

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
Final meeting
June, 9th - 10th 2015

Attendees:

Name of Delegate	Country	Organisation
Teresa Orihuela	Spain	Fundación INTRAS
Sara M Ispierto	Spain	Fundación INTRAS
Louise Christie	Scotland	Scottish Recovery Network
Águila Bono	Spain	Escuela Andaluza de Salud Pública
Erwin Kargl	Austria	Pro mente Obeösterreich
Raluca Nica	Romania	Liga Romana pentru Sanatate Mintala
Loredana Tascau	Romania	Liga Romana pentru Sanatate Mintala

1. Welcome

- Welcome by Liga Romana Pentru Sanatate Mintala.
- Introduction of the agenda of the meeting and clarification of the main goals:
 - Reach an agreement on the production of the final version of the teaching pack (manual and video).
 - Clarify next steps until the end of the project: exploitation and dissemination main actions.

2. Current situation of P2P project.

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

PAYMENT SCHEDULE was presented;

Third transfer was already done.

Fourth transfer is in progress.

Partners, who have already reported more than 70% of the budget they received, will get the fourth transfer in a month. Partners who have not reported 70% of the budget received will have to submit another report in order to reach this amount, if they would like to receive the fourth transfer (SRN and Promente).

Final transfer will be made after the assessment of the final report by the Agency.

WP1: MANAGEMENT AND COORDINATION.

Deadline to submit the **final technical and financial report** to INTRAS is **November, 15th 2015**.

Partners were also thinking about the sustainability and follow up of P2P project. They discussed about their main priorities for a new project as a follow up of the project. The new project should:

- Motivate professionals working in Mental Health facilities to apply this approach as service users are motivated enough.
- Promote the use of life-experiences about peer2peer approach and recovery.
- Identify the competences needed to be hired as a peer worker to promote a good placement into the job.
- Extend Peer2Peer approach to other countries with less experience in the promotion of it.

To work in new ideas, partners agreed to create a working group, which first online meeting will be set in September 2015.

WP2: QUALITY. Almost all partners send the questionnaires from trainers and tutors. Partners who haven't done it yet, will submit them to Intras by **June, 19th**. These questionnaires will be needed to prepare the final report about the piloting results.

Partner	Trainees	Trainers
INTRAS	Yes	Yes
EASP	Yes	No
PROMENTE	Yes	Yes
LIGA ROMANA	No	No

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

WP5: INTEGRATION AND PILOT TESTING.

Second piloting protocol provided by ProMente must be translated into all partners' languages. Partners agreed to translate this document before **September, 1st**. **<See annex 2: Piloting Protocol>**

Languages	Translation received
Spanish	Yes
German	No
Romanian	No

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

The integration of improvements identified at the time of the first and second piloting is being done right now. It is foreseen to have the final version available online and offline by October, 1st.

WP7: COMMUNICATION STRATEGY.

Partners will check their **stakeholders map** and be sure they have identified at least the figures proposed in the bid: 50 media contacts and 100 individual contacts. 150 contacts in total.

	Media Contacts identified (50)	Individual contacts (100)
INTRAS	55	103
EASP	66	102
SRN	67	189
PROMENTE	17	105
LIGA ROMANA	130	48

Partners commented to have not received an invitation to the **Facebook and LinkedIn** pages. Intras will send it to them. Strada (Service users' association from Austria) will be invited as well.

Third press release was already sent to partners. Partners agreed to adapt and translate this press release and send to Intras **by June, 30th**. Last press release will be produced individually by each partner to disseminate the final local conference.

Languages	Translation received
Spanish	Yes
German	No
Romanian	Yes

A **roller up** will be produced by each partner in order to use it during the final dissemination and marketing events. The final design will be prepared by INTRAS, who will share it with partners. Partners will have to translate the content and print it out.

3. Current situation of Mental Health services in Romania.

See annex 3: Mental Health Services in Romania.

4. Reflection upon the second piloting.

Promente:

<See annex 4: Second piloting training in Austria>

17 trainees started the course and 15 finished it successfully.

In Promente first and second groups were very different from each other and the most important point was to be able to have a material which could be easily adapted. In Promente, and in other organizations such as Intras, the use of pictures, videos and graphic material seems to be important to promote active learning and to create a fun environment to share knowledge in an easy way.

It helped to have the material in a flexible format to be able to include it in a presentation and show it to trainees. Also the reflecting feedback at the end of the sessions helped trainees to understand better the goals of each session.

Intras:



<See annex 5: second piloting training in Intras>

14 trainees started the course and 14 finished it.

In Spain everything is in an early stage so the definition of competences of the job as a peer worker is still to be done; besides, there is the need to continue organizing further courses and trainings for peer workers already trained in the first or second piloting. Even though, the material for the second piloting has been very useful and practical, it still needs some adaptations: some sessions need to be simplified and the general layout should be more visual and graphic.

There have been a number of important results in regards to the courses in Intras: e.g.: 1 Peer worker has been hired and involved also in the dissemination of PEER2PEER project or the change in the organizational culture more open now to promote the role of the expert by experience in regards to individual recovery paths.

EASP:

< See annex 6: Second piloting training in EASP>

In Granada, thanks to the work of EASP and *En Primera Persona*, peer support was not totally new before the project. But the two courses developed have provided them with more resources to create something bigger, more serious and for more people. The material developed will be used in further courses, contributing to the organization of high quality courses.

The approach of EASP also includes the group assistance, for them Peer support is not just one to one support, they believe in the power of the group to promote wellbeing among its members.

In EASP, the facilitator is a peer support worker, who believes in the approach. This also contributed to the successful development of the course.

LRPSM:

8 participants are attending the course in Romania, which have not finished yet.

This time the course was more relaxing than the first one, facilitators were able to identify main goals of the sessions and adapted them to the needs of the course, without the pressure of having to test all the tools and exercises.

One topic that LR misses in the course is how to deal with frustration.

For LR what is important to remark is the motivation showed by participants during the course. They have organized so many course and training initiatives, but attendees did not show this degree of involvement and interest before. Trainees want to continue learning and asked for practical opportunities to apply what they learned.

Both courses were a successful experience at the end, and partners agreed that the course has "completely changed their mind".

For some partners and the time to select trainees, they should show some previous communication skills, understanding of recovery and awareness. Others accepted or invited everyone and let them to decide if they would like to be involved in the course or not. In both cases the course worked well.



5. Final version of the manual.

The final version of the manual is based on the inputs from the meeting in Rotterdam, the supervisory meetings and the feedback received by facilitators. This final version will be manageable and comprehensive, with not more than 3 hours per session. This version foresees a first session to discuss and promote group cohesion and a last session for assessment, closure and the creation of a group of support among participants. During the whole course there will be time to introduce key concepts and main ideas of each session, think upon individual learning paths, present recovery stories and share them with others.

Some changes proposed:

- Include a paragraph at the beginning with orientations for tutors at the time to organize individual sessions. Clarify timing and flexibility of the course. Also, to comment on the skills and competences needed to be a facilitator of this course.
- At the time to translate the course, partners should include references and resources in their own language, as it is now, the manual just have references in English.
- To avoid changes in links which could make links not available in the near future. All links included in the manual will be available on the resources section of the website.
- Each session will include a reflection round at the end.
- The course will be available in pdf on the website. Furthermore, to facilitate the work of facilitators, and to readers to use it, they will also find the course split by sessions in an editable format such as .doc which can be easily downloaded.
- The course will be freely available by everyone interesting in it, and in order to promote a responsible use of these materials we will use the more suitable license from creative commons.

Partners agreed that the online version is as important as the printed version, as it will include links and further reading for trainees and tutors to check.

Partners agreed to make the teaching pack freely available in both versions: offline and online.

The agreed schedule for the production of the final manual is:

- **July, 15th**: Final version of the manual in English.
- **September, 1st**: Final version of the manual in all partners' languages.
- **October, 1st**: Final version of the manual with the right layout (in pdf and word).

6. Booklet

<See annex 7: Booklet>

Booklet. Partners previously 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 6-8 pages.

The main target group of the booklet is the organizations already working with people with mental health issues.

This will be the final structure of the booklet:

Page 1: Cover page

Page 2-3: 4 positive life stories about the course. "Personal experience of the course". They could be at the beginning and at the end of the booklet. And they will include the name and country of the participants.

Page 4: Peer2Peer Project, and course. Sexy style.

Page 5: Peer2Peer course methodology: Recovery.

Page 6: back cover. Website, contacts. The last page will have the contact of all organizations, and countries.

The booklet will have a positive message to deliver about recovery and the benefits of the course for trainees and for people with mental health issues. It will have pictures and quotations.

If partners want to include pictures of the trainees to be included in the life stories, they just have to send them to intras in a right format (300 ppp).

Partners have budget for translation and printing it out in their own countries. INTRAS is responsible for translating and printing the booklet in Spain and send it to EASP.

There will also be an online version of the booklet to be downloaded on the website.

Partners agreed to send the contact details and life stories (2 per country) to INTRAS by **June, 30th**. The first version of the content will be ready by **July, 7th**. Partners will be able to suggest and improve it. Partners will have 10 days to translate the content, and then the last version of the booklet with the right layout will be ready by **July, 31st**.

	Contact details provided (if different from the website)	Life stories
INTRAS	No different	Yes
EASP	No	No
SRN	No	No?
PROMENTE	No	No
LIGA ROMANA	No	No

7. Certification

In Austria, there is already an accredited course for peer workers. It is about 300 hours long. So to create a new certification is very difficult for them. This peer to peer course was very important for participants, as they were able to get a first contact with peer to peer and decide if they would like to get into the longer course.

In Scotland, this course is also an entry level course, because the qualification is already there. The peer2peer course is a source of new and more elaborated resources for this experience. So tutors and trainees can get the benefits of it.

In Spain, there is the chance to use professional certifications which are issued by the National Institute of qualifications (INCLUAL). (http://www.educacion.gob.es/educa/incual/ice_incual_ing.html). to get a professional certification the person has to have worked for 2000 hours or have attended a 300 hours course. This a national procedure managed by regional authorities. As it is the system right now in Spain, we can get our P2P course accredited by:

- Creating a new professional certification of peer worker.
- Modifying a certification already created.

Second possibility looks easier, as there are already two certifications related somehow with peer support.

In Romania, the situation is similar than the one in Spain, ECVET is not being used, and they will have to investigate a national certification.

Partners agreed to send to Intras a short report about the situation in their countries in regards to certification and the actions taken to get the course certified. This short report will be ready by **September, 1st**.

8. Marketing events.

<See annex 8: Marketing plan>

Partners are aware that they, at least, must organize:

- The participation in two external events (conferences or networking events) to present the project and their experience.
- Organize a national exploitation seminar.
- Organize 3 different training demonstrations.

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.

All the events should have to be organized by **the October, 31st**, on time to be reported at the time of the final report (November, 15th).

An example of the national conferences and networking events were presented.

For these events partners will have available:

- The video made to present the project, which is available on the website.
- The poster of the project.
- The booklet, which will be ready at the end of July.

Intras will also share the layout of the leaflet made to disseminate the course for partners to use it. **<See annex 9: Layout P2P leaflet>**. This leaflet will include the copy right of the photos used.

EASP will organize the final conference on September, 24th.
SRN will organize it in West Scotland in September, and it will last half a day.

9. Dissemination actions.

<See annex 10: Dissemination actions>

Each partner will continue updating the dissemination table and gathering evidences of the actions carried out. The most important period for dissemination starts now, when the materials will be ready and there are some results to share.

Didactic video or documentary film.

Partners agreed in Rotterdam to provide Intras with this video material by the end of April:

- Background information:
 - 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?

Partners who have not submitted the footage agreed, should do this by **June, 30th**.

	Background info	interviews
INTRAS	Yes	Yes
EASP	Yes	Yes
PROMENTE	Yes	Yes
LIGA ROMANA	No	No

Some partners commented that some participants would rather prefer to do not be recognized in the didactic video, as it will be wildly disseminated. Intras agreed to blow faces of those participants, if each partner identifies these people in the videos.

As already discussed partners will provide Intras with the footage agreed to prepare a common video with material from all partners. In order to identify the most relevant parts and, as videos are in a foreign language, partners should use the template provided to identify the sections they would like to include in the video and transcribe the dialogues in their national languages

and in English. **<See annex 11: template for subtitles>**. Partners agreed to send this document filled in to Intras by **July, 10th**.

Next newsletters:

There will be two further issues of the P2P newsletter. For the fifth issue, partners agreed to write a short article about the experience of trainers and send to Intras by **July, 10th**.

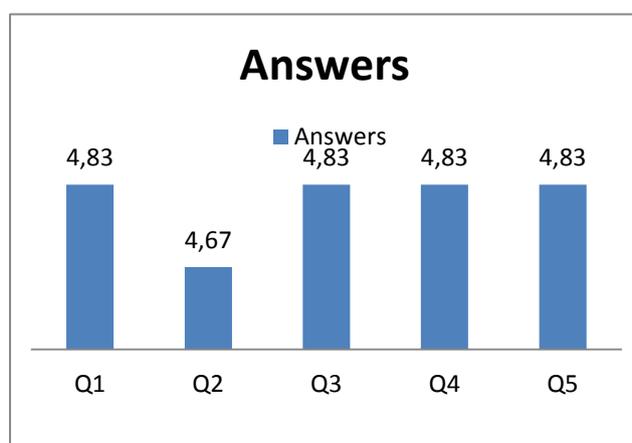
For the six and last issue, these are the two articles to be produced:

Article 1: Results of the piloting phase by INTRAS (Deliverable 11).

Article 2: Publication of the materials by SRN

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, 8 points up to 5. All questions got a rate higher than 4, 5 points. We can assume then, that everyone is clear about the next steps of the project and satisfied with the meeting.

Round of comments:

LR: *"Practical, nice to see the reaction and the motivation of users who attended the course".*

Promente: *"Share experience. It was good to see how it has been developed from the kick off meeting"*

SRN: *"Smaller group, more confidence, good relationship, this project was more useful than expected, much better material. It was good to see how the course was applied in other countries"*

INTRAS: *"This was the more useful European project; it changed the organizational culture of Intras"*

EASP: *"This project was useful to legitimate the Peer to Peer approach in Andalusia"*

7. Key dates to remember:

19/06/2015	Questionnaires filled in by trainers and trainees.
30/06/2015	Translation of the third press release.
30/06/2015	Partners send contact details and 2 life stories for the booklet.
30/06/2015	Partners send the footage agreed, if they have not done it yet.
07/07/2015	First version of the content of the booklet is ready in English.
10/07/2015	Partners send the template for the video subtitles.



10/07/2015	Partners send a short article about the trainers' experience for the 5 th newsletter.
15/07/2015	Final version of the manual in English
17/07/2015	Content of the booklet is ready in all partners' languages.
31/07/2015	Booklet ready to be disseminated.
01/09/2015	Second piloting protocol translated in all partners' languages.
01/09/2015	Final version of the manual translated into all partners' languages.
01/09/2015	Short report about the local situations in regards to the certification of the course. Actions taken.
01/10/2015	Final version of the manual with the right layout.
31/10/2015	All the marketing events must have been carried out (external events, national seminar, training demonstrations).
15/11/2015	Final technical and financial report.

8. Docs attached:

Annex 1: Current situation of the project.

Annex 2: Piloting Protocol.

Annex 3: Mental Health Services in Romania.

Annex 4: Second piloting training in Austria.

Annex 5: second piloting training in Intras.

Annex 6: Second piloting training in EASP

Annex 7: Booklet

Annex 8: Marketing plan

Annex 9: Layout P2P leaflet

Annex 10: Dissemination actions

Annex 11: template for subtitles

Annex 12: Satisfaction survey analysis

End of the document.