

## News from EABCT, august 2009

### **1. Examples of good practice in Europe**

MHE forwarded this request of examples of good practices from the European Commission regarding the European Pact for Mental Health and Well-Being.

If you want to send in your contribution you have to do it by Friday 18th September at [info@mhe-sme.org](mailto:info@mhe-sme.org).

You can find the forms on the next pages.

*Dear Colleague,*

*We are writing to you to invite you to share your experience and knowledge in the field of child and adolescent mental health with others working in the same field across the EU .*

*As you will be aware, in June 2008 the EUROPEAN PACT FOR MENTAL HEALTH AND WELL-BEING was launched in Brussels with proposals for intersectoral action in mental health around 5 thematic priority areas: Mental Health in Youth and Education; Prevention of Depression and Suicide; Mental Health and Older People; Mental Health in Workplace Settings; and, Combating Stigma and Social Exclusion. (More information in: [http://ec.europa.eu/health/ph\\_determinants/life\\_style/mental/index\\_en.htm](http://ec.europa.eu/health/ph_determinants/life_style/mental/index_en.htm) )*

*The Pact is now entering its implementation phase in the first of its priority areas: "Mental Health in Youth and Education ". A Thematic Conference "Promotion of mental health and well-being of children and young people- making it happen" will be held in Stockholm, on 29<sup>th</sup>-30<sup>th</sup> September, together with a number of additional activities.*

*Stakeholders and policy makers are encouraged to participate in this implementation process and will have the opportunity to engage by gathering examples of action and developing recommendations. The results of this effort will be entered into an "EU Compass for Action on Mental Health and Well-being". This is meant to be a practical guide for Member States and Stakeholders in their aim to improve mental health and well-being of their populations.*

*As part of the implementation process DG SANCO is developing A DATABASE OF GOOD PRACTICE EXAMPLES with the aim of collecting and disseminating relevant examples of good practice in mental health action for the priority area "Mental Health in Youth and Education ". This will allow Member States, regional authorities and non-governmental partners to present and access good practices in this area, thereby promoting the exchange of solutions across the EU. The instrument will include information on different types of actions, such as policies, programmes, campaigns and training courses that are being developed at the national, regional and/or EU level.*

*We would like to invite you to provide information on activities you/your institution are developing and that you consider could be included in the database as examples of good practice. In order to do so you can fill in the template for information collection which you will find attached together with instructions for completion. Please take note that we have also included a list of criteria for defining good practice, for your information.*

*We would like to thank you in advance for your time and consideration in providing this important information.*

*Best wishes,*

*Fleur Braddick and Andrea Gabilondo*

*On behalf of Jürgen Scheftlein and the Health Determinants Unit at DG SANCO*

*Technical Secretariat at Gencat*

*Health Department of Catalonia*

*Roc Boronat, 81-95*

*08005. Barcelona, Spain*

*Mail: [ec-mentalhealthprocess@gencat.cat](mailto:ec-mentalhealthprocess@gencat.cat)*

*TF: +34 935513590*

*Fax: +34 935517514*

---

## **2. Scientific working group on PTSD**

Antonio Pinto informed us that a scientific working group on PTSD is going to be formed. The group consists of 4 people from Italy, one colleague from Australia, and one from Belgium. All these people are experts on CBT, EMDR, and interested in particular in traumatology.

They plan to meet in Dubrovnik to discuss about their future program.

---

## **3. Training and accreditation – July 2009**

In March 2009, the first accreditation protocol, prepared by Thomas Kalpakoglou (Training Coordinator, Greece) was accepted in Zagreb. This protocol outlines all the procedures of EABCT's accreditation and provides a model for a "standardized accreditation scheme (StAcS)". StAcS is a complete accreditation package that can be followed by all member associations that would like to initiate an accreditation scheme, but that don't have one of their own.

Also in March 2009, a new working group on training was elected in Zagreb, which now consists of the following representatives: Thomas Heidenreich (Germany), Helen Macdonald (UK) and Audur Gunnarsdottir (Iceland). Thomas Kalpakoglou (Training Coordinator, Greece) chairs the group. The

group has already started working on new projects, such as the re-accreditation guidelines, accreditation of supervisors and further developments on accreditation and training standards.

In September 2009, a new Accreditation Committee (AC) will be elected at the GM in Dubrovnik. The AC will continue to assess new applications for an EABCT' s accreditation of member associations. DVT (Germany) was the first association to be accredited and it's members were the first ones to be certified at a European level.

---

#### **4. Mental Health Europe newsletter**

As you know, EABCT joined Mental Health Europe. Every month, MHE publishes a newsletter that contains a lot of information. Some of that info may well interest you.

You can find this newsletter (and the previous ones) on:

<http://www.mhe-sme.org/en/news-and-events/monthly-newsletter.html>

If you click back to their homepage you will find a lot of other useful info.

---

#### **5. 10<sup>th</sup> anniversary of PTPB**

Last June, our Polish member association, PTPB, celebrated it's 10<sup>th</sup> anniversary with a very successful congress in Warsaw. The EABCT board was represented by Jaak Beckers. Rod Holland sent a letter to congratulate.

---

#### **6. EABCT Congress Dubrovnik**

In no longer than a fortnight the 39<sup>th</sup> EABCT congress will start in Dubrovnik. I'm sure it will be a success. If you haven't yet registered, you can still do so...

<http://www.eabct2009.org/>

See you in Dubrovnik,

Jaak Beckers  
Communications Officer EABCT

# THE EUROPEAN COMMISSION DATABASE OF GOOD PRACTICES AND TOOLS IN MENTAL HEALTH AND WELL-BEING

## Description and definition

The successful implementation of the European Pact on Mental Health and Well-being can be enhanced by the sharing of information on effective policy, programmes and resources across member states.

In order to collect and disseminate good practices on the Pact's priority themes, DG SANCO has created a database infrastructure. This will allow Member States, regional authorities and non-governmental partners to present and access good practices in mental health action, thereby promoting the exchange on solutions across the EU.

This database will include good practice at a variety of levels, such as: national or regional policies; programmes implemented at the European, national or regional level; training courses or events; national or thematic databases or other information resources, such as bibliographic or online material.

**To be considered good practice**<sup>1</sup>, an action, policy or resource must be:

- Based on sound theoretical and ethical principles and basic assumptions;
- Be well-managed (in terms of leadership, planning, capacity and communication);
- Be well-developed, implemented and evaluated;
- Be successful (with positive results for a specific objective and evidence of effectiveness in the case of programmes);
- Be innovative (providing new or different solutions in the place of implementation, even if originating elsewhere);
- Have a possible multiplying effect or transference to other areas (either horizontally communicable and shareable or vertically with downstream positive effect);
- Be sustainable (self-supporting in that it creates a need, is assumed under the banner of services or produces evident improvements for society).

This database will be available through DG SANCO's mental health pages, and will be constantly expanding throughout the years of the implementation phase of the European Pact. Good practices will be added from the 5 thematic areas of the pact, in parallel with preparations for each thematic conference. Until the end of September, it will be co-managed by DG SANCO and the technical consortium led by Gencat (Catalonia, Spain) which is supporting DG SANCO as contractor.

## Input to the Database

We are interested in including good practice and policy from all European Member States and regions. In order to suggest a good practice for inclusion in the DG SANCO database, we would be grateful if you could provide us with a standard set of information on the policy, programme, resource or tool, as laid out in the **attached description template**.

---

<sup>1</sup> This definition of good practice is adapted from the EQUIHP, a European quality instrument for health promotion (<http://subsites.nigz.nl/systeem3/site2/index.cfm>) and EQUAL SET, European project on Equal Opportunities and Social Inclusion (<http://www.kezenfogva.hu/equalset/index.php?q=en/node/85>).

Please complete a separate template form for each good practice in your country or region which you would like to be included in the database. You could also send us relevant documents if you wish to incorporate them into the database as complementary information to the good practice.

Please return these completed forms to Fleur Braddick and Andrea Gabilondo at the e-mail address: [EC-MentalHealthProcess@gencat.cat](mailto:EC-MentalHealthProcess@gencat.cat).

**TEMPLATE FOR THE EUROPEAN COMMISSION DATABASE OF GOOD PRACTICES AND POLICIES IN MENTAL HEALTH AND WELL-BEING**

**GOOD PRACTICE IN PREVENTION AND PROMOTION OF MENTAL HEALTH AND WELL-BEING IN CHILDREN AND YOUNG PEOPLE**

(Please fill in one template for each good practice)

**1. TITLE**

--

**2. OWNERSHIP OF GOOD PRACTICE** (please tick appropriate box)

POLICY	
STAKEHOLDER	

**3. TYPE OF ACTION** (please tick the appropriate box(es))

<ul style="list-style-type: none"><li>• Training</li></ul>	
<ul style="list-style-type: none"><li>• Campaign</li></ul>	
<ul style="list-style-type: none"><li>• Action Programme</li></ul>	
<ul style="list-style-type: none"><li>• Research/Tool</li></ul>	
<ul style="list-style-type: none"><li>• Other, please specify: _____</li></ul>	

**4. PRIORITY AREA ADDRESSED** (please tick the appropriate box(es))

<ul style="list-style-type: none"><li>• Parents, Family and Early Years</li></ul>	
<ul style="list-style-type: none"><li>• Educational Settings and Learning</li></ul>	
<ul style="list-style-type: none"><li>• Role of Health Services in Promotion and Prevention</li></ul>	
<ul style="list-style-type: none"><li>• Community Environment</li></ul>	
<ul style="list-style-type: none"><li>• Role of Media and Internet</li></ul>	
<ul style="list-style-type: none"><li>• Knowledge Base: Data and Research</li></ul>	
<ul style="list-style-type: none"><li>• Other</li></ul>	

**5. LEVEL** (please tick the appropriate box)

• National	
• Regional, please specify:	
• Other European	

**6. BRIEF DESCRIPTION**

*Please specify content, start/end date and funding*

(No more than 400 words)

**7. MAIN ACHIEVEMENTS**

*Please summarise briefly main results and/or impact achieved.*

(No more than 400 words)

**8. DOCUMENTS**

Please attach any relevant documents

**9. CONTACT INFORMATION**

Please include details of the contact person

Name:

Position:

Email address:

Address (work):

Country:

Telephone:

THANK YOU FOR YOUR SUPPORT!

*Disclosure:*

*I agree on collecting, processing and publishing my personal data by the European Commission, DG Health and Consumers. If the data were collected from a third person I state that I received unambiguous consent from the data subject on using it for this purpose. The purpose of the database is to provide to researchers, policy makers and all interested bodies, good practice in the area of mental health. Submission of the data is made on voluntary basics, and there are no consequences by not doing so. Data are collected according to the Regulation (EC) No 45/2001 of the European Parliament and of the Council of 18 December 2000 and you as a data subject have the right to have recourse at any time to the European Data Protection Supervisor.*

Form completed by: