







Programme

CZ 11 – Public Health Initiatives

PA 27-1 – Psychiatric Care

Outcome of the Programme – Improvement in mental health care







Project Registration Number NF-CZ11-OV-02-032-2015

Title of the Project:

"Psychiatric Hospital in Opava – creation of conditions for the implementation of transformation of psychiatric care in the Moravian-Silesian region"







- ☐ TRANSFORMATION OF PSYCHIATRY
- □ DEINSTITUTIONALISATION
- **□ DESTIGMATIZATION**
- □ COMMUNITY CARE

SUPPORTED BY NORWAY GRANTS 2009-2014







Aim of the Project

•Creation of a complex system of comprehensive therapy for long-term mentally ill patients

indicator – number of new programmes - activities

- number of patients using these programmes

- •Target group inpatients and outpatients
- patients with psychotic, organic and dual disorders
- patients with neurotic disorders and personality disorders
- Implementation period March 2015 April 2016







Objectives of the Project

- •To help patients regain as much independence and selfsufficiency as possible and to return them to their community
- •To reduce hospitalization time and to ensure cooperation and a gradual transfer of patients into community psychiatric and social care the continuity of care
- •To prepare conditions for an active participation of the Psychiatric Hospital Opava in the planned changes within the transformation of psychiatric care and to ensure acute as well as partial community care in the region







Project Activities



- •new programmes, extension of the current state of care
- educational activities both provided and used
- equipment of the current as well as newly established departments
- renovations and alterations of the relevant premises
- destigmatization activities







House of Culture



- centre of educational activities
 - an accredited pregradual and postgradual training centre conferences, seminars
- centre of cultural activities patients, employees, general public clubs, concerts, masses, destigmatization activities

Project activities

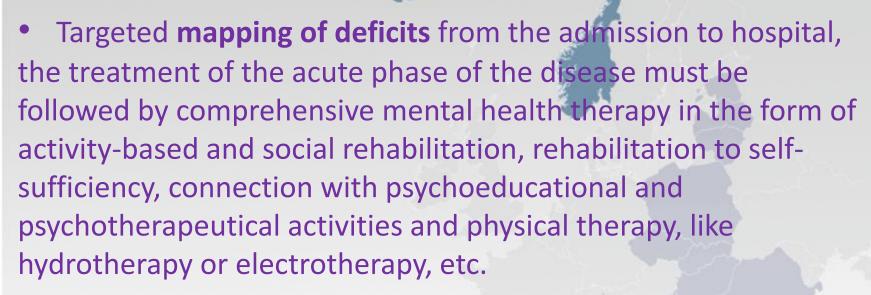
- •renovations (floors, electrical and electronic connectors...)
- new equipment (design, technical background, documentation...)
- new furniture (desks, tables, chairs...)







•"Restart" Programme



- Targeting
- Timeliness

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- Continuous evaluation
- •Continuity including follow-up care ensuring the inclusion of







Restart

- •Indicator 1000 BINs (Birth Identif. Numbers) within the course of the project until 30th April 2016
- •Duration of the programme approx. 4 weeks, as appropriate based on individual needs of the patients
- Comprehensive therapy includes:
 - occupational therapy in a sewing, handcraft, wood and metal workshops
 - art therapy in art studios and ceramics workshops
 - sports therapy gyms, playgrounds
 - rehabilitation to self-sufficiency
 - physiotherapy







Restart



Project activities

- setting up a new handcraft workshop
- increasing the number (4) of occupational therapists
- systematic training of occupational therapists + courses
- purchase of equipment for workshops, gyms, etc.
- construction work and renovation of a part of rehabilitation premises
- establishment of a new CRS (Comprehensive Rehabilitation to Self-sufficiency) department for patients from closed wards







•CRS Department for Patients from Closed Wards

- expected long-term hospitalization with the subsequent reduction or loss of the ability to maintain self-sufficiency and independence – chronic processual psychotic states, protective institutional treatment...

Project activities

- creation of a systematic comprehensive plan
- staff training (training courses)
- equipping the premises with new furniture
- construction work







Day Hospital for Organic Disorders

- •Psychotherapeutic day hospital for patients with organic mental disorders (including mobility disabilities), protective treatment...
- •Organic disorders degenerative, posttraumatic, toxic...
- Capacity max 15 patients per day,
 - open from 7,00 am to 4,00 pm, expected from January 2016
- •Transport of patients, a wheelchair-accessible ramp financed from the hospital's own resources
- •Location in the premises of the Psychiatric Hospital Opava within the reach of comprehensive rehabilitation physiotherapy







- Day Hospital for Organic Disorders
- •Inclusion of patients (substitution for hospitalization), involvement of family members work
- Transformation planned as a part of the Centre of Mental Health

Project activities

- comprehensive reconstruction of Pavilion 8
- training of medical staff specialized courses
- rehabilitation aids and equipment for organic disorders
- new furniture







Day Hospital for Therapy of Psychoses

- •Moved outside the fence wall of the Psychiatric Hospital Opava into the partially renovated premises of former horticulture
- •Planned access through the garden from the residential area
- Transformation planned as a key part of the Centre of Mental Health







Day Hospital for Therapy of Psychoses

- Project Activities
- •a pilot project of an outreach team collaboration with the project partners
 - indicator methodology
- reciprocal training of staff courses
- •a contact point for social services in the region
- equipping the therapeutical rooms with new furniture







Destigmatization Activities in the Region

- •A conference focused on this issue
- Collaboration with community planning of the statutory city of Opava
- Collaboration with social services in the region
- •Participation in the "Weeks of Mental Health," events like "Behind the Curtain"
- Presentations and discussion meetings in schools
- Cooperation with the SU (Silesian University) in Opava







Project Implementation Team

•Ing. Lydie Hadamčíková - entrusted with the management of the Psychiatric Hospital Opava

- MUDr. Nina Drábková
- PhDr. Ivana Strossová
- Bc. Sylvie Braunšová
- Ing. Harry Olšar
- Milada Otýpková

- Professional Guarantee
- Project Manager
- Financial Manager
- Technical Manager
- Coordinator







Possibility to Increase the Amount of Grant

- April 2015 April 2016 Ministry of Health of the CR
- to add equipment
- to increase the amount of reconstruction work







Norwegian Partner

- •Baerum District Psychiatric Centre Vestre Viken Hospital of Trust - Clinic of Mental Health
- comprehensive therapy of mental disorders and substance abuse and addictions in adults and children
- Multidisciplinary outreach teams
- > a wide range of preventive mental health programmes and the prevention of social exclusion in schools







- Norwegian Partner
- Bror Just Andersen PhD.

- Activities and collaboration within the project
- •Methodological coaching when creating new programmes
- an assertive outreach team, destigmatization activities
- transfer of "good practice"- a working visit to Norway
- •an active participation in the conference in the Psychiatric Hospital in Opava
- experience with assertive outreach teams and the transformation of psychiatric care in Norway







Czech Partner

- **@**FOKUS Opava
- a nation-wide association
- social services upon Act No.108/2006 Coll.
- Follow-up care
- Social rehabilitation soc. multidisciplinary outreach team since 2005
 From 1st May 2015 supported by Norway Grants project No.

CZ.11/MGS/005

- for the region of Opava and Vítkov
- Support of independent living
- •Protected working places 2 workplaces 33 PWD
- •Target groups people with chronic mental illnesses
 - people with mental disorders or disabilities







•Thank you for your kind attention