



# Mental Health & Persons with Disabilities

*Relevant Projects*



## 1. Group House “Prooptiki” for mentally ill people

Ref no	Project title		Group House “Prooptiki” for mentally ill people					
Name of legal entity	Country	Overall project value (EUR)	Proportion carried out by legal entity (%)	No of staff provided	Name of client	Origin of funding	Dates (start/end)	Name of consortium members, if any
KMOP	Greece		100	25	Greek Ministry of Health and Welfare	Greek Ministry of Health and Welfare	2004 – to date	-
Detailed description of project						Type of services provided		
<p>This project was included in the national reform plan for transforming institutional structures and services on a central level, developing new alternative community-based social and health care services of residential and non-residential nature, as laid down in the deinstitutionalisation programme of the Greek Ministry of Health and Welfare. Initially put into action within the framework of a grant scheme for NGOs specialised in deinstitutionalisation in the mental health field – this later turned into a contracting scheme for social services from the Ministry to NGOs - the project aimed at transforming public psychiatric institutions to integrated support centres run by NGOs, placing mentally ill persons in specialised homes or having them attend day care centres while participating in community based services.</p> <p>Within this framework, KMOP established and continually operates a Group House (Residential Care Home) located in the town of Xylokastro, in the north-east region of Peloponnese, offering multiple services in social, health, education, employment and legal fields under the overarching objective of rehabilitating and, when possible, reintegrating persons with severe mental disorders. Implemented in a local community setting, this project broke new ground in Greece in transforming residential institutions by implementing an integrated set of services, and its activities were publicly showcased by the Greek Minister of Health and Welfare, as a best practice on national level.</p> <p>The social services provided include psychologist support, individual and group counselling in order to improve prospects of social inclusion. The health services offered, based on the fundamental notion of identifying, sustaining and building the mental potential of resident beneficiaries, include regular check-ups by a qualified psychiatrist, around the clock supervision of mental states by trained nurses, physiotherapy and therapeutic interventions. The provision of educational services includes a variety of skills-training, as well as training and support programmes to families of mentally ill persons, coupled with sensitisation schemes targeting local community, in efforts to actively remove prejudices and lift the stigma attached to mental illness. Employment services heavily emphasise the promotion of employability, while the legal services offer qualified counselling and advice to mentally ill persons and their families. Project activities include:</p> <ul style="list-style-type: none"> <li>• Implementation of de-institutionalisation mechanisms and techniques;</li> <li>• Management and operation of all-encompassing service centres under NGOs (initially under grant schemes co-financed by the EC); including design and delivery of training programmes for HR development</li> <li>• Cross-sectoral and community-based rehabilitation services for persons of poor mental health;</li> <li>• Awareness raising campaigns to build bridges with local society;</li> <li>• Support to local civil society to identify funding mechanisms for complementary actions aimed at deinstitutionalisation and re-integration into society of persons with mental health problems</li> </ul>						<p>Services provided included:</p> <ul style="list-style-type: none"> <li>▪ Support to policy making regarding a smooth and effective shifting from centralised institutions to residential care homes, non-residential care and community based services.</li> <li>▪ Implementation of the European-wide deinstitutionalization programme in a community-based residential setting.</li> <li>▪ Assistance to development of Grant scheme procedures.</li> <li>▪ Capacity-strengthening on local levels to improve social and health services across different sectors to aid the deinstitutionalization of mentally ill persons.</li> <li>▪ Development and provision of health and social services for the care and treatment of mentally ill persons, including professional medical, psychological and social support.</li> <li>▪ Awareness raising to combat prevalent prejudices attached to mental illness.</li> <li>▪ Support to the process of social inclusion for people with mental disabilities and disorders.</li> <li>▪ Social skills-training and vocational training for beneficiaries.</li> <li>▪ Human resource development</li> </ul>		

## 2. Group House “Calypso” for mentally ill people

Ref no	Project title		Group House “Calypso” for mentally ill people					
Name of legal entity	Country	Overall project value (EUR)	Proportion carried out by legal entity (%)	No of staff provided	Name of client	Origin of funding	Dates (start/end)	Name of consortium members, if any
KMOP	Greece	-	100	21	Greek Ministry of Health and Welfare	Greek Ministry of Health and Welfare	2004 – to date	-
Detailed description of project						Type of services provided		
<p>The purpose of this project was to contribute to the long-term objectives of the national reform plan for transforming social and health care service delivery for mentally ill persons in Greece through the development of new alternative community-based services of residential and non-residential nature, as laid down in the deinstitutionalisation programme of the Greek Ministry of Health and Welfare. It was put into action by means of an outsourcing mechanism (contracting scheme) of the Ministry for service delivery by specialised NGOs in social protection and mental health care fields, ultimately aimed at transforming public psychiatric institutions to integrated social support and protection centres, in the form of community-based care homes and day care centres run by NGOs and providing specialised support to mentally ill individuals.</p> <p>Within this framework, KMOP established and operated a community-based Group House in Kapandriti/Attica, Greece, offering a wide range of social and mental health care services along with tailor-made educational, employment and legal support activities under the overarching objective of rehabilitating and, when possible, reintegrating persons with severe mental disorders.</p> <p>More specific, the “Calypso” project involved the following activities:</p> <ul style="list-style-type: none"> <li>- Design of an integrated service delivery model at community level encompassing: a) social and psychological support services through individual and group counselling, social skills-building and other such activities aimed at improving prospects of social inclusion; b) health care services, based on the fundamental notion of identifying, sustaining and building the mental potential of resident beneficiaries, incl. among other regular check-ups by a qualified psychiatrist, around the clock supervision of mental states by trained nurses, physiotherapy and other therapeutic interventions; c) educational services through a variety of skills-training, as well as training and support programmes for families of mentally ill persons, coupled with sensitisation schemes targeting local community, in efforts to actively remove prejudices and lift the stigma attached to mental illness; d) employability promotion activities and e) legal advisory services and counselling for mentally ill persons and their families;</li> <li>- Recruitment and training of specialised professionals (social workers, psychologists, psychiatrists, nurses, etc) incl. several follow-up trainings and seminars, as well as continuous mentoring and coaching by experienced supervisors</li> <li>- Provision of residential support services to mentally disabled individuals previously treated by state psychiatric hospitals</li> <li>- Delivery of community-based rehabilitation services to resident beneficiaries</li> <li>- Community outreach and awareness raising campaigns to build bridges with local society;</li> </ul> <p>“Calypso’s” results were publicly showcased by the Greek Minister of Health and Welfare as a best practice at national level</p>						<p>Services provided included:</p> <ul style="list-style-type: none"> <li>▪ Support to the institutional reform of mental health service delivery</li> <li>▪ Establishment and operation of a community-based residential care facility</li> <li>▪ Design and implementation of decentralised social protection services for mentally ill persons: <ul style="list-style-type: none"> <li>- Professional medical, psychological and social support services</li> <li>- Individual, group and family counselling (incl. legal advisory services)</li> <li>- Personal development and social skills-training activities</li> <li>- Employability promotion services (e.g. pre-vocational training)</li> </ul> </li> <li>▪ Capacity building of staff, including continuous coaching and mentoring.</li> <li>▪ Liaison with local stakeholders and service providers</li> <li>▪ Community outreach activities linking local community with deinstitutionalization efforts.</li> <li>▪ Sensitization and awareness-raising campaigns and events for officials of local authorities, civil society, volunteers, public, etc</li> </ul> <p>Capacity-strengthening on local levels to improve social and health services across different sectors to aid the deinstitutionalization of mentally ill persons</p>		

### 3. Group House “Alkyonis” for mentally ill people

Ref no	Project title		Group House “Alkyonis” for mentally ill people					
Name of legal entity	Country	Overall project value (EUR)	Proportion carried out by legal entity (%)	No of staff provided	Name of client	Origin of funding	Dates (start/end)	Name of consortium members, if any
KMOP	Greece	-	100	29	Greek Ministry of Health and Welfare	Greek Ministry of Health and Welfare	2004 – to date	-
Detailed description of project						Type of services provided		
<p>This project was implemented in the same framework as the Calypso and Prooptiki with the overall objective to contribute to the long-term goals of the national reform plan for transforming social and health care service delivery for mentally ill persons in Greece through the development of new alternative community-based services of residential and non-residential nature, as laid down in the deinstitutionalisation programme of the Greek Ministry of Health and Welfare. It was also put into action by means of an outsourcing mechanism (contracting scheme) of the Ministry for service delivery by specialised NGOs in social protection and mental health care fields, ultimately aimed at transforming public psychiatric institutions to integrated social support and protection centres, in the form of community-based care homes and day care centres run by NGOs and providing specialised support to mentally ill individuals.</p> <p>Within this framework, KMOP established and operated the community-based Group House Alkyonis in Kapandriti/Attica, Greece, offering a wide range of social and mental health care services along with tailor-made educational, employment and legal support activities under the overarching objective of rehabilitating and, when possible, reintegrating persons with severe mental disorders.</p> <p>More specific, the “Alkyonis” project involved the following activities:</p> <ul style="list-style-type: none"> <li>- Design of an integrated service delivery model at community level encompassing: a) social and psychological support services through individual and group counselling, social skills-building and other such activities aimed at improving prospects of social inclusion; b) health care services, based on the fundamental notion of identifying, sustaining and building the mental potential of resident beneficiaries, incl. among other regular check-ups by a qualified psychiatrist, around the clock supervision of mental states by trained nurses, physiotherapy and other therapeutic interventions; c) educational services through a variety of skills-training, as well as training and support programmes for families of mentally ill persons, coupled with sensitisation schemes targeting local community, in efforts to actively remove prejudices and lift the stigma attached to mental illness; d) employability promotion activities and e) legal advisory services and counselling for mentally ill persons and their families;</li> <li>- Recruitment and training of specialised professionals (social workers, psychologists, psychiatrists, nurses, etc) incl. several follow-up trainings and seminars, as well as continuous mentoring and coaching by experienced supervisors</li> <li>- Provision of residential support services to mentally disabled individuals previously treated by state psychiatric hospitals</li> <li>- Delivery of community-based rehabilitation services to resident beneficiaries</li> <li>- Community outreach and awareness raising campaigns to build bridges with local society</li> </ul>						<p>Services provided included:</p> <ul style="list-style-type: none"> <li>▪ Support to the institutional reform of mental health service delivery</li> <li>▪ Establishment and operation of a community-based residential care facility</li> <li>▪ Design and implementation of decentralised social protection services for mentally ill persons: <ul style="list-style-type: none"> <li>- Professional medical, psychological and social support services</li> <li>- Individual, group and family counselling (incl. legal advisory services)</li> <li>- Personal development and social skills-training activities</li> <li>- Employability promotion services (e.g. pre-vocational training)</li> </ul> </li> <li>▪ Capacity building of staff, including continuous coaching and mentoring.</li> <li>▪ Liaison with local stakeholders and service providers</li> <li>▪ Community outreach activities linking local community with deinstitutionalization efforts.</li> <li>▪ Sensitization and awareness-raising campaigns and events for officials of local authorities, civil society, volunteers, public, etc</li> </ul> <p>Capacity-strengthening on local levels to improve social and health services across different sectors to aid the deinstitutionalization of mentally ill persons</p>		

#### 4. Day-Care Centre “Ariadne” for mentally ill people

Ref no	Project title		Day-Care Centre “Ariadne” for mentally ill people					
Name of legal entity	Country	Overall project value (EUR)	Proportion carried out by legal entity (%)	No of staff provided	Name of client	Origin of funding	Dates (start/end)	Name of consortium members, if any
KMOP	Greece	-	100	4	Greek Ministry of Health and Welfare	Greek Ministry of Health and Welfare	2004 – to date	-
Detailed description of project						Type of services provided		
<p>This project was included in the national reform plan for transforming institutional structures and services on a central level, developing new alternative community-based social and health care services of residential and non-residential nature, as laid down in the deinstitutionalisation programme of the Greek Ministry of Health and Welfare. Initially put into action within the framework of a grant scheme for NGOs specialised in deinstitutionalisation in the mental health field – this later turned into a contracting scheme for social services from the Ministry to NGOs - the project aimed at transforming public psychiatric institutions to integrated support centres run by NGOs, placing mentally ill persons in specialised homes or having them attend day care centres while participating in community based services.</p> <p>Within this framework, KMOP established and continually operates the Day Care Centre <i>Ariadne</i> in Piraeus city, in the region of Attica, Greece, for the provision of integrated services for persons suffering from mild mental disorders. Implemented in a local community setting, this aims to replace institutional provision of services with an appropriate and efficient social infrastructure of alternative, community-based services, while advocating for the improvement of the quality of life and social empowerment of beneficiaries, promoting the strengthening of life skills and coping mechanisms on individual level and encouraging community participation.</p> <p>The Day Care Centre provide a range of services for persons with mild mental health problems, capable of independent living. Also, a number of local community based interventions have also been designed and offered, aiming at supporting beneficiaries as well as building the capacity of the community to accept and integrate people with mental health problems in the society.</p>						<p>Services provided included:</p> <ul style="list-style-type: none"> <li>▪ Support to policy making regarding a smooth and effective shifting from centralised institutional service provision to community based services.</li> <li>▪ Implementation of the European-wide reformed, decentralised mental health services programme in a community-based setting.</li> <li>▪ Assistance to development of Grant scheme procedures.</li> <li>▪ Capacity-strengthening on local levels to improve social and health services across different sectors to aid the deinstitutionalization of mentally ill persons.</li> <li>▪ Awareness raising to combat prevalent prejudices attached to mental illness.</li> <li>▪ Support to the process of social inclusion for people with mental disabilities and disorders.</li> <li>▪ Social skills-training and vocational training for beneficiaries.</li> </ul>		

5. Comment - Training in community mental healthcare

Ref No	Project title		Training in community mental healthcare (n° 2014-1-EL01-KA202-001592 )					
Name of legal entity	Country	Overall project value (EUR)	Proportion carried out by legal entity (%)	No of staff provided	Name of client	Origin of funding	Dates (start/end)	Name of consortium members, if any
KMOP	Greece	316,024.00	10	2	EC / DG Education and Culture (DG EAC)	EC	09/2014 - 9/2017	KEK Eurotraining (EL), Coventry University (UK), European Alliance Against Depression EV (DE), Universitaet Klagenfurt (AT), Parc Sanitari Sant Joan De Deu (ES), Medical University of Sofia (BG)
Detailed description of project						Type of services provided		
<p>The project aims to support mental health professionals in entrepreneurial activities and provide them with advanced clinical, social and management skills required for sustainable evidence-based mental healthcare innovation across Europe, with the long-term goal of providing support for shifting partner countries' hospital based models to community based models in mental health. The project will bring together higher education bodies and active mental healthcare professionals across 6 partner countries.</p> <p>A dedicated platform implemented by the leading vocational training centre will provide transnational joint e-training and mentoring programme. E-training will provide a robust introduction to entrepreneurial principles and best practices in the mental healthcare sector. It will foster collaborative learning activities on mental health care innovation with hands-on sessions performed simultaneously in all partner countries in English. Also, mentoring activities will couple mental health professionals with matching mentors from an existing pool of experts on community based mental health care and entrepreneurship, providing support tailored to their specific entrepreneurial aspirations and their particular needs and intentions. Learning pathways will be defined through the e-training and mentoring sessions in order for trainees to be able to follow a curriculum tailored to their needs and interests.</p> <p>The core project activities are as follows:</p> <ul style="list-style-type: none"> <li>• Creation of educational resources for entrepreneurial skills development tailored to the identified mental health professionals' needs</li> <li>• Training seminars on entrepreneurship and innovation towards the adoption of the community based model: <ul style="list-style-type: none"> <li>o Designed &amp; implemented based on a transnational collaboration</li> <li>o Supporting innovative community based initiatives and new business creation in the mental health care sector (day centers or clubhouses, community mental health centers, and self-help groups for mental health)</li> <li>o Skill focus: Identifying market niches, writing a business plan, presentation skills, risk assessment of business idea, finding funding opportunities on a national and EU level</li> </ul> </li> <li>• One-to-one mentoring sessions for hands-on best practice exchange</li> <li>• ECVET Certification of non-formal skills</li> <li>• Establishment of Innovative on-line services for the exchange of business ideas and partnership opportunities</li> </ul>						<p>KMOP's role in the project pertains to the following services:</p> <ul style="list-style-type: none"> <li>• Conduct a situation report and needs' analysis for Greece in order to establish the current legislative and operational framework for mental health care services</li> <li>• Investigate and report in the social enterprise skills required by mental health care professionals in Greece for the purpose of establishing the type of training necessary for the establishment of viable social enterprises</li> <li>• Participation in the design of the learning programme addressed to mental health care professionals by contributing its experience in providing employability and entrepreneurship training and establishing and managing social services.</li> <li>• Participation in the 2<sup>nd</sup> online training cycle by providing a suitable number of mental health care professionals as participants that will have their social entrepreneurship skills enhanced.</li> <li>• Creation of the training activities' evaluation plan by defining appropriate indicators. After the completion of a 1<sup>st</sup> training cycle the relevant indicators will be assessed according to the evaluation, the training material and activities will be revised according to the criteria established in the evaluation plan and a second cycle will take place.</li> <li>• KMOP will produce a final evaluation report covering all relevant activities, including the on-line trainings and the one-to-one mentoring activities.</li> </ul>		

6. Re-PoD: Re-investing expertise: expansion of professional training for educators and parents of children with Down's Syndrome

Ref No	Project title		Re-PoD: Re-investing expertise: expansion of professional training for educators and parents of children with Down's Syndrome					
Name of legal entity	Country	Overall project value (EUR)	Proportion carried out by legal entity (%)	No of staff provided	Name of client	Origin of funding	Dates (start/end )	Name of consortium members, if any
KMOP	Greece, Bulgaria, Hungary	215,198.00	33	5	EC / Lifelong Learning Programme - Leonardo Da Vinci - Transfer of Innovation	EC	10/2012 – 09/2014	MAST SA (GR), DBBZ Pleven (BG), POMOSHTNO UCHILISHTE "PR SLAVEYKOV" (BG), DOWN ASSOCIATION (HU), CASTLE OF MIRACLES (HU)
Detailed description of project						Type of services provided		
<p>The overall goal of the project was to improve the skills of professionals and families of persons with Down Syndrome in Hungary and Bulgaria, so as the quality of life to be improved and maximum autonomy to be achieved. The work delivered under the Re-POD project was based on the adaptation, further development and implementation of an existing educational tool – the so-called PoD tool - for family members, professionals and volunteers to help stimulate and educate persons with Down Syndrome throughout their lifetime development. This tool was developed by KMOP during the implementation of a former EC-funded project under the LLP programme that was widely acknowledged in the EU as a best practice for supporting people taking care of persons with Down Syndrome.</p> <p>The specific objectives of this project were:</p> <ul style="list-style-type: none"> <li>• Training tool's transfer and adaptation to the Hungarian and Bulgarian situational contexts of the training tool (constituting DVD and CD)</li> <li>• Testing the new adapted tool in Bulgaria and Hungary</li> <li>• Evaluation of the tool's transferability on the basis of the pilot results in both countries</li> <li>• Creation of a network of various stakeholders in both countries mandated to enhance the quality of support available for parents on children with special needs</li> </ul> <p>The target group of this tool includes specialists, public and private institutions involved in caring for persons with Down Syndrome (specialists and health, educational and social institutions), family members of persons with Down Syndrome, associations, organizations and foundations that work and/or help the community of persons with Down Syndrome and their families.</p>						<p>KMOP's role as the lead partners of the project consortium involved the following components:</p> <ul style="list-style-type: none"> <li>▪ Overall coordination and management including financial monitoring</li> <li>▪ Quality assurance</li> <li>▪ Identification and Adaptation of target group to guide the development of the envisaged PoD tool</li> <li>▪ Transfer of expertise to consortium partners from Bulgaria and Hungary and end-users' associations</li> <li>▪ Capacity building of partners' staff</li> <li>▪ Defintion of a comprehensive exploitation and dissemination plan for the project results</li> <li>▪ Dissemination and networking activities at national and EU level</li> </ul>		

7. Innovator trainer tool for Basic and Professional Training of Parents of Down Syndrome Children (PoD)

Ref n°	Project title		PoD – Parents of Down: Professional Training for parents with Down Syndrome children					
Name of the Legal Entity	Country	Overall project value (EUR)	Proportion carried out by candidate (%)	No of staff provided	Name of client	Origin of funding	Dates (start/end)	Name of partners if any
KMOP	Greece, Spain, Romania, Italy	657,981.00	16	4	EC - DG EAC, DG COMM and DG DEVCO (Lifelong Learning)	EC	10/2007 - 09/2009	Master Distancia S.A. (ES), Fundacion Down (ES), IASS (ES), Pragma Engineering (IT), Asociatia Langdon Down Oltenia Central Educational Teodora (RO)
Detailed description of project						Type of services provided		
<p>The overall objective was to design, develop and implement a new training tool for family members, professionals and volunteers to help stimulate and educate persons with Down Syndrome throughout their lifetime development. The final goal was to improve the quality of life of this community and achieve maximum autonomy. The specific objectives were:</p> <ul style="list-style-type: none"> <li>▪ Detect and analyse the needs of families of persons with Down Syndrome throughout their lives, contextualized within the social situation of each participating country.</li> <li>▪ Design and validate a useful and relevant training tool with the dual purpose of getting to know persons with Down Syndrome at the different stages of their lives and complement the direct attention that families receive from professionals.</li> <li>▪ Study in depth the different fields of intervention: health, educational, work and social.</li> <li>▪ Become aware of the specialized accompanying needs these family members have.</li> <li>▪ Promote participation of the professionals involved in the attention of persons with Down Syndrome and their family members.</li> <li>▪ Evaluate during the project's development both the evolution and implementation and the methodology used to put it into practice.</li> <li>▪ Distribute this tool among all those communities, agencies and related institutions.</li> <li>▪ Facilitate access to all family members through the intervention of a professional or multi-disciplinary team.</li> </ul>						<p>KMOP's role involved the following:</p> <ul style="list-style-type: none"> <li>▪ Situation analysis and training needs analysis in the Greek context</li> <li>▪ Contributing to the development of a learning methodology</li> <li>▪ Contributing to the creation of the learning tool</li> <li>▪ Implementation of Pilot training</li> <li>▪ Quality Management and Continuous Internal Assessment</li> <li>▪ Promotion and dissemination activities</li> <li>▪ Exploitation of results</li> </ul>		