

7th MAY TUESDAY

12.00 hours: Registration.

You receive a badge and conference package. You can choose the site visit of your choice. Snacks and drinks.

12.45 hours: Words of welcome by CARe Europe and the Estonian Psychosocial Rehabilitation Association (Jean Pierre Wilken, Zsolt Bugarszki, Trinn Vana)

13.00 – 17.00 hours: Site visits to services, user initiatives, municipality/ministry, seeing and talking to users, professionals, service leaders, policy makers. There are 4 site visits. You can choose 1 upon arrival

Choice of Site Visits:

Support Center Juks, development and work services for clients with intellectual disability

Tallinn Social Work Centre, Merimetsa Support center and psychiatric hospital

Tallinn Mental Health Center, services for adults with psychiatric special needs: therapy center, supported housing services, case management, services for young people with psychiatric problems

Day Care Center Käo, services for adults with severe intellectual and multiple disability.

Tallinn Mental Health Center, Haabersti Clubhouse

EVENING

Meeting CARe Europe country representatives
All other participants: no programme

Meeting CARe Europe country representatives
CARe Europe country representatives will meet from 18.30 hours for Board Meeting
Venue: Hotell Center, Conference Room

18.30 - 19.00 hours: Welcome and light snack for CARe Europe country representatives

19.00 - 21.30 hours: Meeting with country representatives

8th MAY WEDNESDAY

09.00 - 10.30 hours: Plenary session
Welcome And Introduction To The Conference
Professor Jean Pierre Wilken, President CARe Europe

New Developments In Social Policy In The Baltic Countries
Professor Lauri Leppik, Professor Of Social Policy Tallinn University, Estonia

Living In The Space, Experiences With Schizophrenia. Video Trailer.

The Position Of Peer Counsellors In Estonia
Oliver Kukk (Estonia), peer counsellor

Recovery Oriented Mental Health Services In Middle And Low Income Countries.
Dr. Zsolt Bugarszki (Hungary), Researcher ELTE University, Director CARe Europe

10.30 – 11.00 hours: coffee/tea break

11.00 – 12.30 hours:
Workshop 1: Moving From The Institution To The Community; Experiences In
Armenia, Kyrgyzstan, Kazakhstan, Croatia and Georgia

Dr. Narine Khachatryan,
Lilit Baghdasaryan (Armenia),
Dr. Mikhail Popkov (Kyrgyzstan),
Oksana Gulak (Kazakhstan),
Ada Stojanovic Babic (Croatia),
Nino Agdgomelashvili (Georgia),
Dr. Zsolt Bugarszki (Hungary)

Workshop 2:
Peer Support Initiatives: Contributing to Service Delivery in a Mental Health Trust.
Dr. David Blazey (U.K.)

Workshop 3:
Care Methodology: How To Support Clients With Recovery And Participation.
Dirk den Hollander and Theo Euverman (Netherlands)

12:30 – 13.45 Lunch

13.45 – 14.45 hours: Plenary session
The Role Of Voluntary Work In Recovery And Social Inclusion.
Sylvia Cox (Netherlands), Director of Voluntary Services Ravelijn.

Keynote: Transformation of services; how to create a recovery focus?
Prof. Geoff Shepherd

14.45 – 15.15 hours: tea / coffee break

15.15 – 16.45 hours: Presentations and Workshops, Training sessions

Workshop 4:

Good Practice In User Involvement

Küllli Mäe, Anita Kurvits, Oliver Kukk, Urmo Reinik, Anneli Valdmann

Workshop 5:

Professional Youth Work And Community Development

Henk Geelen (Netherlands)

Workshop 6:

Implementation Strategies For Changing Services

Masterclass By Prof. Geoff Shepherd

17.00 – 17.30 Hours: Plenary Closing Session

Concluding Remarks

Activities Of CARe Europe in the coming year(s)

19.00 – 22 Hours

Conference Dinner

Venue: Beer House Tallinn Old Town

Dunkri 5, Tallinn 10123

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Directions

Programme Workshops

Workshop 1:

Moving From The Institution To The Community; Experiences In Georgia, Armenia, Kazakhstan, Kyrgyzstan and Croatia

Moderator: Zsolt Bugarszki

In this workshop practical solutions to set up community housing and community services for countries with very limited resources will be discussed.

In Georgia, GIP is working on a national reforms programme. Nino Agdgomelashvili will speak about 'an uneven path; experiences from Georgia'.

In Armenia mental health reforms are just starting. Armenian mental health reforms and concretely about the first attempt to move people from large institutions and mental health hospitals to the community. Narine Khachatryan and Lilit Baghdasaryan will report.

In Kyrgyzstan, CARe Europe representative Dr. Mikhail Popkov works as a psychiatrist in Bishkek in a large mental health hospital. Instead of sitting in the hospital he runs a mobile team that is visiting people in their home. Presentation Slides [here](#).

In Kazakshstan CARe Europe representative Oksana Gulak works as psychoanalyst and activist for an NGO called Amansauyk. She will introduce the situation of mental health care system in Kazakhstan.

In Croatia, Ada Stojanovic Babic from Zagreb is running community housing service for people with mental health problems in Zagreb. Her method is very cost effective as instead of high profile professionals she hires members of local community and from the neighbourhood (usually long term unemployed people whose salary is supported by labour offices) and she made a great progress with them. Presentation Slides [here](#).

Workshop 2:

Peer Support Initiatives: Contributing to Service Delivery in a Mental Health Trust

Moderator: dr. David Blazey (U.K.) Social Inclusion and Recovery Project Manager, South London and Maudsley NHS Foundation Trust and Maudsley Charity

Objectives: To explore the range and diversity of ways in which service users support each other (formally, informally, directly and indirectly) in a large mental health trust and to identify strengths and problems associated with the activity.

Content: Providing guidance and support to clinical teams and individuals across the Trust to develop social inclusion/ recovery orientated projects and funding proposals has allowed the author to build up a picture of innovative ways in which service users actively contribute not only to their own recovery processes but to those of their peers. The presentation will describe some of these contributions and the extent of their effectiveness.

Video and Presentation Slides

Workshop 3: CARe methodology

Moderators: Dirk den Hollander (Netherlands), Head of Training CARe, and Theo Euverman, CARe trainer / user expert.

In this workshop the latest developments in CARe methodology will be presented. The participants will do some practical exercises and receive the basic tools belonging to the methodology. Also an outline of the basic training programme for professionals will be discussed. Presentation slides here.

Workshop 4:

Good practice in user involvement

Küllli Mäe, Anita Kurvits, Oliver Kukk, Urmo Reinik, Anneli Valdmann

Presenters:

Anita Kurvits, peer counsellor. Users involvement good practice in Estonia. Keywords: support groups, self-help groups, networking, peer counsellors trainings, respect seminars. (15 min).

Oliver Kukk, peer counsellor. Schizophrenia and peer counselling. Keywords: schizophrenia, peers, the meaning of recovery story, educational film (15+20 min)

Urmo Reinik, peer. Rehabilitation and work. Keywords: employment, supported employment, mentoring (15 min)

Anneli Valdmann. NGO Avitus. Keywords: depression, bipolar disorder, anxiety, counselling, group work, training, health promotion, mental health, well-being (15 min)

Are we (socially) included?

The workshop has two main goals:

- a) To introduce Estonian peer counseling teamwork experiences with professional helpers through personal point of view.
- b) To invite participants to debate and make proposals to CARe Europe network to ensure better involvement of recovering clients/ service users.

The first part of the workshop presentations are divided into four level examples:

1. Personal level: How participation in projects with professionals has helped me to understand mentality of recovery and motivated to open myself, to tell my story so, that the audience can learn something from that.
2. Public's training level: How is matured the willingness to come up with own story and face the people. Different techniques, which we use in respect seminars: presentations, written stories, photos, films. Example of a respect seminar.
3. Formation of social services through the teamwork. Importance of employment in recovery process; example of participation in different projects and undertakings, related to worklife.
4. Growing up in a service provider. Development center AVITUS – the growth story of a non-profit organization.

To the second part of the workshop the Estonian peer counselors have offered to debate a proposal to create by CARe Europe Clients/ service users Advisory Board, which would have representatives from all the countries. Leadership responsibilities could fluctuate between countries each year.

Workshop 5:

Professional Youth Work And Community Development

Moderator: Henk Geelen (Netherlands), MSc Psychology. Department Research and Innovation, Trajekt, Maastricht. Secretary/treasurer NAPYN (National Association of Professional Youth workers in the Netherlands). Dutch representative in the Dynamo International Street Workers Network

Professional youth work integrates individual coaching and group and community work with vulnerable youth with a low SES in deprived neighbourhoods and public spaces. The discipline is characterised by building trustful relations with target groups on a voluntary basis to combat social exclusion. A wide variety of methodological interventions, also in community development, are used. Future transitions in Dutch youth policy include decentralisation and integration of the care and cure systems based on a positive approach and talent development of all young people. As a reaction of exorbitant psycho pathologizing and medicalization the holistic view of youth workers give rise to innovative cooperation between professionals, youngsters themselves and the community around them. One of them is a pilot "Arts Therapy in Youth Work". New European youth policy gives room for international youth workers networks to stimulate further developments towards an inclusive pedagogical society.

Workshop 6:

Implementation Strategies For Changing Services

Masterclass by prof. Geoff Shepherd (U.K.).

Project leader of the ImROC programme

("Implementing Recovery through Organisational Change").