Projects in the field of destigmatisation and community care in the Czech Republic

„Destigmatisation and Improving the Quality of Care in Psychiatry“
28 – 29 May 2009

O. Pěč
The interplay between de-stigmatization and de-institutionalization

De-stigmatization

De-institutionalization
Community care
Users’ involvement
The changes in a structure of the care for mentally ill people in the last 20 years

<table>
<thead>
<tr>
<th>Years</th>
<th>beds in psychiatric hospitals</th>
<th>beds in psychiatric departments of GH</th>
<th>places in day clinics</th>
<th>psychiatrists in out-patient departments</th>
<th>soc.workers in com.rehab.facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1990</td>
<td>12.4</td>
<td>1.6</td>
<td>0.01</td>
<td>0.4</td>
<td>0.45</td>
</tr>
<tr>
<td>2007</td>
<td>9.3</td>
<td>1.4</td>
<td>0.314</td>
<td>0.67</td>
<td>0.43</td>
</tr>
</tbody>
</table>

Source: UZIS CR
The proportion of beds in mental hospitals and community inpatient units per 100,000 inhab.

Source: WHO Europe, 2008
The comparison to other EU countries

The number of visits in out-patient and community facilities per 100000 inhab.

Zdroj: WHO Europe, 2008
Projects in the development of community care

• The most important factors:
  – an activity of the newly established providers (NGO’s) after the political changes in 1989
    • New extramural mental health facilities
    • New NGO’s providing psychiatric rehabilitation
  – organizations promoting and encouraging changes in mental health care (NGO’s)
    • e.g. Center for Mental Health Care Development, Czech Association for Mental Health
  – counseling and financial assistance from abroad (e.g. Netherlands)
Facilities providing day and crisis care

21 day clinics, 3 crisis centers, 3 facilities providing community psychiatric nursing

Association of Day Clinics and Crisis Centers

Day clinics
Com. psychiatric nurses
Crisis centers

Stuchlík 2004, Pěč 2009
Development in rehabilitation community services

- established in 1990
- providing community psychiatric rehabilitation services
- from 1990 gradually emerging organizations up to 10
Regional models of extramural care

Centre for Mental Health Care Development & GGZ Netherlands & Min.of Foreign Aff.Netherlands

1995-1997 3 new regional community teams in Prague 11, Pardubice, Mladá Boleslav

„MATRA I“

3 new NGO´s were created

Mladá Boleslav (RKTMB – Fokus MB)

Praha 11 (ESET-HELP)

Pardubice (PDZ–Pard.)
„Socialization Psychiatric Hospitals“

Centre for Mental Health Care Development & GGZ Netherlands & Min.of Foreign Aff.Netherlands & Trimbos

- 1999-2001 linking up of newly established extramural NGO´s or so far existing NGO´s with the services of 4 psychiatric hospitals
- Community care for discharged patients, slight reduction in the length of hospitalization, slight downsizing in the numbers of beds in PH

„MATRA II“

PH Bílá Voda + EGO SUM, ESTER, Zahrada 2000, Diakonie
PH Brno Černovice + PRÁH
PH Jihlava + VOR
PH Lnáře + POLIDON)
Community rehabilitation services

AKS (Association of Mental Health Care Community Services)

1991 – Fokus
1995 – MATRA I
1999 – MATRA II
2000 – new NGO’s

△ after 2000
△ before 2000

30 NGO’s with 430 professionals (mainly social workers) cared about 4600 patients in 2007 (source: AKS, Fokus)

Stuchlík 2004, Pěč 2009
Model of care for mentally ill in Prague and its economic evaluation

**Centrum pro rozvoj péče o duševní zdraví**
Centre for Mental Health Care Development

- finding out needs of professionals and users of psychiatric care in terms of quality and quantity of services for mentally ill
  - 109 users and professionals - focus groups
  - 102 mental health professionals from Prague - respondents of questionnaires

**RESULTS:**

- a need for an increase of capacity of out patient psychiatric care, case management, community residential care, crisis services, psychotherapeutic and rehabilitation programs
- a need for linking of all segments of services, a need for orientation of the services toward community and an importance of an out patient psychiatric care with appropriate therapeutic relationships
- that will require an increase in funding of 2.83 billion CZK per year (2.8 times more then now)
- but this increase means only small difference from the point of view of comparison of financing psychiatric care in other EU countries.
Projects in de-stigmatization

2004 - a representative research „Views on schizophrenia“

- 667 adult persons in CR in face to face structured interviews

RESULTS:

- Only 43% people think that persons with schizophrenia can normally live and work.
- 82% people think that persons with schizophrenia are erratic or unpredictable in their behavior and manifestation.
- 43% people think that persons with schizophrenia are mindlessly aggressive and disruptive.
- 21% would place persons with schizophrenia in mental hospitals, 48% people would help.
# De-stigmatization campaigns

<table>
<thead>
<tr>
<th>Year</th>
<th>Organization</th>
<th>Details</th>
</tr>
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<tbody>
<tr>
<td>1990–</td>
<td>FOKUS Praha, UNIJAZZ</td>
<td></td>
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<tr>
<td>2009</td>
<td>„Týdny pro duševní zdraví“ (Weeks for Mental Health)</td>
<td>every year from 10. September till 10. October – in many places of CR: concerts, happenings, exhibitions of clients, round tables, seminars, workshops</td>
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<tr>
<td>1991–</td>
<td>Nedomysleno, s.r.o.</td>
<td></td>
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<tr>
<td>2009</td>
<td>„Mezi ploty“ (Between the Fences)</td>
<td>every year in May in the space of psychiatric hospitals in Prague-Bohnice, Dobřany, Brno-Černovice – one of two days of concerts (jazz or rock bands)</td>
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<td>2005 –</td>
<td>CMHCD, AMEPRA – project „Změna“ (Change)</td>
<td>De-stigmatization campaign in Prague underground stations posters with the stories of psychiatric patients and the exhibition of pictures, anonymous counseling</td>
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Involvement of users in de-stigmatization

**KOLUMBUS— users’ organization**
Self organized exhibitions, lectures for public or lectures in schools,

**VIDA**
Users provide consulting services for users or for other people in 8 advocacy centers in CR. Centers are placed in public areas.
Lectures for public or for schools.

**Training cafeterias or shops**
e.g. GREEN DOORS, PRÁH, LOMIKÁMEN, FOKUS VYSOČINA, ESET-HELP ...
Users sell products for public or serve in cafes
De-stigmatization programs in schools

FOKUS Praha
Blázníš? No a! (Are you crazy? So what!)
Workshops with students of secondary schools with participation of a mental health professional and an user. 6 schools in Prague in the year 2007/2008.
Project in a collaboration with German and Slovak schools and organizations (Irrsinig Menschlich e.v., University in Leipzig, Integra Michalovce).

Other de-stigmatization projects

Special de-stigmatization websites
e.g. [www.stopstigma.cz](http://www.stopstigma.cz)
Activities in the media (articles in journals or newspapers; interviews)
Seminars, conferences
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