

**PEER TO PEER: A ROUTE TO RECOVERY OF PEOPLE WITH MENTAL ILLNESS THROUGH
PEER SUPPORT TRAINING AND EMPLOYMENT**

Project N° 2013-1-ES1-LEO05-66277-AN

1st – 2nd April 2014

Attendees:

Name of Delegate	Organisation
Águila Bono del Trigo	Escuela Andaluza de Salud Pública
Ángel Mena	Escuela Andaluza de Salud Pública
Bibiana Navarro	Escuela Andaluza de Salud Pública
Pablo García Cubillana	Escuela Andaluza de Salud Pública
Martín Tellez	En Primera Persona
Henar Conde	Fundación INTRAS
Teresa Orihuela	Fundación INTRAS
Sara M Ispuerto	Fundación INTRAS
Louise Christie	Scottish Recovery Network
Galabina Tarashoeva	Mental Health Center "prof. N. Shipkovensky"
Ronald Oosterhof	Stichting Gek op Werk
Hayat Kalai	Stichting Gek op Werk
Pieter Van Der Aarsen	Stichting Gek op Werk

Note: Partners proposed to create a dropbox and place there all documents linked with the project. The dropbox folder was already created and all partners should have received an invitation to join it. On this folder partners will find all the documents distributed at the time of this meeting, and all documents already generated in the framework of P2P project.

Here the route to download all the documents concerning the integration tool meeting in Granada: Dropbox\PEER 2 PEER\WPs\5. Integration and pilot testing

1. Welcome and opening by EASP

2. Timing and introductions

For more info about partners' organizations see **annex 1. Partners' information**

3. WP-3 and WP-4

Intras presented WPs, actions, structure, goals, main activities, timing and deliverables. For more info see **annex 2. Integration of tools meeting**



4. INTRODUCTION TO THE PDA IN MENTAL HEALTH PEER SUPPORT :

SRN presented in a very detailed way the PDA programme, focusing on the learning outcomes of each session, main structure and contents. See [Annex 3. PDA / Annex 4. Summary of units.](#)

Partners agreed that the Professional Developed Award is an excellent material for people who would like to become peer workers, which provides useful theory and a good compilation of exercises.

PDA is split into two different units: theory and practice, but it allows some flexibility on how to conduct sessions: one unit after another or one theoretical session followed by a practical one. It was pointed out that it will be also useful, for partners with less experience in Peer Support, to have a more detailed programme which combines at the same time, theory and practice instead of shifting the programme in two units.

For the PDA Mental Health Peer Support, students are required to complete an essay and compile a portfolio of evidence which demonstrates their understanding of the concepts and practice covered by the course. The essay and portfolio of evidence are assessed by the training provider and if satisfactory then the student will have successfully completed the course and be awarded the qualification of PDA in Mental Health Peer Support. The role of the SQA is as an awarding body and their relationship is with the approved training providers. See [Annex 5. Portfolio of evidence.](#)

5. GENERAL PRESENTATION OF PSYCHOTHERAPY AND VIDEO THERAPY: REVIEW OF SCENARIOS

Intras briefly presented the video therapy and psychodrama programme developed by *Centro de Formazione Villa Montesca*. See [annex 6. Video Therapy and Psychodrama.](#)

Partners agreed that Psychodrama is a very large discipline, which is difficult to apply without an intensive training. Instead of psychodrama, it was agreed to use role playing.

A didactic demonstration on how to use psychodrama and role playing was conducted by MHC. MHC will be in charge of writing down this methodology to be included in the manual.

Role playing will be used to work on the key situations or scenarios see [annex 7. Potential scenarios](#). Role playing will be combined with video therapy, which records sessions and uses them as a learning tool: When working on the key situations using role playing, some participants' performances will be recorded to watch reactions, emotions, identify boundaries, etc. to be able to reflect upon them individually or in group.

Partners agreed to set up a group of experts to choose the more representative and relevant key situations for each session, and design them. This team will be integrated by Louise (SRN), Martín (En Primera Persona - EASP), Ronald (GOW) and Gabi (MHC). Intras will support this group.

A main structure of each scenario to start working with was proposed by MHC and SRN.

Some dates were agreed:

- On April, 30th MHC will provide partners with the methodology to develop the Role Playing sessions.
- On April, 30th the group of experts working on the scenarios, will circulate the first scenario. Partners will have 1 week to comment on this first draft. Other scenarios will follow this structure.
- On May 31st the group of experts will provide partners with the first draft of all scenarios. EASP will include them in the first version of the teaching pack.

6. NEED ANALYSIS REPORT:

EASP presented inputs, results and conclusions after analyzing questionnaires. See [annex 8. Need analysis report/ annex 9. Ppt need analysis/ annex 10. Thoughts for discussion](#)

7. DISCUSSION ABOUT THE ADAPTATION OF MATERIALS

EASP proposed and introduced a general index for the whole course based on the need analysis. This structure includes the number of sessions, topics per session and general structure (4 hours per session – 12/14 sessions). See [annex 11. Proposal of structure](#)

SRN proposed to include an extra session for assessment and reflection, between session 6 and 7.



- EASP will send an updated version of the general structure on April, 16th.

Partners agreed in keeping the general structure for all partners, although it must be flexible enough for each facilitator to decide how to distribute sessions based on the needs of each group.

EASP also proposed a structure type for the sessions. See [annex 12. Structure of sessions](#). This structure will include goals of the session, material needed, contents or theory and suggested activities. Partners agreed that this training (as PDA training) will be focused on Learning outcomes, so facilitators will choose which exercises or activities fit better to reach each learning outcome in their group.

- EASP will send session 3 on April, 16th. Partners will have 1 week to comment on this first draft. Final version of session 3 will be provided by EASP on April, 28th. Other sessions will follow this structure.

Assessment: Based on the portfolio provided by SRN, and once the course will be designed a new tool will be generated by INTRAS to assess the pilot training, knowledge and competencies acquired by attendees. This tool will be filled out after each session, and during the self-reflection and assessment sessions.

There will also be supervisory visits during the two piloting trainers. Intras and SRN will visit each partner at the same time. SRN will provide partners with a form with the topics to be discussed during these visits at the end of July.

Some partners have preferences about the date of these supervisory visits: MHC would rather prefer to host it at the very beginning.

- Intras will provide partners with the new tool for assessment the Learning outcomes in July, 2014.
- SRN will provide partners with the topics for discussion during the supervisory visits in July, 2014.

Partners with more experience in e-learning commented to include e-learning sessions. Although it will not be possible for all partners to organize e-learning sessions, all partners agreed to provide peer workers with supporting materials in an e-learning basis. All these materials will be available on line on the project website. Potential peer workers could read these materials before the sessions. Visitors will not need to log in to access to these materials.



Lifelong
Learning
Programme



The project plans to produce a didactic video to disseminate P2P curriculum and project, to introduce the training course and sessions, training materials and clarify how to use them. This video will be disseminated through our Website and via youtube, vimeo, live video, etc.

This video is independent of the video-therapy sessions, which are just for didactic proposes.

To create this video each partner will record activities and certain parts of their own pilot sessions, INTRAS will edit these materials to create a common video.

There is the possibility to organize a role playing session in Rotterdam leaded by MHC and record it. This session will be also edited and included in the video. Besides, during the supervisory visits, some sections will be also recorded and included in the video.

Intras will generate guidelines with detailed information about what it is needed from partners to edit this piece of video.

- Intras will send detailed information about the video recording in July, 2014.

8. WORK PROGRAMME

Some dates to remember:

- On April, 16th EASP will send an updated version of the “index of sessions” and session 3 fully developed. Partners will have 1 week to comment on this first draft. Final version of session 3 will be provided by EASP on April, 30th. Other sessions will follow this structure.
- On April, 30th MHC will provide partners with the methodology to develop the Role Playing sessions.
- On April, 30th the group of experts working on the scenarios, will circulate the first scenario. Partners will have 1 week to comment on this first draft. Other scenarios will follow this structure.
- On May 31st the group of experts will provide partners with the first draft of all scenarios. EASP will include them in the first version of the teaching pack.
- On June, 16th EASP will send the first draft of the teaching pack, which also includes the scenarios; partners will have one week to review it.
- On June, 30th, EASP will send last version of the teaching pack ready to be translated.
- Intras will provide partners with the new tool for assessment the Learning outcomes in July, 2014.
- SRN will provide partners with the topics for discussion during the supervisory visits in July, 2014.
- Intras will send detailed information about the video recording in July, 2014.
- On August, 31st partners will send the teaching pack translated into their local languages.
- In September partners will start planning the first piloting.
- From October to November: first piloting
- On December, 10th – 11th: Mid-term coordination meeting in Rotterdam (Holland).
- From January to March: second piloting.

9. OTHER TOPICS

1. Links to the following articles or publications will be on P2P website:

- Peer support guidelines produced by “*En primera persona*” and EASP



- Video of WOK

2. Partners agreed on the contents of the second newsletter:

- "En Primera Persona" will write an article about their experience in Peer Support.

- EASP will write an article about the need analysis: main inputs and conclusions.

- Partners are free to provide us with more news anytime, these news could be related Peer2Peer project or other experiences based on Peer support. They will be published on the website.

10. Annex:

1. Partners' information

2. Integration of tools meeting

3. PDA

4. Summary of units.

5. Portfolio of evidence.

6. Video Therapy and Psychodrama.

7. Potential scenarios

8. Need analysis report

9. Ppt need analysis

10. Thoughts for discussion

11. Proposal of structure

12. Structure of sessions

End of the document.