



European Community Based Mental Health Service Providers Network

European Partnership for Delivering Quality Community Mental Health Services

It gives us great pleasure to send the first EUCOMS newsletter of the year to all our members. Since the last newsletter many things have happened. Marjonneke de Vetten has left the EUCOMS team and we started the new year with new organizational team members. In this newsletter Marjonneke will share her experience and the new members will briefly introduce themselves. We will give you an update about the Màlaga meeting which took place on 4th and 5th of October 2018 and the exchange visits between Norway/Spain and Northern Ireland /UK. In addition, we are working on progress on the strategy document of 2019-2020 and we are busy organizing the next EUCOMS meeting in Lille, France which will take place on 13th-14th of June 2019.

Marjonneke's impressions

Since 2015 I have been working on the development of the EUCOMS Network. First in a secretarial role and later as a coordinator. Working on EUCOMS is something I did next to my PhD on the challenges and opportunities for the implementation of a community-based mental health care model in Moldova. Now I have a little girl on the way, I have to let go of EUCOMS and focus on my PhD. Despite the fact that EUCOMS officially was a 'side' project, it has been a full learning experience. I am going to miss it!

In this newsletter

- EUCOMS meeting in Màlaga, 2018
- Completion Consensus Paper
- Organization and Sustainability of EUCOMS
- SAVE THE DATE!
- Learning and exchange visits
- EUCOMS welcomes partners
- Upcoming Events
- Want to become a partner?



EUCOMS has brought me in contact with many inspiring researchers, managers, practitioners, service users and carers from all corners of Europe and the world. It has given me insight in what good community mental health care means to them. Moreover, it has given me the opportunity to work on activities that can help bridge the gap between these stakeholder groups, research, policy and practice to improve mental health care in Europe. I want to thank you all for this experience and I hope to see you on our mission in the future!

Introduction of the new team members:

Uarda Petriti, MSc; Junior Scientific Researcher, Trimbos-Instituut, the Netherlands; has a background in Public Health and a specialization in Epidemiology. She will be supporting some of the activities of EUCOMS including the strategy document, newsletter and facilitation of the exchange visits.

Malou Besselink, MSc; Advisor, GGZ Noord-Holland-Noord, the Netherlands; has a background in Psychology (Clinical & Work- and Organizational). She will be part of the organizational team of the next EUCOMS meeting in Lille, France and supporting other activities including the strategy document, newsletter and coordination representation of EUCOMS at events/meetings.

Ariana Rose, MSc; Project Management Support, Trimbos-Instituut, The Netherlands; has a background in Business Administration / Marketing and Sociology with a focus on social problems and policy.

She will be a part of the EUCOMS secretariat and will help with drawing up a memorandum of understanding with partners, setting up and managing a funding structure, and coordinating the upcoming conference in Lille.

EUCOMS Meeting in Màlaga

The last EUCOMS event took place in Màlaga, Spain on the 4th and 5th October, 2018. The theme of the meeting was: **“Integrated Community Mental Health Care: The challenge of an intersectional approach”** and it was hosted by Ms. Evelyn Huizing (Andalusian Health Service) and Mr. Juan José Martínez Jambrina (Director of the Mental Health Area Avilés, Asturias). The participants learned about the process of psychiatric reform in Andalusia; the closure of all public psychiatric hospitals in 2000 and the start of a new distribution of mental health services in 2008 according to a community-mental health care model consisting of community mental health care centres, day hospitals, child/adolescent units, rehabilitation units and therapeutic communities. A summary report of the 5th EUCOMS meeting can be found [here](#).

Learning and Exchange visits

This year the exchange visit from Spain to Oslo will take place before the next EUCOMS meeting in Lille, France (June, 13th and 14th 2019). Two organizations; Lister from the Netherlands and Dachverband and Gemeinde Psychiatrie from Germany will present the outcomes of their exchange visits at the EUCOMS symposium during the EAOF conference in Verona,



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coming September. The purpose of these site-visits is to learn from the expertise and experience of each other in order to bring in practice the principles of good community mental health care. Would you like to take part in an exchange visit to learn about the good practices from other service providers? Send us an email and we will connect you!

The Consensus Paper

The consensus paper outlining the six key principles of community mental health care is now on the way of being translated into Spanish. According to EUCOMS, quality community mental health care is based on human rights (1), works with a public health perspective (2), supports recovery of clients (3), provides effective interventions (4), has a network approach (5), and uses peer experience as a source of expertise (6). We submitted our first scientific article this year based on the consensus paper to BMC psychiatry. We will keep you updated. [Here](#) you find the complete consensus paper.

Organization and Sustainability of EUCOMS

At the Màlaga meeting we presented a proposal for a governance and financial structure and asked for feedback. Since then, we have been working on the statutes and found a lawyer in The Netherlands who will

make the statutes under Dutch law in Dutch and in English. In addition, we are also working on memorandums of understanding with organizations that share our vision like Mental Health Europe, The European Forum on Primary Care (EFPC) and the International Mental Health Collaborating Network (IMHCN).

Save the date

We are delighted to announce that the 6th EUCOMS meeting will take place in Lille, France (June 13-14, 2019) hosted by The French World Health Organization Collaborating Centre for Research and Training in Mental Health (WHOCC) and L'EPSM Lille-Métropole. All the six principles of community mental health care will be a theme of the following EUCOMS meetings. The theme will be: **“Human Rights”**.

The 7th EUCOMS meeting will take place in the second half of this year during the 5th International EAOF conference in Verona, Italy (September 5-7, 2019). The theme will be: **“Public mental health”**. For more information on the EAOF conference you can visit their [website](#).

We hope to see you in Lille and Verona!



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EUCOMS Welcomes Partners

Below you find the new partners and collaborators since our last newsletter. Welcome!

| Name | Organization | Country |
|---------------------------|--------------------------|-------------------|
| Trude Lønning | Sandnes Kommune | Norway |
| Sue Ann Atkerson | RI International | USA & New Zealand |
| Martin Lawlor | Health Service Executive | Ireland |
| Jessica Reichstein | IV Hamburg | Germany |
| Peter Groenewegen | Nivel | The Netherlands |

Upcoming Events from our Partners

An overview of our past events EUCOMS has participated in can be found [here](#). If you want to share your event please send us an [email](#) and we will share it via various channels with the EUCOMS partners. Please add to it whether you give a presentation that allows you to give attention to EUCOMS.

We can share with you the following upcoming events:

- [27th European Psychiatric Association Congress, Poland, Warsaw, April, 6-9, 2019](#)
The EPA Congress in 2019 is guided by the Congress motto, Psychiatry in Transition – Towards New Models, Goals and Challenges. The 27th European Congress of Psychiatry, EPA 2019, will facilitate discussion and educational forums on a range of topics in the field of psychiatry, psychology, social work and clinical trials. The European Psychiatric Association is the premiere association representing psychiatry in Europe. EPA members include leading experts in numerous fields, covered by 22 scientific Sections. EPA's activities address the interests of psychiatrists in academia, research and practice throughout all stages of career development.
EUCOMS presence: Rene Keet will present in two symposiums: one on early intervention in psychosis and one on LaRge-scale implementation of Community based mental health care for people with seVere and Enduring mental ill health in EuRopE, [RECOVER-E](#).
- [IPCRG 6th Scientific Meeting, Romania, Bucharest, May 24-25, 2019](#)
The meeting will bring learning, networking & social opportunities. The scope of topics is broad and reflects the prevalence of such conditions in primary care: chronic and infectious respiratory diseases, respiratory symptoms such as coughing, wheezing and breathlessness, multi-morbidity including mental health problems and tobacco dependence in low, middle, and high income countries.
- [ENMESH, Portugal, Lisbon, June 6-8, 2019](#)
Key-note speakers will address the conference theme “Managing mental health system complexity”. Complexity is one of the main characteristics of mental health systems that have to include many



closely interrelated and interdependent components in order to respond in a coordinated way to the needs of users and carers in the different settings. Managing this complexity requires a comprehensive and collaborative network of services that allows physical and mental health to be addressed together. Promoting partnership, cross-disciplinary and inter-organizational collaboration are increasingly needed to fight fragmentation. Management of mental health systems' complexity, including innovations in working effectively across cultural, clinical and interdisciplinary borders, is one of the key challenges in mental health provision.

EUCOMS presence: Tor Helge Tjelta and Berta Moreno will present the EUCOMS exchange between Norway and Spain and Rene Keet will present The Flexible Assertive Community Treatment model (F-ACT).

- [EUCOMS Event, France, Lille, June 13-14, 2019](#)

The theme of the meeting is: “Human Rights” and will be hosted by The French World Health Organization Collaborating Centre for Research and Training in Mental Health (WHOCC) and L’EPSM Lille-Métropole (EPSM Lille Metropole).



- [19th WPA World Congress of Psychiatry, Portugal, Lisbon, August, 21-24, 2019](#)

Today, treatment and recovery of mental disorders go hand in hand with promotion and prevention and there is an increased interest in rehabilitation and psycho-social interventions. Yet this was not always the case – these fields of research and intervention have had intricate connections either running in parallel or in confluence but also sometimes in conflict. During the congress there will be examined and discussed all these crucial issues in psychiatry and mental health, listening to numerous keynote lectures that convoy our present scientific and technological revolution. Certainly, you will profit from up-to-date research data, the best lectures from experts in all fields, a high quality scientific content, interaction between professionals, users and carers, and relevant peer-to-peer networking.



EUCOMS presence: Juanjo Jambrina will give a presentation on community mental health in Spain and give attention to EUCOMS.

- [EUCOMS Event / 5th Conference on Integrated Care and Assertive Outreach \(EAOF\), Italy, Verona, September 5-7, 2019](#)

The theme of the 5th EAOF conference is “Shaping the future of community mental health care”. During the conference there will be discussed how we can prevent (severe) mental illness and improve its outcome in the future by using modern community oriented and digital approaches.

EUCOMS presence: We sent in 2 abstracts for EUCOMS symposiums: one on the exchange between services in EUCOMS and the other on Public Mental Health in different contexts throughout Europe.

- [Recovery – Refocus on Recovery, UK, Nottingham, 2-5 September, 2019](#)

The aim of the conference is to advance the field of recovery research and to create an international community of influence. The conference brings together leading researchers and people who use mental health services, their carers and informal supporters, mental health workers and professionals, and policy-makers and other stake-holders from across mental health services and wider systems.

EUCOMS Presence: Stynke Castelein will give a presentation and give attention to EUCOMS.

- [International Initiative for Mental Health Leadership \(IIMHL\) & International Initiative for Disability Leadership \(IIDL\), Leading the Way Forward: Access, Accountability and Action, USA, Washington D.C., September 9-13, 2019](#)

EUCOMS presence: Rene Keet will work with colleagues from USA, Canada, Australia and New Zealand on a Tricontinental network of community mental health.

- [WASP World Congress of Social Psychiatry, Romania, Bucharest, October 25-28 2019](#)

The theme of the 23rd Congress of the World Association of Social Psychiatry is “Social determinants of mental health and access to care”. The four days congress will have a rich scientific programme with invited lecturers, symposia, workshops, free papers and posters.

EUCOMS presence: Tiberiu Rotaru will be present and give attention to EUCOMS.

- [European Forum for Primary Care \(EFPC\) Conference, France, Nanterre - Paris, September 29 – 30 & October 1, 2019](#)

The theme of the 14th EFPC conference is “Primary Care and Local Communities: Health Equity for Everyone, Everywhere”.



- [Congress of the German Society of Psychiatry, Psychotherapy and Neurology – DGPPN, Germany, Berlin, November 27-30, 2019](#)

National and international scientists will present new approaches in the prevention, diagnosis, therapy and rehabilitation of mental illness. Futurologists will show how the world of work and leisure is changing and what effects this has on mental health.

EUCOMS presence: Nils Greve and Rene Keet will prepare a symposium on community mental health and one on peer expertise and self-disclosure of mental health professionals.

Want to become a partner?

That is possible! Becoming a partner or collaborator is open for individuals and organisations that provide or support services for people affected by mental illness. For more information and to register please visit www.eucoms.net.

Contact Information

Do not hesitate to contact us if you have comments or suggestions for the newsletter. You are welcome to share information with our contacts such as events, courses, new publications and requests.

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