



HERO Housing Project: Closing Event

Housing and Mental Health: Developing Inclusive Communities.

A COLLECTIVE PROJECT TO PROMOTE CIVIL RIGHTS IN MENTAL HEALTH

NOTES on THE SPEAKERS



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Martine Bates

My name is Martin Bates and I live in Liverpool.

I have been working for the Mental Health charity Imagine Independence for 3 years.

My job titles are:
Peer Programme Co-ordinator / Peer Group Support Worker.

My job is to help people (18 to 64 year olds) who have mental health issues have a happier full and socially independent life. The way I do this is by helping service users to construct and participate in Peer led activity groups, thus; developing structure to their days and weeks and months. I work through these activities that cover in part or all: physical exercise, noticing more your environment, team work, learning new things and sharing those new things learnt, developing / facilitating confidence and self-belief in those who participate. By being participants in these Peer led Groups, some service users have become volunteers for the groups that they are engaged with. An example would be the walking football group I facilitate. A Nathan Small from the working football group is now a volunteer. The group is hoping to develop Self-financing and independence from our Imagine services through links with the Liverpool football association (FA). I work with South Liverpool Homes (SLH) a housing association in Liverpool; also developing Peer groups and delivering mental health wellbeing sessions. I process mental health client referrals from: Housing associations, General Practitioners (GPs), job Centre plus (JCP), Community Mental Health Teams (CMHT), Occupational Therapist (OPT), Social workers, other charitable organizations and self-referrals. These are some of the ways I help people join our service and who use our service in Liverpool England have happier lives and gain control over their lives.

What Imagine Independence do here in the UK.

We work together with people with mental health issues and other challenges to enable them to live a full and independent life. We ensure they have decent housing, enjoy meaningful activities, have friends, a job, good health and a respected place in society. Across Merseyside & Lancashire, we offer high quality accommodation and a range of person centred services supporting people with their health and wellbeing, helping people achieve their full potential and empowering them to become increasingly independent in their daily lives.



Anna Bellan

Programme Manager at Merseyside
Expanding Horizons (UK),

Anna Bellan is Programme Manager at Merseyside Expanding Horizons (UK), she designs, manages, delivers and evaluates programmes and projects at local and international level.

She gained a Master degree in Sociology applied on the third sector in France. As a sociologist, she masters techniques and tools of Social Research and has insight into multicultural contexts through her international work experiences.

Between 2008-2012, Anna has been managing projects focused on children and young people in street situation in Bamako (Mali) and Kinshasa (DR Congo) in strict collaboration with national institutions and local authorities.

In Liverpool (UK) she works on projects that support young people and adults from refugee and migrant backgrounds and people with Mental Health Issues.

Experienced in inclusive and non-formal education methodologies, she gained a Level 3 Award in Education and Training, PTTLs. As a trainer, she strongly believes in maieutic and non-formal approaches to empower learners and involves them through creative and interactive learning experiences.

Anna speaks English, French, Spanish, and Italian.

Her contribution deals with formal and non-formal education in Erasmus+ programme and in HERO

Zvezdana Bogdanović

Adviser to the Minister for Demography,
Family, Youth and Social Policy;
Area of Action - Persons with Disabilities



REPUBLIKA HRVATSKA
Ministarstvo za demografiju,
obitelj, mlade i socijalnu politiku

The process of deinstitutionalisation and providing services of supported housing for people with mental disabilities started in year 2013. During 2014 and 2015 more than 200 people with mental disabilities were involved in the community-based life. The largest number of users is deinstitutionalized from the Community Service Centre in Osijek; Ja kao (92 service users) who live in City of Osijek area today. For further development of this service, the institution has provided financing from the European Social Fund and the European Regional Development Fund. The real estate needed for the life of the users was provided by the Ministry of State Property and their adaptation is currently underway.

The institutions of other cities have joined the process: Rijeka (26), Lobograd (22), Trogir (14), Bjelovar (7), Pula (6), Bidružica (6), Zagreb (5) and Blato on Korčula (4). A residential houses are provided, where users live in group from 1 to 5 persons, with different degrees of support from an expert team and assistants in supported housing provided by the employees of the institution. The level of support required is determined in accordance with the individual needs of each individual user.

Prerequisites for success of the process are:

- A clearly defined policy goal for the implementation of the process
- A shared vision of the service providers and recipient of services
- Understanding, empowering and providing support to every person with mental disabilities based on a personally-oriented plan with a view to its recovery and inclusion in community
- Well-planned activities for each person directed towards recovery and development of the necessary knowledge, skills and habits for the purpose of better inclusion in the community
- A recovery college that aims to compensate for the long-term neglect of personal development of psychosocial skills of people with mental disabilities.



Tiziana Borgese

Mental Health Nurse.

I have been working in this field for twenty-five years.

I started working as a nurse in the psychiatric hospital Santa Maria della Pietà in Rome, taking active part in the process of its closure, thus, in the reintegration into society and development of alternative housing for those discharged from the hospital.

I did a post graduate diploma in “Mental Health Nursing” in Australia, where I worked in the community mental health services and in a Therapeutical Community for pre/post crisis management and intervention.

For over ten years I have been working in the Mental Health Centre of ASL Roma 2 where the nursing role implies, aside from nursing assessment, crisis management, drug administration and rehabilitation and self-help groups facilitation, the implementation, supervision, monitoring and evaluation of rehabilitation projects that involve housing.

I am a ASL Roma 2 HERO team member.



Stefania Buoni

President and co-founder of COMIP, CHILDREN OF MENTALLY ILL PARENTS - Association of Social Promotion, the first Italian association created by and for children of parents with mental issues

<http://www.comip-italia.org>

«When Mum Or Dad Are Unwell»: the first mini guide to survival for daughters and sons of parents suffering from a mental illness

A first tool to support adolescents, young carers and adults who have a parent dealing with mental ill health, with the aim of creating a nonjudgemental social environment for both daughters and sons and their parents, fostering prevention and reducing the risk of isolation and loneliness.

The Aims of COMIP

- fight stigma and promote communication, information, resilience and prevention in mental health among the general population, develop media guidelines to prevent harm when reporting news regarding people with a m.i., make sure that the voice of young carers is heard
- work for a family centered approach
- train professionals & teachers & general population about the needs and resources of young carers children of parents with a m.i.
- promote peer support



Paola Cavalieri

Hero's project manager at ASL ROMA 2

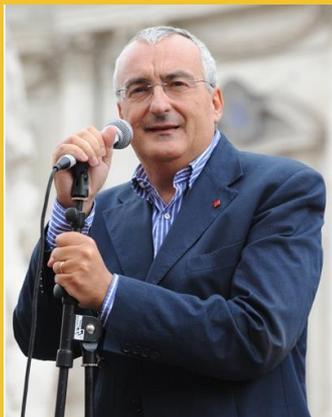
Paola Cavalieri

is a trainer, facilitator, and consultant for project management at local, national and European level. Her theoretical approach and toolkits come from her training in psychology and psychosociology and from her work experience; she is interested in promoting sustainable development and increasing the empowerment of people, groups and organizations.

She has worked on the construction and maintenance of national and international networks and partnerships, impact assessment and indicators, evaluation and monitoring of activities, development of integrated pathways for formal, non-formal and informal education, audience development, which all currently represent important work areas where she is investing and looking for new ideas and tools.

To carry out these activities, she collaborates with SPS (Psychosocial Office) of Rome and the ACROS social promotion association of which she is a founding member, and with ROS (resources, objectives and tools Service Agency) where she coordinates the InEurope sector.

Her contribution will focus on the outputs implemented during the project's life and the premises to develop them, used and shared by the partnership .



Massimo Cozza

Director of the Mental Health Department of ASL
Rome 2

I am the Director of the Mental Health Department of ASL Roma 2, where we have promoted housing projects, with about 30 apartments and 100 guests. In 2017 we approved a Housing Plan, aware as we are that independent living for people affected by mental disorders is a fundamental component to providing assistance to these patients, who need help in the many aspects of everyday life. To this aim, we have created and coordinated HERO, a European Project as a DSM.

Housing projects for users affected by mental disabilities are crucial in community rehabilitation initiatives.

The overall objective, though it may vary according to users' personal needs and inclinations, is to develop a sense of independence in and improve the quality of life for people affected by mental disabilities, supporting and enhancing their personal abilities within their families and social environments.

Housing projects represent an appropriate and effective intervention method, in socioeconomic and welfare terms, for its users.

The HERO project, carried out over a period of three years, represents a potentially powerful tool in Europe for the realization of training courses designed for local communities, devised to combat stigmas and prejudices and disseminate information about users' rights to independent living, which is an initiative that benefits everyone.

However, Italy lacks national guidelines to promote housing projects for people affected by mental disorders; some Italian Region have developed ad-hoc programs while others are still defining appropriate actions to be undertaken.

National institutions are now called upon to define the founding principles of this project, including how the apartments are to be organized so as not to look like social or health structures, and how to implement the project without the need for regional authorizations, as clearly already provided for in Emilia Romagna's legislation.

A joint commitment is necessary among the various institutions (Government, Regions, Municipalities, Associations, Volunteering and Social Cooperation) to support housing projects that strengthen users' rights not only inside the houses, but also in the urban environments in which they are located, thus encouraging such concepts as acceptance and sharing.



Nikos Drosos

Nikos Drosos (PhD) is a psychologist with expertise in career counseling and guidance of socially vulnerable groups. He has been the coordinator of several projects for the development of methodology and tools for career counselling for people with severe mental health illness, and for long-term unemployed people. He is a member of the Board of Directors of the Panhellenic Association for Psychosocial Rehabilitation & Work Integration (PEPSAEE) and of the Hellenic Association for Supported Employment (ELETYPÉ), a founding member of the NICE Foundation for innovation in career counselling and guidance, and a member of the Scientific Committee of the European Doctoral Programme in Career Guidance and Counselling (ECADOC). He is an instructor in several Universities.

My main topic will be:

Housing of mental health service users in Greece: The HERO project and its challenges



Martine Frager Berlet

EUFAMI vice-president

She lives in France and works for UNAFAM (an association made by friends and parents of people with a several mental health disease).

For my intervention, my intention is to present Unafam's work on housing in Paris for people suffering from mental illness.

In last January we sent a questionnaire to our 1200 parisian members, around 400 of them answered.

Together with some enquiries we also made among psychiatric services and with published figures, I can present a situation of where they do live, what are the main problems they meet, what kind of solution exist and to what extend are available for them, and what Unafam claims for.



Gaia Montauti d'Harcourt

Managing director, Fondation d'Harcourt

Geneva, Switzerland.

Gaia has been personally involved in her family Foundation since young age, initially as a member of the Board and since 2014 as Managing Director.

Prior to her involvement in Fondation d'Harcourt, Gaia acquired experience in the relief and development sector with several NGOs such as Human rights Watch UK, Terre des Hommes, and Geneva Call. She also gained some experience in the private sector in New York.

Gaia has dedicated herself to the cause of mental health and psychosocial support. She currently represents the Foundation in public events/philanthropy forums continuing to meet potential partners to collaborate with and to travel to all the countries where the Foundation support its project.

Gaia holds a Master's degree in International and European Law and a Bachelor Degree in Swiss law, both awarded by the University of Geneva. Gaia speaks fluently French, English, Italian and Spanish and plays an active role in Nexus Geneva.



Donatella La Cava

I have worked in local mental health services as a psychologist and as a family and multi-family group therapist for over thirty years. I am presently employed at the Mental Health Center D6 of ASL Roma 2 where, over the past 10 years, I have coordinated the effort to set up apartment groups and provide support for independent cohabitation users affected by serious mental disorders.

I am a member of the HERO team at ASL Rome 2.

Through ASL Roma 2, there are currently 28 apartments that can accommodate a total of 98 users.

The apartments have different characteristics that vary both in terms of the number of hours of assistance provided by facility operators (including educators, psychologists, psychiatric rehabilitation therapists, etc.), and in methods of financing.

Independent apartments are added to this formula, for users who are able to fend for themselves but need flexible support, offered as “personal assistance.”

This service is customized according to the users’ needs, and is designed to help them cope with the various life events they face.



Catharine Lee

The company I work for is called Richmond Fellowship, I am a Service Manager for 24 hour supported housing and Community based services.

My name is Cath and I have worked in the Mental Health Sector for over 25 years. I previously worked in Health Promotion teaching in schools to children aged 4-11.

I developed an interest in Mental Health due to experiences in my own life and that of family members and therefore decided to gain some more qualifications in this area and pursue a career in this sector.

I was a volunteer and support worker and then a Service Manager. I have been a Service manager for 14 years and during that time have developed and redeveloped various projects; this includes 24 hour and 12 hour Supported Housing; Floating support and Community Based projects.

The thing I enjoy most about my job is when people grow in confidence and take back control of their lives by getting involved in activities they enjoy and playing an active role in their community; it is wonderful to watch as people reclaim their lives

The project I manage is called Our Time and is a timebanking project. For those of you who may not know what that is, it is a sharing of skills and the only currency is time. The premise is that everyone has a skill and something to offer to the community. The individuals learn from each other; develop new skills; begin to feel valued and useful, all this leads to increased self esteem and wellbeing. This has a positive impact on the Mental Health of the people who take part and there is a significant reduction in hospital admissions. Once people have an increased self confidence they begin to get involved in other activities and access other services such as the Peer support interest groups run by Imagine Independence. Some will start to volunteer and some will eventually gain employment. Some people have also moved on from supported Mental Health accommodation into their own private accommodation; this is another indication that people feel more confident in taking back control of their lives. We consider it a success a positive outcome when people no longer use the timebank because they are too busy doing other things. The professionals from Richmond Fellowship and Imagine Independence are all highly skilled individuals. As well as training in Mental Health they are skilled at support planning, positive risk assessing and motivational interviewing. The combination of all these things means that they can uncover skills that service users may have forgotten about or may have lost these skills due to being involved in Mental Health services for a significant period of time. Once the worker has uncovered these skills they can then begin to motivate people into sharing them with others who may be in need of support. The worker will constantly cajole and motivate, they will walk alongside the person along their pathway for as long as they need to and be there as a safety net when needed. One of the tools we offer to our service users are sessions in; confidence building; anxiety management; citizenship and community involvement; communication skills. One of the greatest challenges in our sector is tackling the social isolation of people with Mental Health issues. In order for this to be successful we need to have strong and inclusive connections with Community groups; private organisations; community organisations. The workers are highly skilled in networking and building and maintaining these relationships; they are also passionate about creating inclusive communities. In order for this to continue to be successful we need to educate and inform the community.



Alfonso Lara Montero

Is the Chief Executive Officer of the European Social Network (ESN)

Alfonso is a graduate from the College of Europe, University College London and The Solvay Business School.

European Social Network (ESN) brings together public authorities in the field of social services responsible for managing, financing, delivering and inspecting social services across Europe.

Working closely with them, ESN supports social inclusion and better life chances through the delivery of quality social services. Alfonso has led in the past ESN's thematic work on mental health, children's services, integrated services and evidence-based social services.

He has authored and co-authored several publications on social services, such as 'Investing in children's services', 'Integrated social services in Europe', 'Investing in the social services workforce', and the 'Toolkit for planning and evaluating social services'.

He is a regular contributor to academic journals, newspapers, specialist social services magazines, and participates in the advisory board of several European social inclusion research projects.

Daniele Piccione

Parliamentary Counsel.

Professor of Public Law and Advanced Public Law at
Unitelma – the Online University – “La Sapienza” - Rome.

Speaker in Seoul, at the 5th World Conference on Adult
Guardianship as well as in Trieste at the Conference:

“Mental Health: The Right To Have a Whole Life”.

Author of the book “Il pensiero lungo. Franco Basaglia e la
Costituzione”.

Qualified Associate Professor of Constitutional Law, and
Attorney at the Court of Rome.

“The experience of supported housing for people affected by
mental disorders is closely linked to what is stated in the UN
convention on the rights of people with disabilities.

Supported housing implies the implementation of fundamental
rights, and represents a solid experience through which users can
fully express their individuality. It is also an extraordinary antidote
to opposite trends, which tend to be too institutional, thus
producing incapacitating results.

As supported housing can help establish social relationships and
develop feelings, it is consistent with our Constitution (Art.2),
which establishes that a person can fully express himself as a
person through the implementation of individual rights.

As the initiative promotes mental health and recovery (Art. 32,) it is
therefore connected to the welfare system.”



Richmond Fellowship is now part of **Recovery Focus**,
an expert group of charities inspiring individual recovery nationwide.

Victoria Rose Pritchard

I started working in mental health in 2002, after which I spent several years supporting people with severe and enduring mental health issues to access employment opportunities in the community.

As part of this, I set up and managed a mental health and social inclusion service in London and then Liverpool.

After this I supervised a team of trainers with lived experience of mental health issues to deliver a range of bespoke mental health awareness courses to local and national organisations.

Along the way I have volunteered with children at the Barnardo's charity and gained sighted guiding skills while improving community inclusion for people with visual impairment at Guide Dogs charity.

Since 2013 I have been a part of Our Time's time bank team while studying for a BSc (Hons) Psychology and a MSc Applied Clinical Psychology.

I am a graduate member of the British Psychological Society.



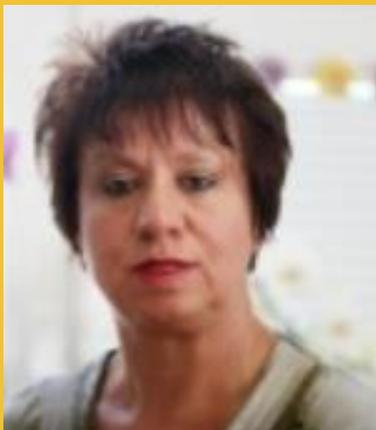
Dimitra Stavridi

Social Worker
Scientific responsible of "A' Residential House"

The name of organization which i work is Society of Social Psychiatry and Mental Health. It is an organization who launch the prevention, the treatment and the psychosocial rehabilitation for people who suffer from a mental disorder. I am Social Worker and i am Scientific responsible of A' Residential House. In this Residential house are living fifteen persons with a mental disorder like schizophrenia or mental retardation .

S.S.P. &M.H is a scientific nonprofit organization which was founded in 1981 by Professor of Psychiatry - Pediatric Psychiatry Panagiotis Sakellaropoulos. The company' s objective consists the development of a wide network of activities in all areas related to psychiatric reform, which inspired by the spirit of social- community psychiatry. Especially, it deals with the population' s sensitization on mental health, also with the diagnosis and treatment of people with mental health problems who live in the community as well as with the psychosocial reintegration of people who suffer from a psychiatric disorder. In the field of community-based prevention, it informs the population about issues related to mental health. In the field of psychosocial reintegration, it provides boarding houses and protected apartments for adults who suffer from psychiatric illness.

This action of the S.S.P. & M.H. is called psychosocial rehabilitation and takes place in four Greece' regions. In connection with the above, the purpose of my paper is to present the Psychosocial Rehabilitation Units in the Greek environment and the way of working in them. The Psychosocial rehabilitation takes place in a specific place and the services are provided within the community. These Units are connected with the care and socialization services. The work of the multidisciplinary therapeutic team is carried out with respect to the rights of the beneficiaries and is oriented towards the concept of recovery. The therapeutic work with beneficiaries is based on the therapeutic relationship between the therapist and them. In order to achieve the therapeutic goals, which we put together with the beneficiaries, we use the Individual Therapeutic Program, which is renewed every semester. In addition, we use some rating scales such as honos, IADL and whooqol-brief. One of the major goals of the housing units is the continuity of care and the continuous improvement of the services which we provide to our beneficiaries. In closing, it is worth noting that all of theabove contribute to our ultimate goal, which concerns the possibility of relocating the beneficiaries of the sheltered housing framework to the community.



Sladjana Štrkalj Ivezić

University psychiatric hospital Vrapce.

Head of Referral center of Excellence of Ministry
of Health for Psychosocial Rehabilitation.

I would like to talk about UN convention, Recovery and Housing.

According to the UN Convention on the Rights of Persons with Disabilities, persons with psychosocial disabilities have the right to choose a place of residence and must not be forced to live in programs they do not want.

Their right to live in the community is linked to the right to support according to their individual needs.

The Hero Project give the guidelines which are in line with the requirements of the UN Convention and can help States Parties to provide housing programs for people with serious mental illness in accordance with the Convention.



Klinika za psihijatriju Vrapče
University Psychiatry Hospital Vrapče



Menelaos Theodoroulakis

He is an expert in social policy, and he works as a researcher and Social Policy consultant in various projects. He is also a social entrepreneurship and employment consultant in mental health organizations.

Is the President of the Board of Directors of the PanHellenic Federation of Mental Health Organizations “ARGO”, and of the Panhellenic Association for Psychosocial Rehabilitation & Work Integration (PEPSAEE).

Is a member of the Board of Directors of the Social Cooperative for people with mental health problems “Ef zin”, Scientific Consultant of the General Secretariat for Social Insurance of the Ministry of Labour, and the National Expert of Greece in the European Social Policy Network in the field of Social Protection.

Is an instructor in several training programmes regarding mental health services users and employment.

His contribution will focus on:

“The challenges of housing facilities as parts of a community mental health services network: The case of Greece”

