

**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

MINUTES
Mid-term meeting
10th - 11th December 2014

Attendees:

Name of Delegate	Country	Organisation
Eva Galán	Spain	Fundación INTRAS
Sara M Ispuerto	Spain	Fundación INTRAS
Louise Christie	Scotland	Scottish Recovery Network
Bibiana Navarro	Spain	Escuela Andaluza de Salud Pública
Martín Rodríguez	Spain	Escuela Andaluza de Salud Pública
Galabina Tarashoeva	Bulgaria	Mental Health Center prf. N. Shipkovensky
Michaela Keita-Kornfehl	Austria	Pro mente Obeösterreich
Irene Seifriedsberger	Austria	Pro mente Obeösterreich
Ronald Oosterhof	Holland	Stichting Gek op Werk
Pieter van den Aarsen	Holland	Stichting Gek op Werk
Raluca Nica	Romania	Liga Rumana pentru Sanatate Mintala

1. Welcome

- Introduction to the city of Rotterdam.
- Introduction of the agenda of the meeting and clarification of the main goals:
 - Identify where we are now after the first year of the project.
 - Exchange experiences related to P2P course.
 - Plan the adaptation of the manual after the first piloting.

2. Current situation of P2P project.

<See Annex 1: Current situation of the project.>

Here, the **payment schedule** was presented; Third transfer is still in progress, and partners will receive it as soon as Intras will receive the approval of the progress report by the Spanish Agency.

Deadline for the **next technical and financial report** is on March, 30th 2015. Partners should be clear about the supporting documents they must submit to report their costs:

- STAFF COSTS: Timesheets signed and stamped + payslips + proof of payments.

- TRAVEL COSTS: Travel form + boarding cards + tickets + (when tickets are in another language than English: SORT EXPLANATION OF THE TICKET is needed).
- SUBSISTENCE COSTS: Tickets + (when tickets are in another language than English: SORT EXPLANATION OF THE TICKET is needed)
- SUBCONTRACTING AND OTHER COSTS: Contracts with a value below 1000 €: invoice; Contracts with a value from 1000 to 15000 €: Offer from a single tender + contract agreement + invoice. Partners were clear that if they just provide an invoice to report subcontracting and other costs, the illegible amount will be up to 1000€.

WP1: MANAGEMENT AND COORDINATION. We are mostly on time with everything, just the **online meetings** are missing. Partners agreed to provide the coordinator with any device which could be used instead Skype. Two devices were proposed:

Flashmeeting: <http://flashmeeting.e2bn.net/mxbooking/signin.php>

Yammer: <https://www.yammer.com>

Intras will investigate these tools and organize next online meeting. There will be three online meetings in 2015 being in March, May and July.

Next partners meeting in Bucharest (Rumania) was set on June 9th-10th 2015;

WP2: QUALITY. Partners must be clear about the documents they must fill to report the first and second piloting:

- Questionnaires about the quality of the course for trainees after each session.
<See annex 2: Questionnaires for trainers>
- Questionnaires about the quality of the course for trainers after each session.
<See annex 3: Questionnaires for trainers>
- Attendance sheets.

Partners should be sure they collect all these evidences and provide the coordinator with them at the time of the next technical and financial report on March.

WP3/4: ADAPTATION. Everything planned is already carried out.

WP5: INTEGRATION AND PILOT TESTING. Deliverable 20 "Reports of the testing phases" is missing. ProMente is in charge of its preparation. This deliverable is based in two reports: one after each course. These reports must identify the improvements to the didactical tools tested. As SRN will prepare a report about the changes proposed, ProMente will work in coordination with SRN. Deadline for submitting this report was set by the end of January, 23rd 2015.

As it was stated on the application form, the piloting protocol provided by ProMente must be translated into all partners' languages. Partners agreed to translate this document before January, 31st. **<See annex 4: Piloting Protocol>**

WP6: PRODUCTION OF TRAINING MATERIALS. This is where we are now.

The first step is to integrate the **improvements detected** during the first piloting phase. SRN is in charge of it. SRN will provide partners with a report about the changes and a briefing for conducting the second pilot. SRN will provide partners with the briefing by January, 31st 2015.

Partners agreed to use this document for conducting the second piloting phase. **Second piloting** will start in February and must finish by May, 15th 2015. During these three months if partners identify changes that must be done to the manual, they must communicate them to SRN.

SRN will be able to provide with a **new version of the manual** by May, 1st 2015. This version will incorporate all the changes identified at this meeting and changes identified during the second pilot, which partners should send to SRN from February to April.

Partners should have the translations ready by July, 10th 2015. Intras will prepare the **layout** during July and August, so partners will have the teaching pack finish for them to conduct the conferences in September.

WP7: COMMUNICATION STRATEGY. We are in time with everything but the newsletters and the press releases. **Third newsletters** will be sent before the end of December. And following it, the **fourth newsletter** will come. Partners agreed that LR and GOW will write an article about the application of peer2peer (first piloting) in Rumania and Netherlands for it. Both will provide articles by January, 30th 2015.

Intras will provide the **second press release** to partners also by January, 30th 2015.

Booklet. Partners agreed that a long booklet won't be effective, as based in their previous experiences, people won't read it. Partners agreed to keep the booklet short and attractive, no longer than 8 pages. It will also help partners to keep the balance of their budget for translation and printing.

WP8: EXPLOITATION OF RESULTS.

Mostly all of these activities are planned by the last stage of the project. Just the **Exploitation plan** was planned by the end of 2014. GOW is in charge of producing it; they informed partners that they already have some ideas for it.

Partners must have into account that if they have the chance to attend conferences, networking events, etc. during 2015 they should do it, as one of the activities of the project and use the budget allocated for it.

3. Dissemination actions.

Partners agreed to prepare a ppt with their dissemination actions and not just present it, keep it updated with all the actions carried out. Partners will provide to Intras with an updated version of this ppt at the time of the technical-financial report in March.

<See annex 5: Dissemination actions INTRAS-SRN-EASP-MHC-Promente-GOW-LR>

Didactic video or documentary film. Partners liked the idea of the video and agreed to gather video-material from the second piloting to produce it.

<See annex 6: Didactic video and key points about filming>

However, MHC commented their difficulties to find people who would like to appear on the video.

Partners also agreed to keep the deadlines proposed to provide Intras with the video material:

- **Background information, deadline: April, 1st.**

- 20 seconds of the main entrance of the center, the classes, etc. where the course is being carrying out.

- 40 seconds of 4 close up recording of trainees.

- 20 seconds of the group working.

- 20 seconds of trainees talking each other.

- 20 seconds of trainees writing, using news technologies, etc. Intras will make a script for 10 minutes or so. Which partners will have to use. This script will reflect what we agree at the meeting in Rotterdam. This script will be available in middle January.

- Interviews, deadline: May, 30th.

- 2 questions at the end of the course for trainers and trainees. (1 minute each)

Partners proposed two questions for the interviews:

- What are the most important learning outcomes from this course?

- What peer support means for you?

4. Presentation of the first piloting.

<See annex 7: First piloting INTRAS-EASP-MHC-PROMENTE-GOW-LR>

<See annex 8: Notes session by session>

A detailed report about the changes proposed by partners will be provided by SRN and ProMente, but in general partners agreed that:

- The proposed timing does not work. All partners agreed that more than a 4 hours-session is needed to go through the content proposed. More time is needed for discussion after the exercises. Some partners also commented that there is not time to copy with emotional topics if needed, so trainees should be in a later recovery stage and have clear expectations about the course;
- There should be more exercises to create a group where share experiences and thoughts, and where trainees could reflect upon the proposed topics.
- It will be very useful to create a manual for trainees, with the key contents for each session.
- Partners agreed with the chosen topics, although some of them should be conducted in different order (such as session 3 which could better fit at the end of the course).
- There are some sessions which could be split into two sessions, for instance: session 2, 3 and 4.
- Partners liked the role play exercises and agreed that it will be useful to include more. However some partners find it difficult to conduct them, and commented that a detailed explanation about how to conduct role playing will be useful.
- Exercises must be edited and proofreading as there are some mistakes about names which create confusion.
- Partners agreed that the manual is very comprehensive and maybe a shorter version will be easier to apply. Furthermore, partners commented that the manual should be taken by trainers as a starting point, when preparing each session.
- It will be very interesting to include a practical period, where trainees could start practicing what they learnt with a closer supervision.

At this stage, MHC took the floor and informed partners that they do not feel very comfortable with the concept and philosophy proposed in the manual and thus they find it difficult to continue delivering the course after the first piloting. Gabi highlighted that even though she likes the idea of mutual support between mentally ill people, she does not share the approach promoted within the project. She believes that mutual support can be beneficial for mentally ill people but it is very difficult to be implemented in Bulgaria, since they are working with patients who are not ready to take the best decisions by themselves. MHC provides medical support during the most acute psychotic states, where the chronic disorder is still having a dramatic impact in the person, and thus it has been very

difficult to find patients ready to participate in the course. Besides, since MHC strictly follow the internationally accepted guidelines for good psychiatric practice, Gabi has difficulties to accept some positions promoted within the Peer2Peer manual, which in her understanding are against the best interest and the needs of their patients. Gabi stressed that, on her opinion, the general approach is anti-psychiatric and thus finds it very difficult to continue its participation in P2P project. Only if the manual would be modified she would agree to continue participating in the project. The rest of the partners would accept to modify some paragraphs within the manual but totally disagree to modify the general approach of the Peer2Peer manual as it is based on the PDA developed by SRN, as stated in the project application from the very beginning. They believe in the approach as presented in the manual and have already experienced excellent results with their patients during the first piloting course so they do not see the need and interest to modify it at this stage of the project. Therefore, MHC decides to drop out from the project.

5. Supervisory visits.

SRN commented their impressions about the supervisory visits already carried out: EASP, INTRAS, LIGA RUMANA, MHC.

<See annex 9: Supervisory visits summary>

At the time of the first adaptation of the materials, a **portfolio** to be filled in by trainees was designed based on the one provided by SQA. The questions included here were misunderstood and don't help trainees to better understand the key concepts of the course. SRN will review it and provide partners with a new version by January, 31st 2015.

5. Certification system:

Due to different practical reasons mostly concerning the non-expected costs for accreditation and the very difficult process to become an accreditation body, partners must look for new possibilities for the accreditation of the course in their own countries.

Intras propose to investigate the ECVET system.

In Spain, Intras will work with EASP and En Primera Persona, to identify opportunities and apply for them. Partners must do the same to identify opportunities.

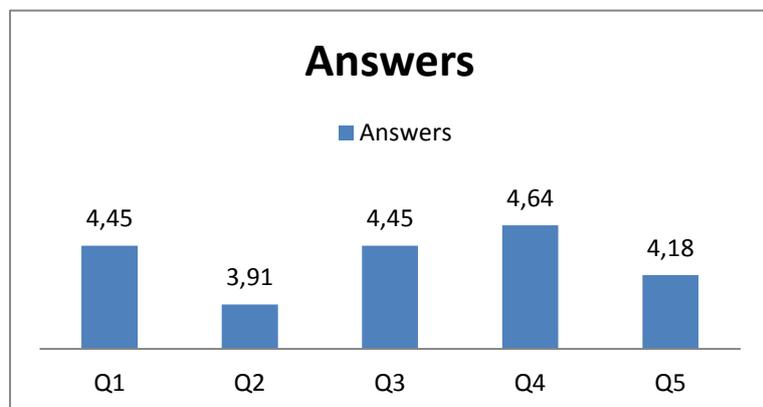
<See annex 10: ECVET system>

In the meantime, some partners would like to give trainees an attendance certificate. Intras proposed to use the one already developed for the Spanish trainees.

<See annex 11: Certification>

6. Evaluation of the meeting:

<See annex 12: Satisfaction survey analysis>



The meeting was well assessed by partners who participated in it. In general the meeting got 4.32 points up to 5. All questions got a rate higher than 4 points. We can assume then, that everyone is clear about the next steps of the

project and satisfied with the meeting.

However, question 3: "I am satisfied with the changes proposed, and the adaptation of the material is now a clear step to face." got the lower rate (3.91). We must ensure that everyone is clear about the adaptation process of the materials, so if after reading the minutes of the meeting, there are still questions, doubts or there is any risk you foresee, please bring it up.

7. Key dates:

30/03/2015	Next technical and financial report.
9-10/06/2015	Next partners meeting in Bucharest (Rumania).
23/01/2015	Report on the proposed changes of the manual.
31/01/2015	Translations of the piloting protocol into partners' languages.
31/01/2015	Guidance on the second pilot.
01/02/2015-15/05/2015	Second piloting course.
01/05/2015	New version of the manual.
10/07/2015	Translation of the new version of the manual into all partners' languages.
15/08/2015	Layout of the manual
30/01/2015	Articles for the next newsletter (GOW and LR)
30/01/2015	Next press release ready (Intras)
01/04/2015	Video material with the background information
30/05/2015	Video material with the interviews to trainers and trainees



31/01/2015

New version of the portfolio (SRN)

4. Docs attached:

- <See Annex 1: Current situation of the project.>
- <See annex 2: Questionnaires for trainers>
- <See annex 3: Questionnaires for trainees>
- <See annex 4: Piloting Protocol>
- <See annex 5: Dissemination actions >
- <See annex 6: Didactic video and key points about filming>
- <See annex 7: First piloting>
- <See annex 8: Notes session by session>
- <See annex 9: Supervisory visits summary>
- <See annex 10: ECVET system>
- <See annex 11: Certification>
- <See annex 12: Satisfaction survey analysis>

End of the document.