESS, DG EMPL)



***"Working together in the EU – Enhancing communication, collaboration and commitment in the fight against poverty and social exclusion of people with mental health problems"***

## Key objectives:

- Develop and strengthen MHE's activities and that of its member organisations, including (ex)users of mental health services, to ***inform and influence employment and social policy at the local, national, regional and European level***
  - ***Actively participate and effectively contribute*** to the development, implementation and monitoring of the ***National Action Plans against Poverty and Social Exclusion 2008-2011***
  - ***Build the capacity of MHE members and empower (ex)users of mental health services*** to become involved in activities aimed at reinforcing the social dimension of the renewed Lisbon strategy for growth and jobs at the local and national level.
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# MHE CONFERENCE 2008

Aalborg Denmark, 07-09 August



## **“Diversity in Mental Health and Wellbeing – An Opportunity for Intercultural Dialogue”**

- *The philosophical dimension of culture and diversity*
- *The cultural dimension within different health systems*
- *The cultural differences among professionals*
- *Care, treatment, rehabilitation, recovery and employment for people with mental health problems from different ethnic and cultural backgrounds*

Presentations, Debates, Workshops, Exchange...and more

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## For further information:

Mental Health Europe – Santé Mentale Europe

Boulevard Clovis 7, B-1000, Brussels

Tel. +32 2 280 04 68

Fax +32 2 280 16 04

E-mail: [info@mhe-sme.org](mailto:info@mhe-sme.org)

[www.mhe-sme.org](http://www.mhe-sme.org)

**MHE Conference 2008: [www.mhe-aalborg.dk](http://www.mhe-aalborg.dk)**

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# MHE TRANSNATIONAL EXCHANGE PROJECT:

*“Good Practices for Combating Social Exclusion of People with Mental Health Problems”*



## Background:

At the Lisbon Summit (2000), EU Heads of State and Government agreed to take “necessary steps to make a decisive impact on the eradication of poverty and social exclusion by 2010”.

Under the OMC, Member States voluntarily coordinate their policies and good practices on social protection and social inclusion, involving local and regional authorities as well as social partners and NGOs.

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# AIM OF THE PROJECT



*To demonstrate the link between mental health problems and social exclusion...*

**and**

*...to identify existing best practices combating social exclusion of people with mental health problems in access to health and social services, employment, education, training services, housing, transport, leisure activities and civil and human rights.*

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# OBJECTIVES OF THE PROJECT



- to identify, collect and analyse good practices
  - to assess the transferability of good practices to other European countries
  - to organise exchange visits to selected good practices
  - to contact other European NGOs active in the field of social inclusion and mainstream awareness about mental health
  - to establish an online database of best practices
  - to disseminate the results of the project at local, regional, national and European level
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# ACTIVITIES



1. Analysing of the current situation of social exclusion
  2. Raising awareness of the link between mental ill-health and social exclusion in the context of the “NAPs/Inclusion” 2006-2008
  3. Holding a focus groups to include the voice of users in the evaluation of best practices
  4. Visiting selected best practices
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# OUTCOMES – Policy (1):



Factors influencing the development of good practices – POLICY

- ✓ Achieve good relationships with relevant Ministries, regional and local authorities
  - ✓ Achieve authority and the means for stakeholder involvement
  - ✓ Achieve wide collaboration, cooperation and commitment among stakeholders
  - ✓ Invest in available public policies
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# OUTCOMES – Policy (2):



Factors influencing the development of good practices – ORGANISATIONAL

- ✓ Aim towards integration of all relevant community organisations
  - ✓ Aim for a common goal on specific issues among all stakeholders
  - ✓ Commit to the bio-psycho-social-economic model
  - ✓ Develop and maintain alliances between stakeholders
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# OUTCOMES – Policy (3):



Factors influencing the development of good practices – INITIATIVES

- ✓ Ensure awareness raising
  - ✓ Commit to user involvement and empowerment
  - ✓ Ensure transferability and sustainability
  - ✓ Promote access to labour market opportunities
  - ✓ Develop and maintain a positive outlook
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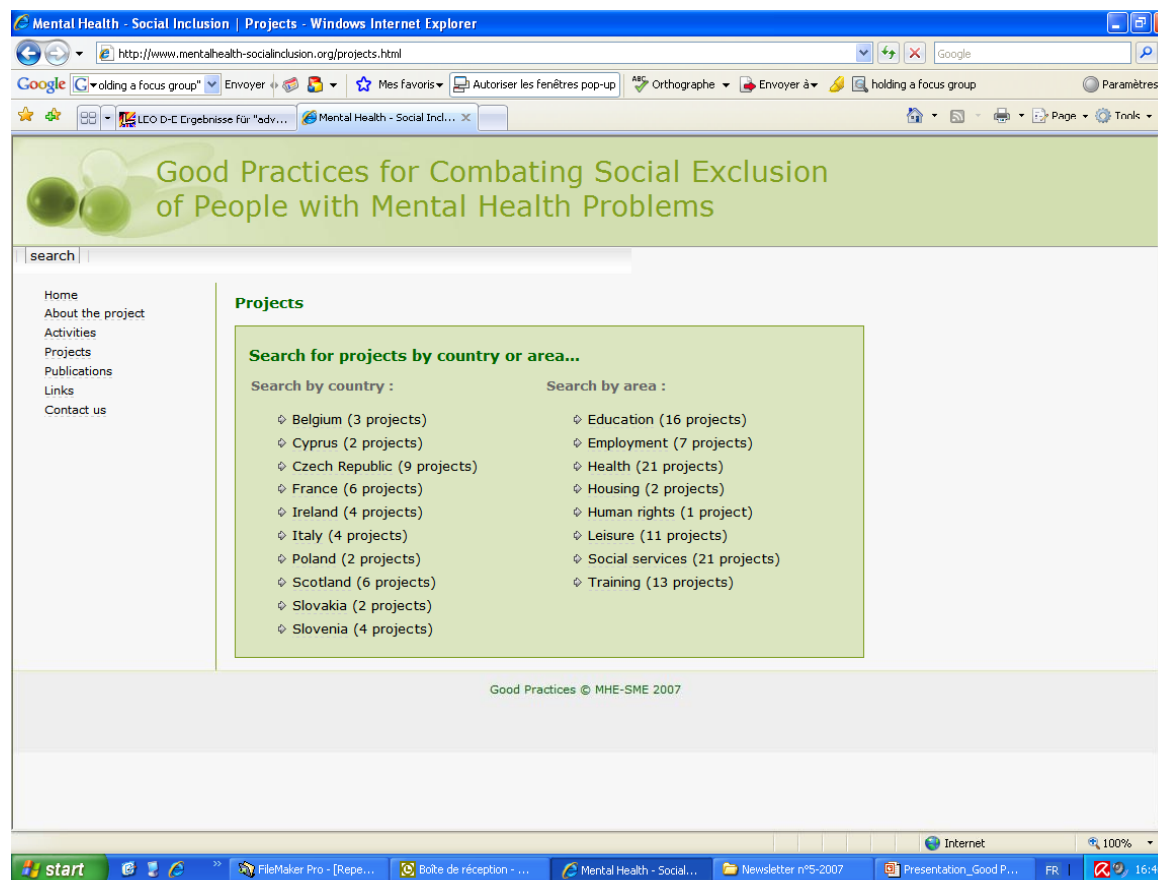
# OUTCOMES – Practice



- ★ Report on the situation of social exclusion in the partner countries
- ★ Press releases
- ★ Final report
- ★ Project website and online database of good practices
- ★ Directory of good practices & conclusions and recommendations for policy and practice



# PROJECT WEBSITE



[www.mentalhealth-socialinclusion.org](http://www.mentalhealth-socialinclusion.org)

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