

RECADE

Newsletter

Number 1, August 2021

REcovery of Adults living with Depression and psychosis in Europe (RECADE)

Mental illness affects around 27% (83m.) of Europeans annually (European Social Work, 2013). The European Mental Health Action Plan for 2010-2020 provides for inclusion policies at a national level encouraging policymakers to support the transition towards community-based mental health care. In mental health, recovery may not always refer to the process of complete recovery from a mental health problem such as depression or psychosis, in the way that we might recover from a physical health problem. Recovery can mean different things to different people, however, recovery is about the realization of goals, and the development of relationships and skills that support a positive life, with or without mental health problems. While there is no universally accepted definition of recovery, one definition, often referred to as the "recovery model" argues for the importance of building the resilience of people with mental health problems and supporting their identity and self-esteem.



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PROJECT OVERVIEW

The project REcovery of Adults living with Depression and psychosis in Europe (RECADE) brings together partners from 5 different countries (Greece, Italy, Denmark, and Croatia). RECADE will engage patients with depression or psychosis and their family caregivers within a span of 30 months.

The project is focused on the participants with Depression or Psychosis and their caregivers. It will include three Intellectual Outputs:

IO1: Recovery Principles Report for adults with depression or psychosis

IO2: Blended training material on recovery for adults with depression or psychosis

IO3: Lessons from the Recovery process of adults with depression or psychosis

MAIN OBJECTIVE

Partners try to bring society's attention to the issue of recovery of adults with depression or psychosis which are arguably pervasive disorders that affect tens of millions in Europe.

This is an opportunity to encourage all member states to raise awareness about recovery and to promote early diagnosis and treatment. It is useful to emphasize that recovery is a capacity-based, not deficit-based, approach to rehabilitation.

All Intellectual outputs of the RECADE project will be uploaded on the website:

www.recade.eu.

Target Groups

- People living with depression and psychosis
- Representatives of the organizations that advocate for people living with depression and psychosis and their carers
- Carers of people living with depression and psychosis (i.e. family members and professional carers)
- Social workers, psychiatrists, psychologists
- Researchers
- General public

The "**RECADE**" project adopts a strength-based approach that does not focus solely on symptoms and which emphasizes resilience and control over life's challenges. The RECADE project is expected to promote the empowerment of the target group (adults living with depression or psychosis) furthering their social inclusion.

PARTNERS



EPIONI
GREEK CARERS NETWORK



Danish Committee
for Health Education



Klinika za psihijatriju Vrapče
University Psychiatric Hospital Vrapče



SISTEMA SANITARIO REGIONALE

ASL
ROMA 2

Partners from Greece (EPSEP-Company of Psychosocial Research and Intervention and Greek Carers Network EPIONI), Italy (ASL Roma 2), Croatia (Klinika za psihijatriju Vrapče), and Denmark (Danish Committee for Health Education - DCHE) and also our associated partner (Department of Psychiatry of the University of Montreal in Canada) cooperate in order to develop the Intellectual Outputs (IOs) of this project. Teleconferences, webinars, and TPM meetings bring together European stakeholders. Partners conduct focus groups to discover the needs of adults living with psychosis or depression and the degree to which their rights are being respected.



IO1

OVERVIEW

The public body from Italy, ASL ROMA 2 led the first Intellectual output (IO1) which is the “Recovery Principles Report for adults with depression or psychosis”. The “Recovery Principles” collected the needs and experiences of professionals, patients, caregivers in Greece, Croatia, Italy, and Denmark – through consultations conducted by partners to patients living with depression and psychosis, their caregivers and professionals. The questions explored how Recovery Principles can have a different impact on patients, carers and professionals of different countries, the types of support available, the role of education in wellbeing and coping.

The report, while providing new qualitative inputs to the research on coping strategies and educational needs in families with a patient living with depression or psychosis, it also contributed to informing the structure of the training material and curriculum. The report was presented to a round table of social and health care professionals in each country who acted as peer-reviewers, commenting on the outcomes in relation to the educational resources that the partnership intends to implement. The results of this analysis impacted further development of the project in terms of the method, the learning material and the Learning course.

However, the report is a self-standing outcome useful for anyone interested in implementing the Recovery Principles based on education for people living with depression or psychosis. A literature review of 50 articles was conducted in order to identify recovery principles and 87 patients or family or professional caregivers from each country were consulted through a combination of different methods (interviews and focus group sessions) to obtain a good overview of which recovery principles are used in practice.

The results of these interviews were analyzed with qualitative methods and will enable the expert partners and application developers to inform the implementation of the workshops. Available on <http://recade.eu/io1-recovery-principles-for-adults-with-depression-or-psychosis/>

IO2 & IO3



The coordinator from Greece, EPSEP, leads the second Intellectual output (IO2) which is a blended training material on recovery for adults with depression or psychosis. All partners will participate and create interactive training material identifying what are the main topics covered which are derived from the outcomes of IO1. This output will be a booklet with training material on Recovery for patients with depression or psychosis and their family caregivers. Leader and co-leader provide further explanation of the structure of the training programme for partners during the 1st staff training in Croatia (C1), in July 2022, where all partners will participate.

The University hospital "Klinika za psihijatriju Vrapce" from Croatia will lead IO3: Lessons from the Recovery process of adults with depression or psychosis. It will include short videos (two per partner) of people discussing their respective experience. Each video will feature one mental health user and one health-care professional or one family member and a researcher talking together and sharing their perspective. The expected learning outcome of the videos is the mutual education of the participants (co-learning approach). The videos will feature the question "what does recovery mean for you?" and they will be uploaded on a Youtube channel.

Looking Forward

It is hoped that this international partnership will promote the modelling of the most compelling experiences in Recovery processes. Local community empowerment is expected to increase social cohesion and inclusion. The expected impact on the Participants is the increased: ability to work in an EU team, awareness of the Recovery state of art process at an international level, proactiveness on Recovery for adults with depression and psychosis related matters, improvement of motivation, activation and competence in a national and international level. The expected impact on the participating Organisations is the increased Recovery knowledge and competence in activating and being part of networks (at a local, national and European level) and also the expansion of visibility and competence recognition on Recovery principles for adults with psychosis and depression. The expected impact on Target Groups is a better understanding of Recovery principles and decrease of stigma, a better use of Recovery in Mental health services in Greece, Italy, Croatia and Denmark, more proactiveness towards the Recovery process, improvement in safety and social control and improved awareness of effective potential and quality of life.

The logo for RECADE features the word "RECADE" in a bold, blue, sans-serif font. The letter "C" is replaced by a stylized blue horse head facing right, with a white mane.