

RECADE

REcovery
of Adults living with
Depression and Psychosis in Europe



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Training Activities C1 - Croatia

RECADE

Zagreb, Croatia
Learning activity

6-9 JULY, 2022



Mental illness stigma

The first day in Croatia, partners overviewed the contents of the educational program and Kresimir Radic presented the negative effects of stigma, examples of good practice, the Croatian self-stigma prevention program and Art against stigma – metacognitive training. Non-acceptance of mental illness by a person can lead to a decrease in self-esteem and self-efficacy. The principles of recovery and empowerment were presented.



Museum of psychiatry



The Museum of Psychiatry in UPH Vrapče was opened in 2014 and represents a unique exhibition in Croatia that deals with professional and above all human observation of mental illness and disorders. UPH Vrapče is the oldest and largest psychiatric institution in Croatia, founded in 1879. From its beginnings, the hospital, in addition to the classical treatment of patients, paid great attention to creative and artistic work as an additional part of therapy and encouraged users to express themselves through various media. As early as the mid-1930s, the artworks of patients were systematically collected, and the first Museum in the hospital was opened in 1954. In addition to art objects, staff collected a number of artifacts that show how psychiatric patients were treated in the past, so the permanent exhibition was launched.

Recade Booklet Training session 1

Emanuele Caroppo talked about the principles of Relational and many pathways. He solved these principles (both the theoretical framework and the educational tools). This was followed by a Role playing where we were divided into groups of citizens and patients, looking for those paths that overturn the antiquated perceptions and enable patients with psychosis or depression to operate autonomously and creatively within society. In the end, opinions were expressed in a constructive dialogue between patients and citizens, so as to find the common paths leading to recovery.



Recade Booklet Training session 2



All partners presented the principles of Recovery: the terminology, the learning objectives, the theoretical framework, the benefits, the quotes, the quiz as well as the training material.

Partners discussed about IO3 concerning the production the video. The representatives of Croatia showed us a model video, based on the principles of Recade that included the most important images of the patient's supportive environment, as well as a recording of their personal testimony through his experiences of creating the videos about the material and time.

Working as a team in promoting recovery art workshop

an art workshop was held with the participation of all the partners highlighting the concept of Recade as an idea and vision through the use of educational material (markers, brushes, pencils).

Often the expression of one followed from someone else's thoughts. Images and slogans were formed through the interaction in the group. The process was completed with the expression of emotions created by the implementation of the workshop.



Mental health as a public health priority



Partners from Croatia talked to the rest of the team about the particularity of having good health and those conditions that help all patients have free and equal access to the network of health services.

Photos from Zagreb Tour

