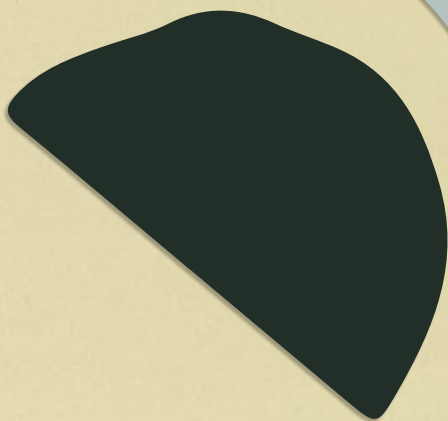
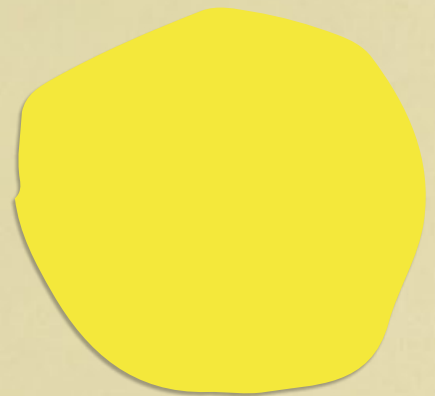


# ANNUAL REPORT 2020



Society of Social Psychiatry  
P. Sakellariopoulos

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*The illustration of this year's Activity Report is based on original works of the residents of the Psychosocial Rehabilitation Units of the Society of Social Psychiatry P. Sakellaropoulos, created within the framework of the art therapy groups, under the general theme "Feelings". Using the collage technique, our members cut coloured papers in different shapes and sizes, in order to depict the feelings that they wished to represent through their artworks. The end result highlights the power of art as the expression of feelings.*

*p. 1 P.P. – Fthiotida, "joy, anger, fear"  
p. 2 G.P. – Thrace, "sadness, bitterness, bad luck"  
p. 14 Ch.K. – Attica, "fairness"  
p. 32 E.P. – Fthiotida, "love, sorrow, joy"  
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# Message from the President of the Society of Social Psychiatry P. Sakellaropoulos



## Dr. Athina Fragkouli – Sakellaropoulou

2020! What a year! Depth, creativity, confluence, fatigue, tension, exceedance, inversion... losses... difficult situations, pressing, multi-faceted, divisive... lack of continuity and flow, disorientation, weakness, prey to misinformation!

For the Society of Social Psychiatry P. Sakellaropoulos 2020, was the year of the "Journey of the Executive Committee" as despite the Covid-19 virus and in the midst of the pandemic:

- We studied the external environment and the political, economic, technological, legal parameters.
- We studied the internal environment with the strong and weak points of the organisation in the different regions where we operate.
- We studied the organisation's biography in order to realise what its history can teach us and in what ways it has dealt with crises in the past. In other words, how resilience is built.

This is what 2020 offered us! Resilience! Through our experience, personal, professional, social, through the events and our choices, to find and understand the significance of our actions and what these mean for our lives.

We studied the past, we evaluated the present and we speculated on the future. By assessing and evaluating our daily life, each one of us - on our own and as a team - realised the meaning of self-reflection and the power of belonging to a team, in dealing with crises, such as the Covid-19 pandemic.

We studied our cooperation and alliances with other organisations, as well as national and European networks in order to design our strategies and work for the continuity of the vision of the Society of Social Psychiatry P. Sakellaropoulos.

The following pages of the 2020 Annual Report, unfold like a fan the activities that were implemented.

In this message, we ought to underline some key phrases from the Open Letter published by the Society of Social Psychiatry P. Sakellaropoulos regarding the effects of Covid-19 on mental health and the responsibilities of the State, which was sent to the Ministry of Health, other organisations, as well as the national Media (July 2020).

*In Greece, the financial crisis of the decade preceding the pandemic, left indelible marks on the social map. The degradation of the welfare state and its expression through budget cuts in critical sectors such as health, is responsible for the understaffed health units, the small number of ICU beds, as well as the shortcomings of the mental health sector and the incomplete Psychiatric Reform, forty years later. The Society of Social Psychiatry P. Sakellaropoulos continues to regard the efforts for free public primary care to be of utmost importance. Today more than ever before. Many of us worked hard to achieve this: if not now when, if not us, then who?*

*It has become clear that within the new reality and the challenges that were created during the Covid-19 period, there is an imperative need to complete the Psychiatric Reform of our country, through the establishment of primary care and mental health prevention services, the retention and strengthening of the available mental health services, the creation of new community services, especially psychiatric services for children, and the gradual replacement of asylums by humane psychosocial care units. Our successes should therefore be transformed into opportunities for new achievements and not become Homeric lotus fruits, which make us forget our weaknesses both as a State and as a Society. Could we perhaps take advantage of this "army", which was created to deal with the pandemic, in order for the psychiatric reform to take a functional shape?"*

With our firm belief:

«We do not change the diagnosis. We change people's fate». (P. Sakellaropoulos)

I would like to warmly thank both personally, and on behalf of the Board of Directors, all those of you who contributed to ensuring the smooth operation and the continuation of our work, and all those who responded with professionalism, conscientiousness, and a sense of responsibility to the new challenges of this difficult year. Your presence continues to be an irreplaceable link between the past and the future of our Society!



# The Society of Social Psychiatry

## P. Sakellaropoulos

The Society of Social Psychiatry P. Sakellaropoulos (SSP P. Sakellaropoulos) is a non-profit scientific organisation.

The organisation's roots go back to 1964, when Panayiotis Sakellaropoulos-Professor of Psychiatry and his team of associates, started to work for Greece's Psychiatric Reform, based on the spirit and principles of Social-Community Psychiatry. They developed the model of the Psychiatric Care at the Patient's Home and the first Mobile Mental Health Units.

The organisation was officially founded in 1986, and since then it offers high quality psychiatric services, as part of the National Plan for Mental Health "Psychargos" of the Ministry of Health.

Today, the SSP P. Sakellaropoulos supports a wide network of Mental Health services, which include:

- Services for the prevention, timely intervention, therapy and rehabilitation of psychiatric disorders
- Programmes for the social and employment inclusion of people with psychosocial problems
- Sensitisation and awareness-raising activities regarding mental health issues (Community Sensitisation – Community Psychoeducation)
- Educational Training Programmes for mental health professionals and service users

At the same time, we actively participate in important national and European mental health networks and programmes, such as: Mental Health Europe, European Disability Forum, Social Firms Europe CEFECE, Asklepios Foundation, Argo Federation of Psychosocial Rehabilitation Organisations.

### Our main reference points:

- UN Convention of the Rights of People with Disabilities
- WHO Special Initiative for Mental Health: Universal Coverage for Mental Health 2019-2023
- IASC Guidelines for mental health and psychosocial support in emergency setting

*We work for the creation of modern, open and humane therapeutic units within the local communities and the establishment of innovative models of mental health services.*

*We strongly believe that every person with psychosocial problems has the right to enjoy a life with quality, dignity, autonomy, social and economic activity, without discrimination or restrictions, at every stage of their life.*





# Philosophy

## Our Vision

We work systematically for every person to have access to free quality mental health services and to be able to attain the highest possible level of mental health and wellbeing, in an open society.

## Our Mission

The Society of Social Psychiatry P. Sakellaropoulos offers mental health services to those who need them. At the same time, it works with the population in order to establish the request for help.

## Our Values

High quality mental health services accessible to everyone.

Equality and respect of human rights.

Solidarity towards every vulnerable group.

Transparency, accountability, ethics, trust in our relationship with our service users and associates.

## How we work

Our work is based on the principles of **social psychiatry**, the **psychoanalytic prism** and **action research**, and we offer services which dynamically link:

- the person / service user
- the family
- the multidisciplinary therapeutic team
- the employment and social networks
- the civil society
- the local authorities

## Who we work with

**children**  
in every developmental stage

**adolescents**  
in every mental health difficulty or challenge

**adults**  
from the simplest symptom  
to the most complex mental health disorder

**every vulnerable group**  
homeless people, refugees, migrants

**every citizen and professional group**  
through sensitisation and prevention activities, crisis management and rights advocacy and protection

## Where we work

We offer mental health services at the Prefectures of Attica, Fokida, Fthiotida (Central Greece) and Evros-Rodopi (Northern Greece)



### At home

- Psychiatric Care at the Patient’s Home
- Residential Mental Health Units (Hostels, Protected Apartments)



### On the field

- Mobile Mental Health Units
- Programmes for homeless people, migrants and refugees
- Support in emergencies or crisis situations



### At the School

- Enhancing mental health resilience
- Increasing self-acceptance and fostering tolerance
- Sensitisation on mental health issues of children and adolescents
- Prevention of psychiatric disorders, bullying, addiction and anti-social behaviour
- Innovative educational activities (experiential and cooperative learning, inclusive education)



### At the neighbourhood, the community, the Municipality

- Specialised Day Centres
- Awareness-raising and educational sensitisation and psychoeducation activities
- Provision of services in cooperation with Municipalities, local communities, and Mental Health Centres
- Voluntary community service initiatives and interventions during crises & emergencies



### At the workplace

- Education/training of mental health professionals
- Student Internships and Volunteers Programmes
- Communication and relationships management and burnout prevention
- Education and training of public officials for managing mental health crises



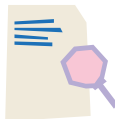
### Arts & Culture

- Therapies through art
- Creative expression activities (theatre, creative writing, exhibitions, concerts etc)
- Participation in local and national cultural networks and fora



### At the institutional level

- Participation in shaping mental health policies in Greece and Europe through networks and committees
- Founding member and member of the Board of Directors of important national and European networks: Argo Federation of Psychosocial Rehabilitation Organisations, Mental Health Europe, European Disability Forum, Social Firms Europe CEFEC, Asklepios Foundation, SMES Europa
- Support of advocacy, networking and self-representation of service users and their families



### At the scientific field

- Production of original scientific work (research, publications in scientific journals, announcements at scientific conferences)
- Development of innovative therapeutic models (Mobile Mental Health Units, psychological support of cancer patients and their families, Crisis Intervention)
- Creation and dissemination of good practices in the mental health field

# Governance

The Society of Social Psychiatry P. Sakellaropoulos is a non-profit organisation (Decision number 429/1986 of the Multimember Court of First Instance). The organisation is governed by the General Assembly and the seven-member Board of Directors, which is elected every three years.

## The Board Of Directors



**Athina Fragkouli – Sakellaropoulou**  
President



**Panayiotis Gkegkios**  
Vice-president



**Demetrios Sakellaris**  
General Secretary



**Aikaterini Mylonopoulou**  
Treasurer



**Antonios Parios**  
Member

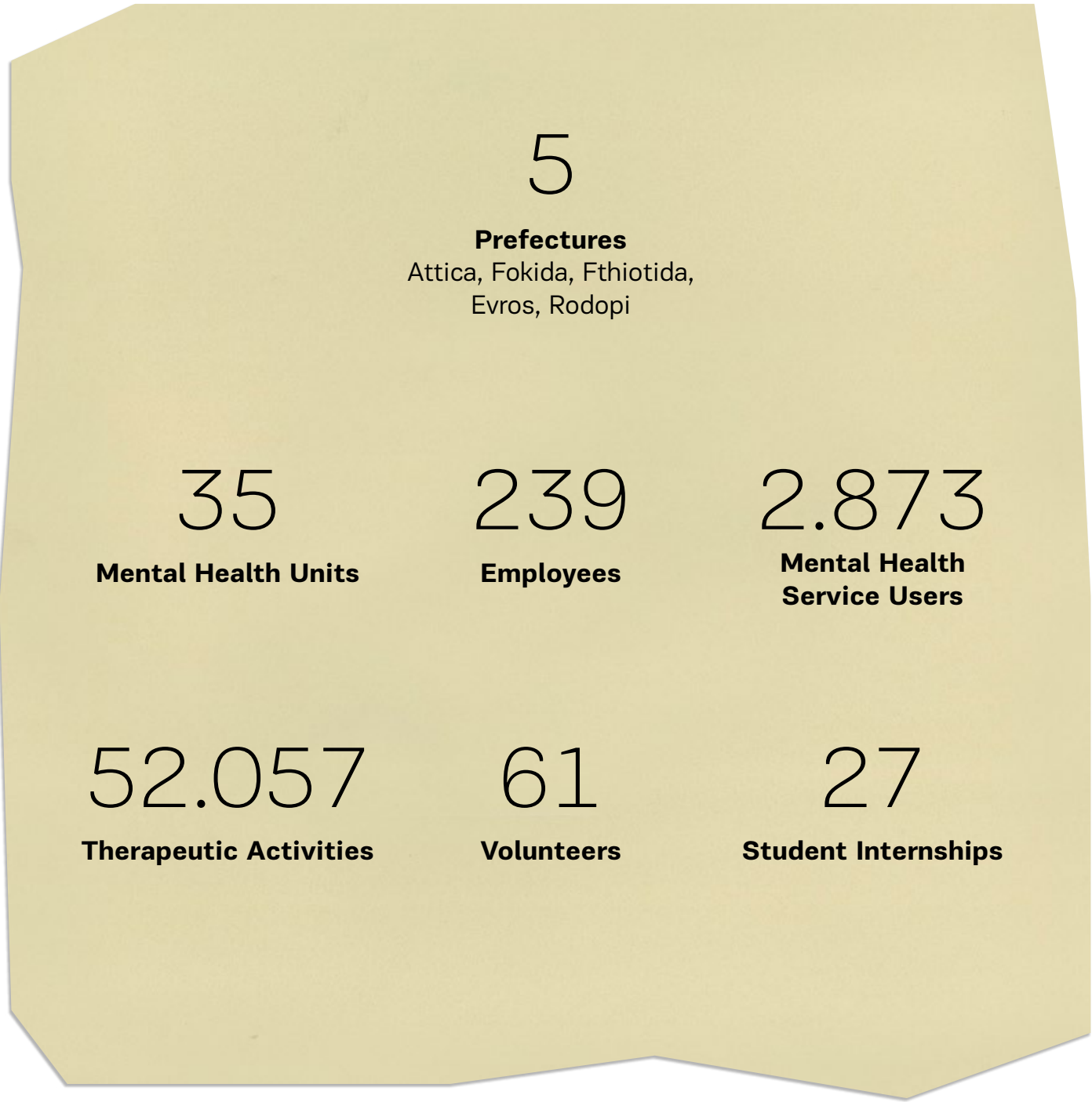


**Miltiades Leivaditis**  
Member



**Konstantinos Papakonstantinou**  
Member

# The Organisation in Numbers





# Adapting to the new conditions of the Covid-19 Pandemic

At the completion of a particularly challenging and demanding year, the Society of Social Psychiatry P. Sakellaropoulos responded adequately and with care to the health crisis caused by the Covid-19 pandemic. Responding to unprecedented conditions which demand immediate reaction, flexibility and efficient planning, we managed to continue the operation of all our services, including the operation of the Units, and the broader activities such as education and training (internal and external) and networking with the community and with other organisations at the national and European level.

Based on the roadmap for 2020, the SSP P. Sakellaropoulos since the beginning of the pandemic (March 10th) followed systematically the guidelines of the National Organisation for Public Health (EODI), the Mental Health Department of the Ministry of Health and the Argo Federation of Psychosocial Rehabilitation Organisations. More specifically:

- We created the conditions for the full compliance with the health and safety regulations at the workplace and for each employee at their personal space.
- Staff training including simulation exercises in relation to the protection measures.
- Establishment of a daily space and time for personal exchange of experiences, feelings, creation of communication and support paths, enhancement of physical and psychological resilience among the multidisciplinary staff teams. Provision of special leave for the protection of vulnerable employees.
- Creation of an internal mechanism for the psychological support of employees in need.
- Systematic adaptation of the services:
  - ▶ for the residents of the Psychosocial Rehabilitation Units
  - ▶ preparedness for interventions in crisis situations in any location of the sectoral area where our Mobile Mental Health Units

operate, responding to demands from the local community, Health Centers, Municipality Services, the Police, the Prosecuting Authorities. Establishment of 24-hour shifts and emergency visits in crisis situations

- ▶ participation in existing helplines of the Municipalities and the Regions, as well as the National Covid-19 Support Helpline 10306
- ▶ continuation of therapy sessions (in-person or online) especially for children and adolescents at the Day Centres
- ▶ cooperation with teachers and parents for the management of difficult situations
- ▶ adaptation of the programmes for volunteers and student internships
- ▶ online entertainment programmes for the residents at the Psychosocial Rehabilitation Units
- ▶ maintaining stability: our steady reference points were the colleagues at the administrative and financial offices in every area, the supervisions, the training courses, the empowerment teams
- ▶ cultivation of networking with other mental health services in Greece and abroad
- ▶ systematic training on the utilisation of new technological tools

The Mobile Mental Health Units and the Day Centres maintained and, in many cases, increased the services provided to the existing beneficiaries, but also responded to new complicated requests. During this period, the outbreak of the Covid-19 pandemic and the restriction measures were the dominant issues, which also dictated changes to the therapeutic framework. The therapists, nevertheless, responded excellently to these unprecedented requirements.

Our organisation issued early on, guidelines for the operation of the Units and the protection of patients and therapists, which – in combination with the subsequent directives from the Ministry of Health, the National Organisation for Public Health (EODI) and the Argo Federation – created a strong safety framework. We continued the provision of our services, without a reduction or limitation in the flow of requests for therapy. There was a significant increase in requests relating to the pandemic, as certain age groups such as people aged over 65 and children, experienced intense pressure during this period, both on a physical and a psychological level.

Apart from the personal and group therapy sessions which continued in-person when this was allowed, all the Units offered the possibility for online sessions, especially for physically or psychologically vulnerable population groups in the areas where we operate, through online platforms such as Skype, Viber, Zoom and phone. This was a new clinical practice,

especially at this range and a challenge to which the Mobile Units and the Day Centers responded successfully.

A new operation framework was established for the Psychosocial Rehabilitation Units (hostels and protected apartments) since the beginning of the pandemic and throughout the year (a series of protocols and procedures based on the Directives of the Ministry of Health and the National Organisation for Public Health - EODI), in order to adapt to the new conditions. These regulations concerned every aspect of the operation, (from the adjustment of the Personal Therapeutic Plan of the residents and their connection to the community, to guidelines for the care of an infected resident or the management of a possible Covid-19 infection among the staff). Despite the difficulties, we managed to continue our operation smoothly and to avoid infection among the 171 residents.

| Adaptation of personal therapy sessions due to the Covid-19 pandemic |                   |      |                    |      |                    |       |
|--|-------------------|------|--------------------|------|--------------------|-------|
| Month  | Physical Presence |      | Telephone / Online |      | Total Appointments |       |
|  | n                 | %    | n                  | %    | n                  | %     |
| January  | 3.280             | 99,3 | 23                 | 0,7  | 3.303              | 100,0 |
| February   | 3.302             | 99,3 | 23                 | 0,7  | 3.325              | 100,0 |
| March  | 1.344             | 44,5 | 1.674              | 55,5 | 3.018              | 100,0 |
| April  | 53                | 1,6  | 3.341              | 98,4 | 3.394              | 100,0 |
| May  | 397               | 13,3 | 2.588              | 86,7 | 2.985              | 100,0 |

The data of this table show that during the transition from in-person to online sessions due to the Covid-19 pandemic, the number of therapy sessions remained at the same levels. The framework was not disrupted in any significant way, and no appointments were lost, either by service users stopping their therapies or refusing to continue their therapy remotely.

The Society of Social Psychiatry P. Sakellaropoulos designed and implemented a panhellenic evaluation of the services provided during the pandemic (by patients and therapists) which produced very interesting results, which will be presented in future conferences and relevant scientific publications.

An important finding is that even though the users appreciate the continuation of their therapy remotely, they stress that in-person therapy cannot be substituted by online sessions.

In parallel to the above, all the Units continued their important work in terms of networking with the communities, through the organisation of online speeches, sensitisation groups, seminars, participation at the Local Teams for the Promotion of Mental Health and other activities for enhancing their connection to the local communities.

*"Not losing contact with my therapist helped me as I love her very much, and I also liked the fact that I was having lessons at home, the lessons really helped me over this period. I prefer the computer to the phone, as I can both see and hear her, and it feels like what we used to do in-person"*

Child – Day Centre

*"I believe that the sessions through Viber were very good, they filled the gaps, but the contact with the specialist is much more effective. It helped me that I retained a contact that I would otherwise not have, but I prefer meeting in-person. The quality of the session was as excellent as before, because it was conducted by the same therapist, but I certainly missed the personal contact"*

Adult – Mental Health User

## Executive Committee 2020

The Executive Committee of the Society of Social Psychiatry P. Sakellaropoulos is:

- An institution which was established twenty years ago, based on the inspiration and insightfulness of our founder Professor Panayiotis Sakellaropoulos. Its aim is to enhance participation, commitment and a sense of 'belonging'. Over time, it has become a collective effort of our organisation and its employees, to reflect on our work and highlight issues which concern the analysis of the external environment and its effect on the organisation, as well as topics which have to do with the internal operation.
- The collective framework which shapes our strategy, in an environment which changes continuously, and formulates the final proposals towards the statutory bodies of our organisation for the shaping of policies, targets and strategic aims.
- A recognition that the team – collective work, the exchange of views, the answers that we give through our conversation, not only within one geographical area but across the whole organisation, the sharing, the feeling of "belonging", the honesty to face the existing problems, to learn, especially for the younger associates, through the numerous crises that the organisation has overcome, are all important factors for enhancing the resilience of people in their workplace.

The 2020 Executive Committee took place for the first time online, within the context of the global health crisis. It was structured within the framework of six all-day meetings which took place from May to November 2020, with the participation of more than 100 participants including the Unit Directors, the Management Team, representatives of the Board of Directors, under the general coordination of the President and an external advisor – trainer. It was completed on the 7th Planning and Strategy Meeting during which we processed the key issues that arose. Based on these, the final proposals were submitted to the governing bodies for the shaping of the policies, the targets and the strategic aims of the next three-year period 2021-2023, enriching and reshaping the policies and strategies of the previous period 2017-2020.

The work of the Committee was based on the Action Research Methodology, which is "a practical way to study one's practices and evaluate whether these are as desired, and subsequently improve these" (McNiff, 1995: 3).

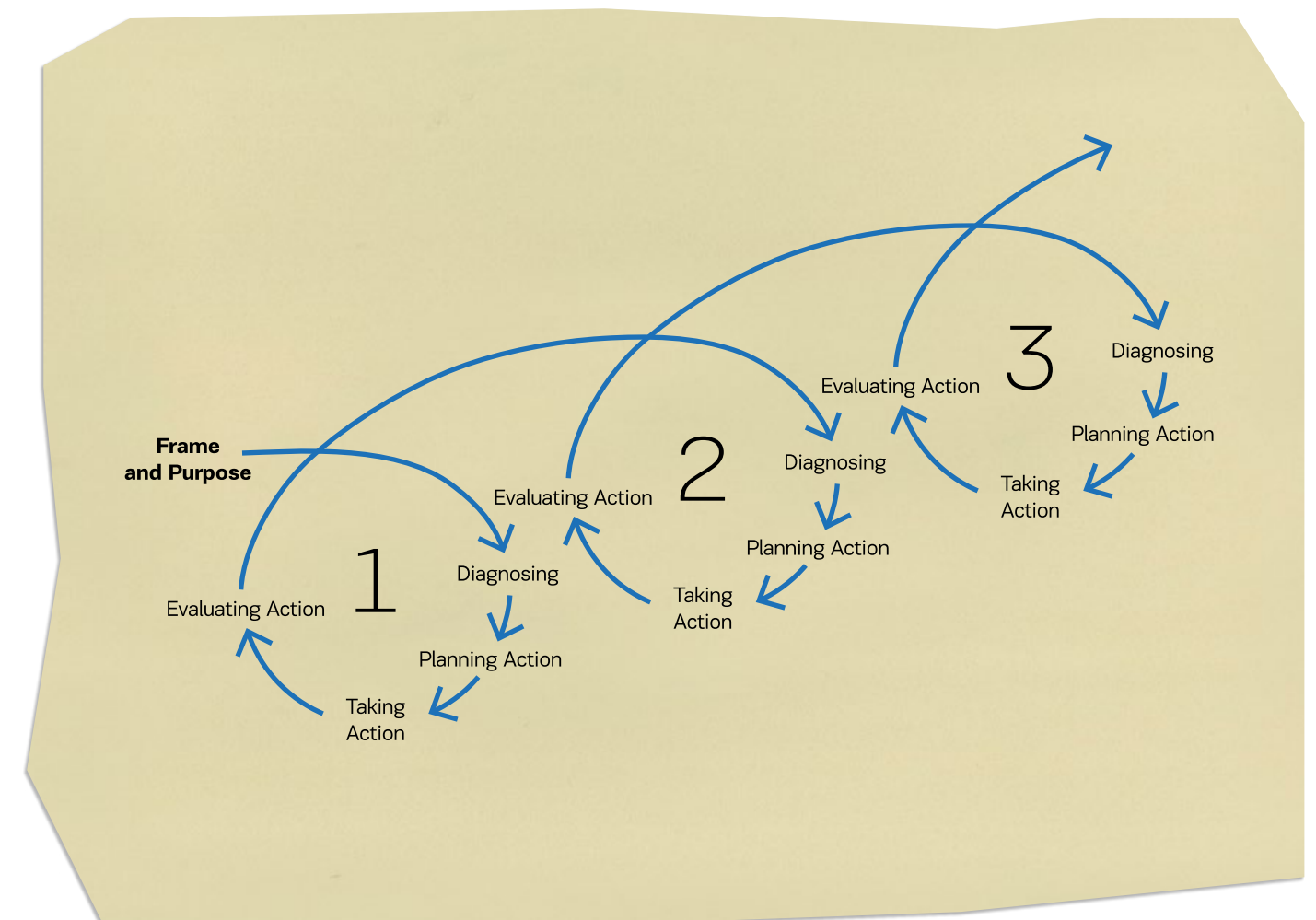
The methodology and techniques that were utilised include:

- Critical Review of the Experience
- Analysis of Political, Economic, Social, Technological and Legal Factors which affect our work - PESTEL ANALYSIS
- Analysis of the strengths, weaknesses, opportunities and threats - SWOT ANALYSIS and TOWS ANALYSIS
- Stakeholders Mapping and relative strengths and pressure exerted
- Mapping the relationships of the organisation with the external environment (EcomapAnalysis)
- Organisation Biography
- Analysis and problem – solving according to the Organisation's aims (FishboneAnalysis, ForceFieldAnalysis)

**Final Results:** The re-formulation of the Ten Strategic Goals and an Action Plan for their achievement for the period 2021-2023.

The results are based on our principles according to which the management of the Society of Social Psychiatry P. Sakellaropoulos is based on collectiveness, inter-disciplinarity, teamwork, cooperation, identifying and solving problems, while opening new prospects. The implementation takes time, and is not simple. But the flow, the continuity and the consistency of the people who participate in the implementation of these proposals is crucial.

We would therefore like to publicly thank everyone for their work, their cooperation, the stability and the involvement of our work during these difficult times.

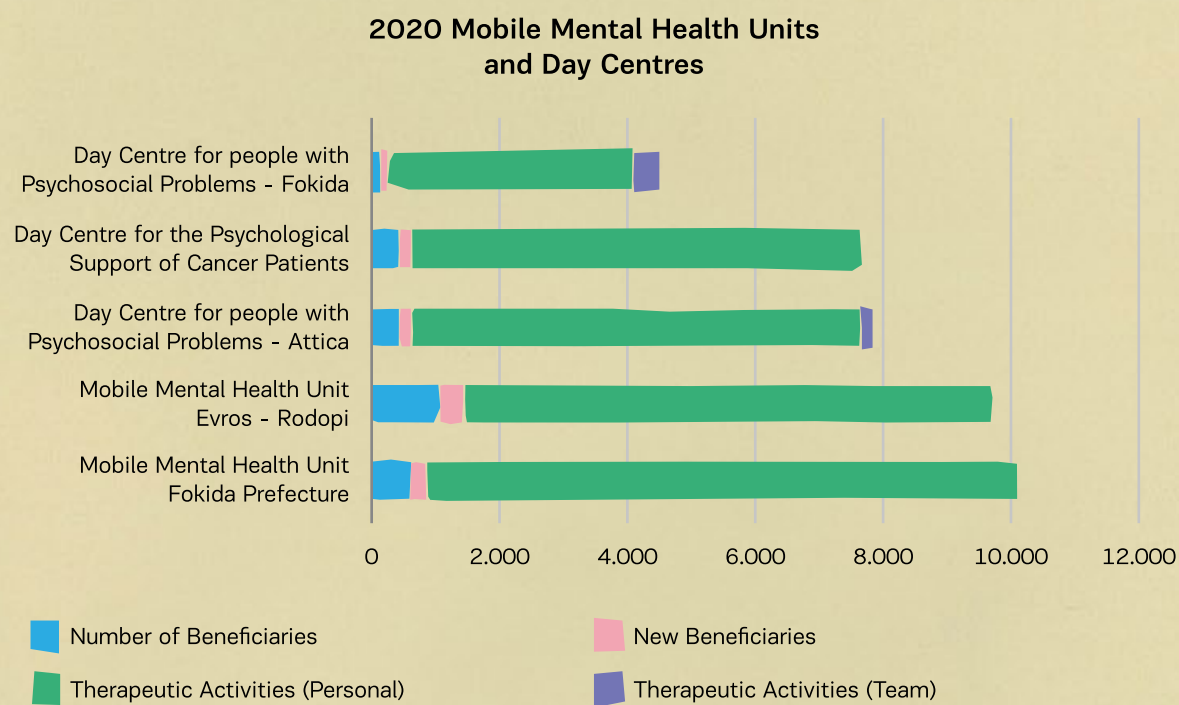




TIMELY INTERVENTION,  
THERAPY,  
REHABILITATION



# Day Centres and Mobile Mental Health Units



|                                   | Mobile Mental Health Unit Fokida Prefecture | Mobile Mental Health Unit Evros - Rodopi | Day Centre for people with Psychosocial Problems - Attica | Day Centre for the Psychological Support of Cancer Patients | Day Centre for people with Psychosocial Problems - Attica | Total SSP P. Sakellariopoulos |
|-----------------------------------|---|--|---|---|---|-------------------------------|
| Number of Beneficiaries           | 644   | 1.071                                    | 422   | 423   | 142   | 2.702                         |
| New Beneficiaries                 | 202   | 349                                      | 141   | 167   | 21  | 880                           |
| Therapeutic Activities (Personal) | 9.336                                       | 8.395                                    | 7.137   | 7.156   | 3.949   | 35.973                        |
| Therapeutic Activities (Team)     | -   | -  | 155   | -   | 436   | 591                           |

# Mobile Mental Health Units Regional Units of Fokida (Central Greece) and Evros – Rodopi (Northern Greece)

The Mobile Mental Health Units of the Society of Social Psychiatry P. Sakellariopoulos, operate based on the principles of Social Psychiatry, within the local community and in close cooperation with it.

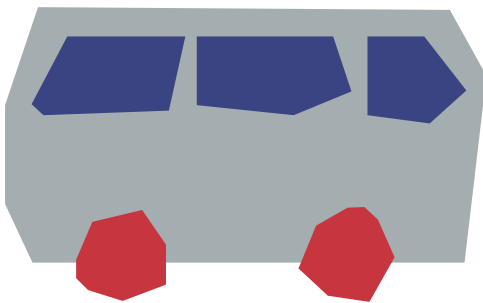
The basic aims of the Mobile Units are:

- The prevention, the diagnosis and the treatment of mental health problems for children, adolescents and adults
- The promotion of the population's mental health
- The rehabilitation, the social and employment inclusion of people with psychosocial problems
- The protection of the patients' rights
- Crisis intervention and support provision at the patient's home
- The education and training of mental health professionals and other local groups at the community
- Awareness-raising and sensitisation of the population on mental health issues

The interdisciplinary team of the Mobile Mental Health Units consists of psychiatrists, psychologists, social workers, logopedists - speech therapists and nurses.

Since the beginning of the pandemic, the Mobile Mental Health Units, having an active and long-term experience in the field of primary care services provision, reacted immediately and in a coordinated manner, with the aim of ensuring the protection of the beneficiaries, the community and the therapists. The Mobile Units continued their operation, taking all the necessary health and safety measures, on the basis of the new needs which arose during this unprecedented event.

Taking advantage of the new technologies, the Mobile Units managed to stay connected to the local communities, and support the service users, as well as respond to new cases, either online or by phone.





Mobile Mental Health Unit Evros-Rodopi

| Type of Service           | Appointments | %    |
|---------------------------|--------------|------|
| Psychological Support     | 5.082        | 60,5 |
| Psychiatric follow-up     | 1.478        | 17,6 |
| Psychotherapy             | 924          | 11,0 |
| Prescriptions             | 328          | 3,9  |
| Intake                    | 281          | 3,4  |
| Psychiatric Evaluation    | 180          | 2,1  |
| Diagnostic Services       | 90           | 1,1  |
| Consultation              | 21           | 0,3  |
| Couples Therapy           | 8            | 0,1  |
| Medical Certificate       | 2            | 0,0  |
| Medication Administration | 1            | 0,0  |
| Total                     | 8.395        | 100  |

Mobile Mental Health Unit Fokida

| Type of Service                                      | Appointments | %    |
|--|--------------|------|
| Psychotherapy / Consultation                         | 6.302        | 67,5 |
| Psychiatric Follow-up                                | 1.078        | 11,5 |
| Psychiatric - Child Psychiatric, Evaluation / Intake | 630          | 6,7  |
| Speech and Language Therapy                          | 391          | 4,2  |
| Parents Consultation                                 | 345          | 3,7  |
| Crisis Intervention                                  | 143          | 1,5  |
| Psychopedagogical services                           | 102          | 1,1  |
| Child Psychiatric Follow-up                          | 102          | 1,1  |
| Prescriptions  | 86           | 0,9  |
| Family Intervention                                  | 66           | 0,7  |
| Evaluation   | 30           | 0,3  |
| Psychosocial Support                                 | 26           | 0,3  |
| Performance  | 17           | 0,2  |
| Family Psychotherapy                                 | 17           | 0,2  |
| Parents Briefing                                     | 1            | 0,0  |
| Total  | 9.336        | 100  |

Day Centre for people with psychosocial problems – Attica Prefecture

The Day Centre for people with psychosocial problems of the Society of Social Psychiatry P. Sakellaropoulos, offers its services free of charge to adults with psychosocial problems, covering three Municipalities of Athens (Kallithea, Nea Smyrni, Tavros-Moschato). It started its operation in 2013 and until today it has covered the psychosocial needs of more than 1.400 people.

In 2020, the services of the Day Centre were enriched and adapted to the health and safety regulations and restrictions due to the Covid-19 pandemic.

- A total number of 7.137 therapeutic actions for 422 people with psychosocial problems were offered and we received 141 new requests for psychosocial support. The most common problem experienced was anxiety (48%), as it was the basic symptom for one in two patients. The second most common problem had to do with emotional disorders (17%) and the third involved psychotic disorders (14%).
- In 2020, the number of people over the age of 65 who contacted the Day Centre increased significantly (15.6% compared to 6.4% for the previous year). This statistically significant increase can be associated to the pandemic, which placed a considerable strain on this age group, both on a physical and on a psychological level.

- The therapeutic team of the Day Centre supports the National Covid-19 Helpline – 10306 of the Ministry of Health, since the beginning of its operation in April 2020. The therapists of the Centre offered psychosocial support over the phone, to more than 700 people from various geographical areas.
- During the year, the Day Centre organised and coordinated 8 online groups whose aim was to offer psychotherapy, support and rehabilitation. In parallel to the clinical work, the therapeutic team participated very actively in educational, sensitisation and mental health promotion activities for the wider community. A new online radio programme was launched entitled: "Small Talk at Aphrodite's Attic".
- In order to cover the needs of vulnerable population groups, we offered online or telephone sessions. The evaluation research that was conducted among the service users of the Day Centre after the first lockdown, showed that the majority found the remote therapy particularly useful, considering the conditions.

Day Centre for People with Psychosocial Problems

| Type of Service Provided             | Appointments | %    |
|--------------------------------------|--------------|------|
| Psychological Therapies              | 5.549        | 77,7 |
| Psychotherapy and Drug Prescriptions | 1.203        | 16,9 |
| Other                                | 373          | 5,2  |
| Pharmacotherapy                      | 12           | 0,2  |
| Total                                | 7.137        | 100  |

# Day Centre for the psychological support of patients with cancer

The Day Centre for the psychological support of patients with cancer offers a wide range of specialised psychosocial services for cancer patients and their families. The services include psychological support, personal/group therapy and consultation, psychiatric care, relaxation techniques – dance therapy and social services. In addition, the Centre offers training and supervision to health professionals who work in the field of oncology.

Despite the implementation of health and safety measures due to the pandemic which imposed restrictions in movement, the Day Centre managed to fully continue its operation. The therapy sessions and the intake of new patients took place remotely, via telephone or online. In this way, we managed to retain the contact with the patients, without compromising their safety. The response of the patients confirms the increased need for psychological support and human contact.

According to the data for 2020, a total of 7.156 therapeutic actions took place. The majority of these concern patients (65%), while the largest percentage (83.2%) concern women. The most common diagnosis is breast cancer (32%).

| Day Centre for the Psychological Support of Patients with Cancer |              |      |
|--|--------------|------|
| Type of Service  | Appointments | %    |
| Psychological Therapies  | 4.891        | 68,3 |
| Psychotherapy and Drug Prescriptions                             | 1.229        | 17,2 |
| Dance Therapy  | 1.029        | 14,4 |
| At-home interventions  | 4            | 0,1  |
| Community Network Intervention                                   | 2            | 0,0  |
| Therapy not Required   | 1            | 0,0  |
| Total  | 7.156        | 100  |

# Day Centre for children, adolescents and adults – Fokida Prefecture

The Day Centre for children, adolescents, and adults with psychiatric disorders of the Prefecture of Fokida, offers services based on the principles of social-community psychiatry, ensuring that people remain in the community and that a therapeutic continuity is established in cooperation with the family and the local institutions.

The interdisciplinary team of the Day Centre includes the following professionals: child psychiatrist, speech and language therapist, psychologist, special educator, occupational therapists, special skills trainer.

## The Day Centre’s Beneficiaries

1. Children and adolescents who face difficulties in various developmental fields (communication, speech, learning, movement, behaviour, interaction, emotions).
2. Adult mental health users who live with their families and in residential settings in the community, who experience disability, psychiatric disorders, or life problems, as well as people who face social exclusion due to serious psychosocial problems.
3. The families of the beneficiaries with therapeutic, psychoeducational and rehabilitation aims.

In 2020, a total of 5.556 therapeutic actions were offered to 143 beneficiaries (94 children / adolescents and 49 adults), with 3.949 one-on-one interventions, 1.607 group sessions and 21 new service users.

## Services Offered

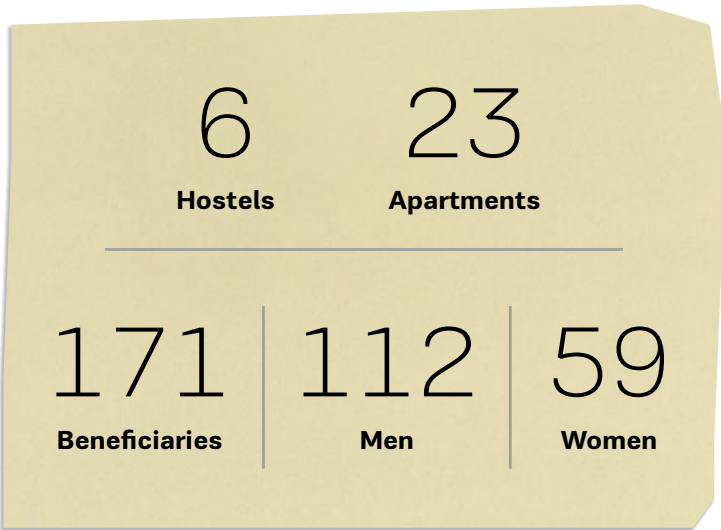
- Assessment, needs evaluation, creation of personal therapeutic and rehabilitation plans.
- Personal and group therapeutic interventions.
- Social and personal skills training.
- Development of work skills / work orientation and preparation for inclusion in the labour market.
- Consultation Support Programmes for the families and special therapeutic interventions (psychoeducation).
- Entertainment, educational and cultural activities for the whole community.
- Community sensitisation, design and application of prevention and mental health promotion programmes.



# Psychosocial Rehabilitation Units

(hostels, protected apartments)

The Psychosocial Rehabilitation Units (hostels and protected apartments) are protected living spaces of high, medium or low support, for adult persons with psychiatric disorders and psychosocial problems. They offer individualised and comprehensive therapeutic care programmes, whose primary aim is the social inclusion and support of the residents in adopting social roles. At the same time, their aim is to offer residents a satisfying life with personal meaning, despite the effects of the disorder, and to contribute to the empowerment in all aspects of the person's life.



## 2020 Clinical - Rehabilitation Activities



Following the outbreak of the pandemic, a series of significant adjustments had to be implemented in order to ensure the smooth day-to-day operation, as well as the highest possible protection of the residents.

Due to the nature of the psychosocial rehabilitation units, the adaptation to the new health and safety requirements of the pandemic was complex and met several special difficulties, such as:

a) the care and support of the residents requires almost exclusively the physical presence of the staff and only a very small part of their operation can be based on online platforms available for remote work.

b) the units are primarily a home and not just a therapeutic framework and for this reason the management of a possible infection (requiring isolation and quarantine) would have taken place

within the units, with all the subsequent difficulties that this would bring for the 15 residents living in each hostel.

c) for many of the residents the training for the protection measures, the adaptation to the restrictions and the use of online communication platforms which would enable them to maintain contact with their therapists, their family and friends, were not easy tasks.

Despite the significant adaptations to the framework of the operation of the Units due to the health crisis, none of the services provided stopped. It is also important to stress that among the 171 residents in 6 hostels and 23 protected apartments, there were no infection cases.

# Pre-Vocational and Vocational Training Programmes

## Fokida – Central Greece

The Pre-Vocational and Vocational Training Programme for people with psychosocial problems which operates in Fokida, aims at the social inclusion of people with chronic psychotic disorders, through therapy and vocational training. Ten people participate at the programme, including residents of the hostels and protected apartments, users of the Mobile Mental Health Units, as well as members of vulnerable groups of the community.

The programme focuses on employment in agriculture, as well as on the preparation of the members for their participation in a work environment, through the supported entrepreneurial activities of the Limited Liability Social Cooperative (LLSC) – Yiannis Volikas of the Prefecture of Fokida. In addition, networking between other organisations operating within the Prefecture of Fokida, but also in other areas, is established, in order for the members to participate in both practical and theoretical activities.

The members participate in the following activities:

- **Agricultural Work:** Farming, cultivation of seasonal vegetables, care of the plants, production and collection of the products.
- **Soap production Workshop / LLSC Pure Soap “Delphi Oil”:** handmade production of pure soap, packaging, selling and promotion of the product.
- **Organic products Store / LLSC “The Green House”:** store selling certified organic products.
- **Alternative Tourism / LLSC:** general travel and tourism services.
- **Cleaning Services:** cleaning services for public and private sector outdoor spaces and parks.

The above activities are particularly important for people with psychosocial problems, as they give them the opportunity to acquire a number of theoretical and practical employment skills. Unfortunately, during 2020, due to the unprecedented Covid-19 health crisis, these activities were limited to a large degree.

A positive development for 2020, is the cultivation and application of Permaculture [PERMIND], which is a process that significantly empowered us, during this difficult period.

Permaculture is a new applied science of ecosystems design, which is inspired by the laws of nature and fosters the harmonious relationship between people and the landscapes, the animals, the plants, the water, the materials, and the renewable energy sources, in order to provide the food, the shelter and the energy that we need, in a sustainable way.

The aim of permaculture is the design of a sustainable lifestyle, that is, a way of living which does not borrow from the future, but rather ensures the viability of the natural resources for the next generations.

It combines the ancient and the modern scientific knowledge and technology in order to implement its ethical premise: we take care of the planet, we take care of people, we place limits on consumption, and we share the surplus fairly.

By applying this methodology, we have received the expected positive results, and this has now become our sole method of agriculture. Through the application of permaculture, we all receive gratification, and we feel that just like we do with the plants, we can produce and grow mental health benefits.

The Permaculture methodology is also implemented at the Prefectures of Evros – Rodopi and Fthiotida.



Fokida



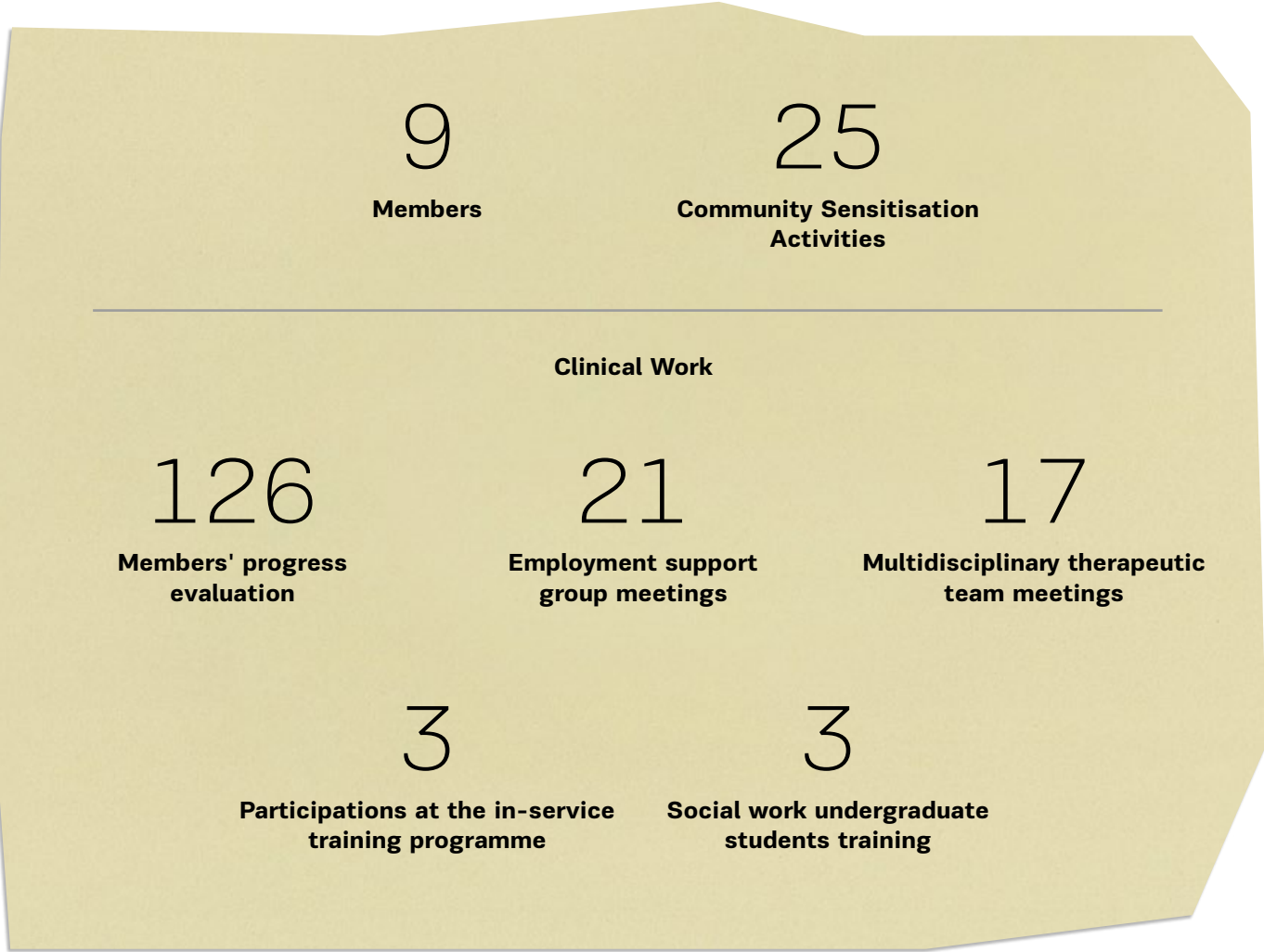
Thrace



Thrace – Northern Greece

The pre-vocational and vocational training programme offers training in work skills for people with serious psychosocial problems, who live in protected housing or the local community of Alexandroupolis. The programme involves training in agricultural work, which has a proven therapeutic effect and promotes psychosocial rehabilitation. The interventions within the framework of this programme, aim at enhancing the personal and social skills of the participants, with special emphasis being placed on the employment within the framework of a team. It is supported by mental health professionals, as well other rehabilitation units of the organisation.

During 2020, the operation of the programme had to be adjusted to the health and safety measures against the Covid-19 pandemic. According to the directions of the Mental Health Department of the Ministry of Health, the programme was suspended for a period, and it subsequently restarted with a different methodology, with the participation of two members at a time, cohabiting at the same residential unit, and the presence of one instructor. During this time, there was personal and group counselling available by a social worker.





# Cooperations

The SSP P. Sakellariopoulos exchanges the experience and knowledge acquired through the provision of mental health services, with other partners in Greece and abroad. The aim of these collaborations is to encourage and promote Greece's ongoing psychiatric reform and to protect the rights of people with psychosocial problems.

It is a founding member and participates at the Boards of important mental health organisations and networks in Greece and Europe.

ARGO – [www.argo.org.gr](http://www.argo.org.gr)  
INPSY – [www.inpsy.gr](http://www.inpsy.gr)  
Greek Network for the Right to Shelter and Housing – [www.greekhousingnetwork.org](http://www.greekhousingnetwork.org)  
PYXIDA / KOISPE / “Diadromes” / “Yiannis Volikas” / “Anemoni” / “Naftilos”  
POKOISPE – [www.pokoispe.gr](http://www.pokoispe.gr)  
Social Dynamo – [www.socialdynamo.gr](http://www.socialdynamo.gr)  
Society for the Care and Rehabilitation of People with Psychosocial Problems - [www.etmerimna.gr](http://www.etmerimna.gr)

## Cooperations Greece

A founding member of the ARGO Federation of Psychosocial Rehabilitation Associations

Institute for the Mental Health of Children and Adults

Represented at the Board of Directors of the Network for the Right to Shelter and Housing, which is a member of FEANTSA, the European umbrella-organisation for non-profits offering services for homeless people

PYXIDA - Mental Health Activities Cooperative

Limited Liability Social Cooperatives (KOISPE)  
“Diadromes”, Attica / “Yiannis Volikas”, Fokida / “Anemoni”, Fthiotida / “Naftilos”, Thrace

Panhellenic Association of Limited Liability Social Cooperatives (POKOISPE)

Social Dynamo – Open space for the empowerment, training, and networking of Civil Society Organisations

Society for the Care and Rehabilitation of People with Psychosocial Problems

## Cooperations Europe

Founding member and member of the Board of Directors of the European Network of Mental Health Organisations - ASKLEPIOS Foundation

Member of the Board of the European Network Ogranisation Mental Health Europe (MHE)

A founding member of the European Federation Social Firms Europe CEFEC, for the employment rehabilitation of people from vulnerable groups

Represents Social Firms Europe CEFEC at the European Disability Forum

A member of the European Network NEFELE for the active participation of people with psychosocial problems through art

A founding member and member of the Board of Directors of SMES Europa, a European network for the improvement of the physical, psychological and social conditions of homeless and socially excluded people

Mental Health Europe – [www.mhe-sme.org](http://www.mhe-sme.org)  
ASKLEPIOS – [www.foundationasklepios.eu](http://www.foundationasklepios.eu)  
Social Firms Europe – [www.socialfirmseurope.org](http://www.socialfirmseurope.org)  
European Disability Forum – EDF [www.edf-feph.org](http://www.edf-feph.org)  
SMES Europa – [www.smes-europa.org](http://www.smes-europa.org)  
NEFELE – [www.nefeledproject.eu](http://www.nefeledproject.eu)



# National Psychosocial Support Helpline 10306

The national psychosocial support helpline 10306 began its operation in April 2020, and is an initiative of the Ministry of Health, which is implemented with the cooperation of the Medical School of the National and Kapodistrian University of Athens (First University Psychiatric Clinic of Eginition Hospital), the ARGO Federation of Psychosocial Rehabilitation Associations, the National Centre for Social Solidarity (EKKA) the Organisation "The Smile of the Child" and the support of Stavros Niarchos Foundation.

It is a particularly important initiative for the support of people who have been adversely affected by the psychological and social consequences of the pandemic, who can receive help from specialised mental health professionals.

The mental health professionals of the Society of Social Psychiatry P. Sakellaropoulos participate in the operation of the helpline 10306 since its launch, offering psychosocial support to citizens in need.



# European Programmes Erasmus+



## ERASMUS+ Breakthrough for Resilience: People, Places, and Communities

The Programme places emphasis on Climate Change and the development and enhancement of Resilience, in relation to People, Places and Communities.

Resilience is the dynamic process of positive adjustment, despite difficult or adverse conditions, and despite exposure to risk factors. The aim of the Programme is the creation of tools and methodologies for the building of resilience for People, Places (with emphasis on the maintenance of natural species) and Communities.

The programme aims at the personal empowerment of the participants in order to be able to transmit the acquired knowledge and experience and act as multipliers in their communities, through their activities.

Our primary aim is the enhancement of mental health resilience of both vulnerable groups, as well as the general population of the community. It is a particularly relevant programme which directly concerns us all, due to the Covid-19 pandemic.

Four countries participate in this project: United Kingdom, Sweden, Italy and Greece.

Leader: The Surefoot Effect, CIC United Kingdom. Partners: Volontariato Torino Italy, SSP P. Sakellaropoulos Greece, PRO IFALL AB Sweden. Duration: 9/2019 – 8/2022. (36 months)

The Programme is implemented at the Prefecture of Fokida.

For more information, please visit: [resilienceproject.eu](http://resilienceproject.eu)



## ERASMUS + HEROINES: Empowerment of women with mental illness living in rural areas through writing therapy

HEROINES is a training course to empower women with mental health challenges, living in rural or isolated areas, by making them aware and educating them about their rights, and different kinds of violence and unfair situations that they usually accept as normal in their everyday lives.

Writing therapy is the Programme's basic tool, as this technique offers multiple benefits. For example, it helps us organise the thoughts, put an emotional distance between the fact inside us and the fact on the paper and facilitates the inner dialogue.

During the pilot programme which is implemented online (due to the Covid-19 restrictions) a group of women from the prefecture of Fthiotida, inspired by other brave and determined female role models in history, were given the chance to start a process of self-reflection, and write their own stories as modern HEROINES!

As a result of this process, the NEW HEROINE'S ANTHOLOGY will be published online, where the texts and poems written by the participants will be accompanied by a unique collection of works of contemporary female artists collaborating with the HEROINES programme.

During the results dissemination stage, local artists will create and exhibit works of art inspired by these stories.

Leader: FUNDACION INTRAS, Spain. Partners: OZARA storitveno in invalidsko podjetje d.o.o. Slovenia, SSP P. Sakellaropoulos Greece, Metanoia Institute United Kingdom, Suomen Kirjallisuusterapiayhdistys ry Finland. Duration: 11/2019 – 10/2021. (24 months)

The Programme is implemented at the Prefecture of Fthiotida.

For more information, please visit: [heroines-project.eu](http://heroines-project.eu)





**ERASMUS+ European Best Practices in Psychologically Informed Environments and Trauma Informed Care**

The Programme concerns the training of employees working in organisations offering services to homeless people who experience mental health problems and need psychosocial support. The participants will receive training on the models Trauma Informed Care and Psychologically Informed Environments and on how these can be incorporated in the therapeutic approach of homeless persons.

Leader: Sophia Housing LTD Ireland. Partners: Centro Hospitalar Psiquiátrico de Lisboa Portugal, SSP P. Sakellaropoulos Greece, Caritas Archidiecezji Warszawskiej Poland, PARC SANITARI SANT JOAN DE DEU Spain, Coordinamento Toscano Marginalità Italy, projekt UDENFOR Denmark, Santé Mentale Exclusion Sociale SMES-Europa Belgium.

Duration: 12/2019 – 12/2021. (24 months) The programme’s launch has been delayed due to the Covid-19 pandemic.

The Programme is implemented at the Prefecture of Attica.

**ERASMUS+ European profile for Peer-Worker**

The aim of the Programme is the creation of European professional profiles for the role of Peer-Worker. The peer-support specialists use their personal recovery experience in their professional role, in order to empower other people who experience similar situations and receive support in their own recovery process.

team of an organisation. These profiles will contribute to the creation of a training platform for the necessary skills and qualifications for this professional role.

Leader: Grone Bildungszentrum für Gesundheitsund Sozialberufe GmbH gemeinnützig Deutschland. Partners: STICHTING CORDAAN GROEP Nederlande, STICHTING GGZ NOORDHOLLAND-NOORD Nederlande, SORLANDET SYKEHUS HF Norwegen, CEdu Sp. z o.o. Polen, SSP P. Sakellaropoulos, Greece. Duration: 9/2019 – 8/2021. (24 months)

The Programme is implemented at the Prefecture of Evros.

The work is based on the Recovery Model, while the support by peer-workers is in line with the current EU policy. In many European countries, it has become a common practice for peer workers to participate in the interdisciplinary mental health teams. The official establishment of the Peer-Support specialist role is a challenge for Greece’s psychiatric reform and this Programme is expected to assist in the introduction of this role in the country’s mental health services.

Within the framework of this Programme, guidelines for the peer-worker specialist positions will be created, regarding the job description, the skills profile, and the incorporation in the multidisciplinary

**ERASMUS+ Accommodating a Travelling Life: A Journey Back Home Supporting Peers**

A two-year programme whose aims include: the education of professionals who work with homeless people, and the support of homeless people for their social inclusion by providing training and viable work solutions as peer-supporters (Journey Certified Supporters).

Leader: FUNDACION INTRAS Partners: Restorative Justice for All International Institute cic. United Kingdom, Caritas Archidiecezji Warszawskiej Poland, Salute Mentale ed Esclusione Sociale (SMES) –ITALIA – APS Italy, HELSINGIN DIAKONISSALAITOKSEN SAATIO SR Finland, SSP P. Sakellaropoulos Greece.

Duration: 09/2020-08/2022. (24 months)

The Programme is implemented at the Prefecture of Attica.



**Erasmus+ KA1 ACCEUEDU – Access and management of European funding for adult education organisations in the mental health sector**

A two-year project whose basic aims are the cooperation of mental health organisations in Greece and the upgrade of the skills of the staff of Greek non-profit organisations operating in the mental health sector, regarding writing EU project proposals and managing EU funding.

This partnership includes six organisations: Greek Carers Network-EPIONI, the Panhellenic Union for Psychosocial Rehabilitation and Work Integration-PEPSAEE, Social Cooperative Activities for Vulnerable Groups-EDRA, SSP P. Sakellaropoulos, Society of Psychosocial Research and Intervention–EPSEP, Greek Association of Alzheimer’s Disease and Related Disorders (Alzheimer Hellas).

**The Programmes are co-funded by the Erasmus+ Programme of the European Union.**

**National Strategic Reference Framework Programmes (ESPA)**

In 2020, the SSP P. Sakellaropoulos continued the implementation of the National Strategic Reference Programmes 2014-2020 (ESPA) within the framework of the Sectoral Design for the Development of Mental Health Units of the Mental Health Department of the Ministry of Health.

Comprehensive Therapy in the Community (Fokida Prefecture) and Development of Child Psychiatric Services of the Operational Programme for Central Greece, Priority Axis 10: Promotion of Social Inclusion and Combating Poverty – ESF (Start: September 2019)

Reception and Training Organisation: ShipCon Limassol Ltd., University of Cyprus, European University of Cyprus, Open University Cyprus.

Duration: 6/11/2020 – 5/7/2022. (20 months) The education trips of the programme will be realised, when possible, due to the Covid-19 travel restrictions.

The Programme is implemented at the Prefecture of Attica.



Development of child psychiatric services through the enhancement of the Mobile Mental Health Unit of the Prefecture of Evros of the SSP P. Sakellaropoulos. This project is implemented within the framework of the Priority Axis “Human Resources and Social Cohesion – ESF” of the Operational Programmes of Eastern Macedonia-Thrace.



Co-financed by Greece and the European Union

PREVENTION,  
AWARENESS RAISING  
& SENSITISATION





# Community Sensitisation Activities

The Society of Social Psychiatry P. Sakellaropoulos works systematically with the local communities in order to sensitise the population and raise awareness on mental health issues, to promote the social inclusion of people with psychosocial problems and combat the stigma associated with mental health disorders.

Despite the difficulties in the implementation of collaborations due to the Covid-19 pandemic, during 2020 several activities took place including cooperation with schools and local bodies, arts and culture events, and activities for the support of the rights of people with psychosocial problems.

2020 Community Sensitisation Activities

| Type of Intervention  | Number of Activities |
|---|----------------------|
| Sensitisation activities at schools                               | 74                   |
| Art & Culture Events  | 20                   |
| Rights promotion activities for people with psychosocial problems | 15                   |
| Collaborations with local bodies and organisations                | 117                  |
| Total   | 286                  |



## 2nd Forum

### “Panayiotis Sakellariopoulos”

## "Social Psychiatry & Mental Health Dialogues COVID – 19: Psychiatric Reform & Social Change"

On Saturday, November 14th 2020, the Society of Social Psychiatry P. Sakellaropoulos organised the 2nd annual Forum “Panayiotis Sakellaropoulos – Social Psychiatry & Mental Health Dialogues”. The topic of this year’s Forum was COVID – 19: Psychiatric Reform & Social Change.

The Forum is an initiative which gives the opportunity to the scientific community, and anyone interested in mental health issues, to convene and discuss current issues relating to primary mental healthcare, the creation of new mental health services in the community (especially for children), as well as the development of a viable psychiatric reform. The Forum is organised on the second anniversary since the loss of Panayiotis Sakellaropoulos and the wish of mental health professionals to honour his memory and work, through an open dialogue with civil society.

Despite the unusual conditions created by the pandemic, which required the Forum to take place online, a fruitful dialogue took place, which was watched by a large number of citizens. During the Forum, representatives from the mental health field presented their views and proposals regarding the development of Greece's psychiatric reform, the new conditions which are being shaped by the Covid-19 pandemic, as well as the future of mental health, in light of the social changes which have taken place due to the global health crisis.

The central proposals and ideas which were presented during the Forum, include, among others the following themes:

- cooperation and mobilisation
- solidarity, cohesion, composure
- the web as a new friendly medium for connection
- the flagship is prevention
- emphasis on the young, children and adolescents
- social networks
- art & culture
- new parity of people with psychosocial problems
- trust, commitment, participation

# Empowerment Programmes

**Capacity Building Programme  
-Action Research at the Municipality of Athens**

A Capacity Building Programme-Action Research was implemented for 75 employees participating in the Working Group of the Accommodation and Services Scheme for Asylum Seekers – ESTIA of the Municipality of Athens.

The aim of the training was the enhancement of the knowledge and skills of the participants, regarding the design of comprehensive interventions, as well as overcoming the complex challenges, obstacles and difficulties that they face on a daily basis, regarding shelter, health, education, networking and inclusion of asylum seekers.

The ESTIA Programme is implemented by the Athens Development and Destination Management Agency (EATA S.A.) in cooperation with the UNHCR and is funded by the Asylum, Migration and Integration Fund of the European Union.

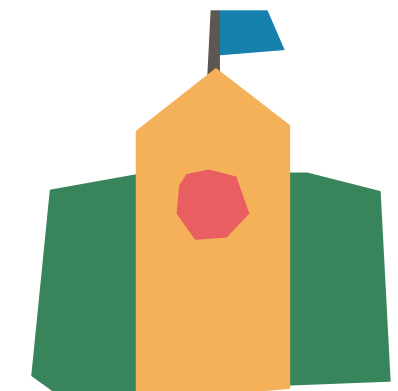
### Sensitisation Programmes at Schools

In 2020, we continued the implementation of the Programme for the “Sensitisation, Prevention and Enhancement of Psychological Resilience at the School Communities”. The aim of the programme is the promotion of mental health, the sensitisation and the primary prevention of psychiatric disorders at schools, with an emphasis on vulnerable groups. The programme aims at empowering students, teachers and parents and raising awareness on a number of mental health issues, preventing alexithymia and self-destructive behaviour and enhancing psychological resilience. During the Covid-19 pandemic and the closing of schools, the Programme suspended its services.

Our networking activities with the school units continued online. In May 2020, an online training seminar took place, with the participation of 150 primary school teachers of Attica's 1st Regional Centre for Educational Planning (P.E.K.E.S) entitled: "Pedagogical and scientific support of the educational process in distant learning: Enhancing psychological resilience at the school community – The role of educators in a changing school".



**Πρόγραμμα Στέγασης** για Αιτούντες Άσυλο  
μέρος του ESTIA (Emergency Support to Integration & Accommodation)





# OCTOBER 10, 2020

## – World Mental Health Day

**What feeling does your mask hide? It's OK not to be OK.  
Talk about how you feel.**

In order to celebrate the World Mental Health Day, the Society of Social Psychiatry P. Sakellaropoulos designed a campaign, with the aim of sensitising the public regarding the importance of taking care of our mental health, especially during this difficult period due to the Covid-19 pandemic.

The central message of the campaign was “What feeling does your mask hide? It's OK not to be OK. Talk about how you feel”. A video was created with the voluntary participation of the Greek actor Manolis Mavromatakis, which encourages us not to hide any negative feelings which may overcome us, but rather to open up and seek the support that we need. The video was also broadcast as a social message at national television channels, between December 2020 and January 2021.

This year on October 10th, the mental health professionals of the Units in Thrace (Northern Greece), Fokida and Fthiotida (Central Greece) implemented an awareness – raising activity in cooperation with the local cafés, in line with the restrictions in public gatherings and events due to the pandemic. Stickers with the message of the campaign were placed on the cups of coffee, while mental health professionals were present at the collaborating cafés, giving information and answering the public's questions regarding the World Mental Health Day. Posters of the campaign were also placed in key local venues at the Prefectures of Attica, Fokida, Fthiotida and Evros.

The mental health professionals of the SSP P. Sakellaropoulos also participated in radio and television interviews, in order to raise awareness regarding mental health issues.





RIGHTS PROTECTION,  
EMPOWERMENT  
ACTIVITIES,  
SELF-ADVOCACY





Erasing Stigma. Upon our Word.

The aim of the Programme “Erasing Stigma. Upon our Word.” is to erase the mental health stigma in media and public discourse which still remains a challenge in Greece and its effects contribute to the reproduction of stereotypes which cause exclusions and intensify discrimination against people with mental health problems. Within the framework of this project and in collaboration with our partners, we will design a campaign whose aim is to limit the stigmatising language used by the media and will plan and implement a set of actions that aim to prevent the exclusion of people with mental health problems, and to combat discriminations based on mental health issues. These actions build on previous work and initiatives, renew existing knowledge of new population groups facing discrimination, while at the same time aim to provide tools and formulate informed policy proposals for consultation and implementation. The main lines of action of the campaign include documentation research, development of training & awareness tools, trainings, advocacy actions, actions to achieve institutional change.

The project “Erasing stigma. Upon our word” is being implemented in the framework of the Active citizens fund project. Project promoter: Society of Social Psychiatry P. Sakellaropoulos Project Partners: Themistocles and Dimitris Tsatsos Foundation – Centre for European Constitutional Law (CECL) and The Society for the Care and Rehabilitation of People with Psychosocial Problems (Merimna). The Active citizens fund in Greece is supported through a €12m grant from Iceland, Liechtenstein and Norway as part of the EEA Grants 2014 – 2021. The program aims to develop the sustainability and capacity of the civil society sector in Greece, and to strengthen its role in promoting and safeguarding democratic procedures, active citizenship and human rights. The Fund Operator for the Active citizens fund in Greece is Bodossaki Foundation in consortium with SolidarityNow.

Duration: 1/6/2020 – 31/5/2022

For more information, please visit:  
[www.activecitizensfund.gr](http://www.activecitizensfund.gr)



Fund operated by:



Implemented by:



In partnership with:



The Society of Social Psychiatry P. Sakellaropoulos participated at the initiative of the Council of Europe, COMMITTEE ON BIOETHICS (DH-BIO), Compendium of good practices in mental health care - how to promote voluntary care and treatment practices, with the submission of 7 good practices. The practices that will be approved, will be included in the official good practices against coercive approaches in mental health.

An employee of the SSP P. Sakellaropoulos is a member of the Ministry of Health's Special Committee for the Protection of the Human Rights of People with Mental Health Disorders for the period 2017-2022.

Reassessing the history of mental health organisations in the second half of the twentieth century

The SSP P. Sakellaropoulos is collaborating with Despo Kritsotaki (Institut national de la santé et de la recherche médicale, Paris), within the framework of the research programme Marie Skłodowska-Curie individual Fellowships European Mental health advocacy: Reassessing the history of mental health organisations in the second half of the twentieth century. The SSP P. Sakellaropoulos is among the organisations participating in the research regarding the history of advocacy and self-advocacy in Greece. Within the framework of this project on September 19th, 2020, an online Seminar was organised entitled: “Advocacy and Self-advocacy in mental health: past, present, future.”

# Mental health leaflet in Arabic and Farsi

The SSP P. Sakellaropoulos participates at the Attica Technical Mental Health and Psychosocial Working Group-MHPSS WG which is organised under the auspices of the United Nations High Commissioner for Refugees, with the coordination of the Day Centre BABEL. The aim is to create a communication and cooperation network, for organisations working for the psychosocial support of refugees in Greece.

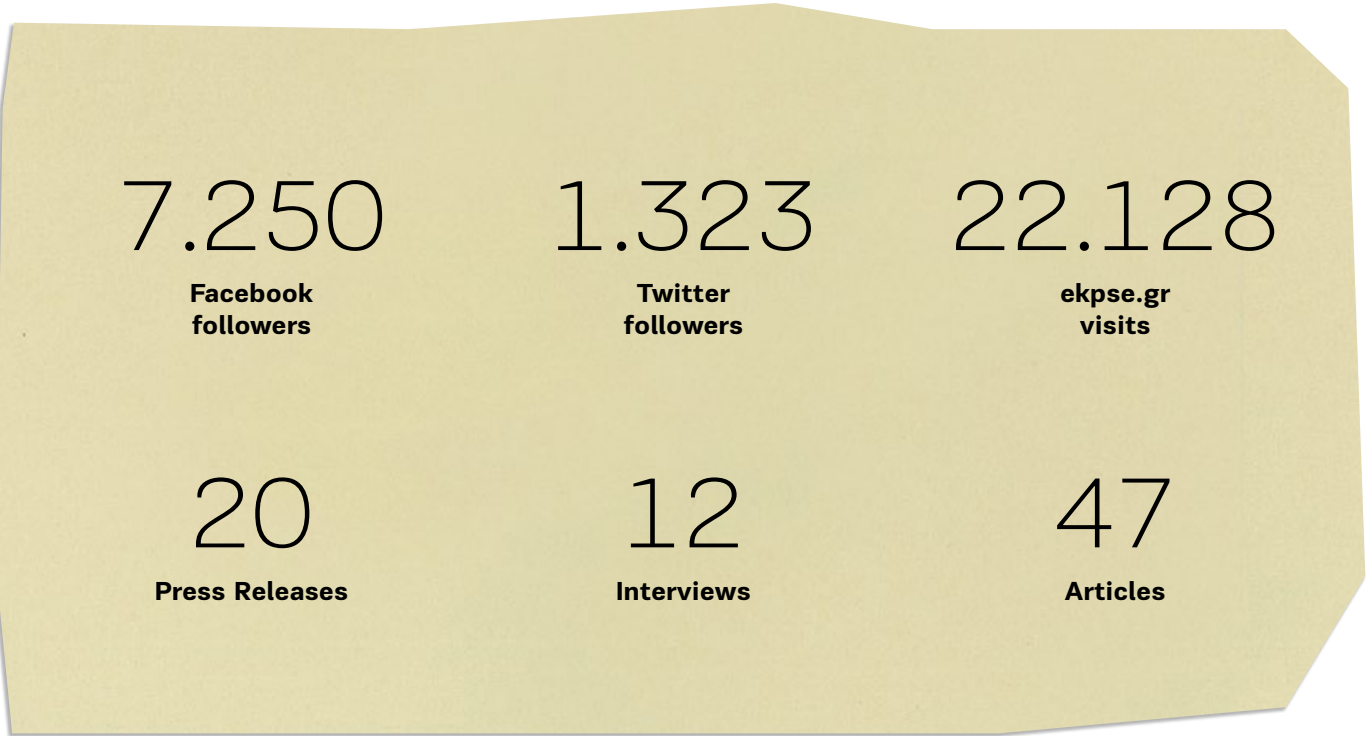
Within this framework, the SSP P. Sakellaropoulos published a series of leaflets in Arabic and Farsi, covering the following mental health issues: depression, grief, post-traumatic stress disorder, communication (in Arabic) and depression, communication and social phobia (in Farsi). The leaflets were distributed to the corresponding refugee populations.

The material is based on the translation and adaptation by the SSP P. Sakellaropoulos of a self-help guide published by the Organisation Northumberland Mental Health NHS Trust, St George's Hospital Morpeth.

Translation: Amira Rached (Arabic) / Karimi Negar (Farsi)



# Publicity – Communication Activities



Campaign Video: “What feeling does your mask hide? It’s OK not to be OK. Talk about how you feel.” October 10, 2020 – World Mental Health Day. Campaign for the celebration of the World Mental Health Day – October 10 entitled “What feeling does your mask hide? It’s OK not to be OK. Talk about how you feel.” The video of the campaign was broadcast on national TV channels in December 2020, as a social message.



Campaign Video: “Taking care of our mental health on the following day”. May 2020 Awareness-Raising Campaign promoting the message “Taking care of our mental health on the following day”.



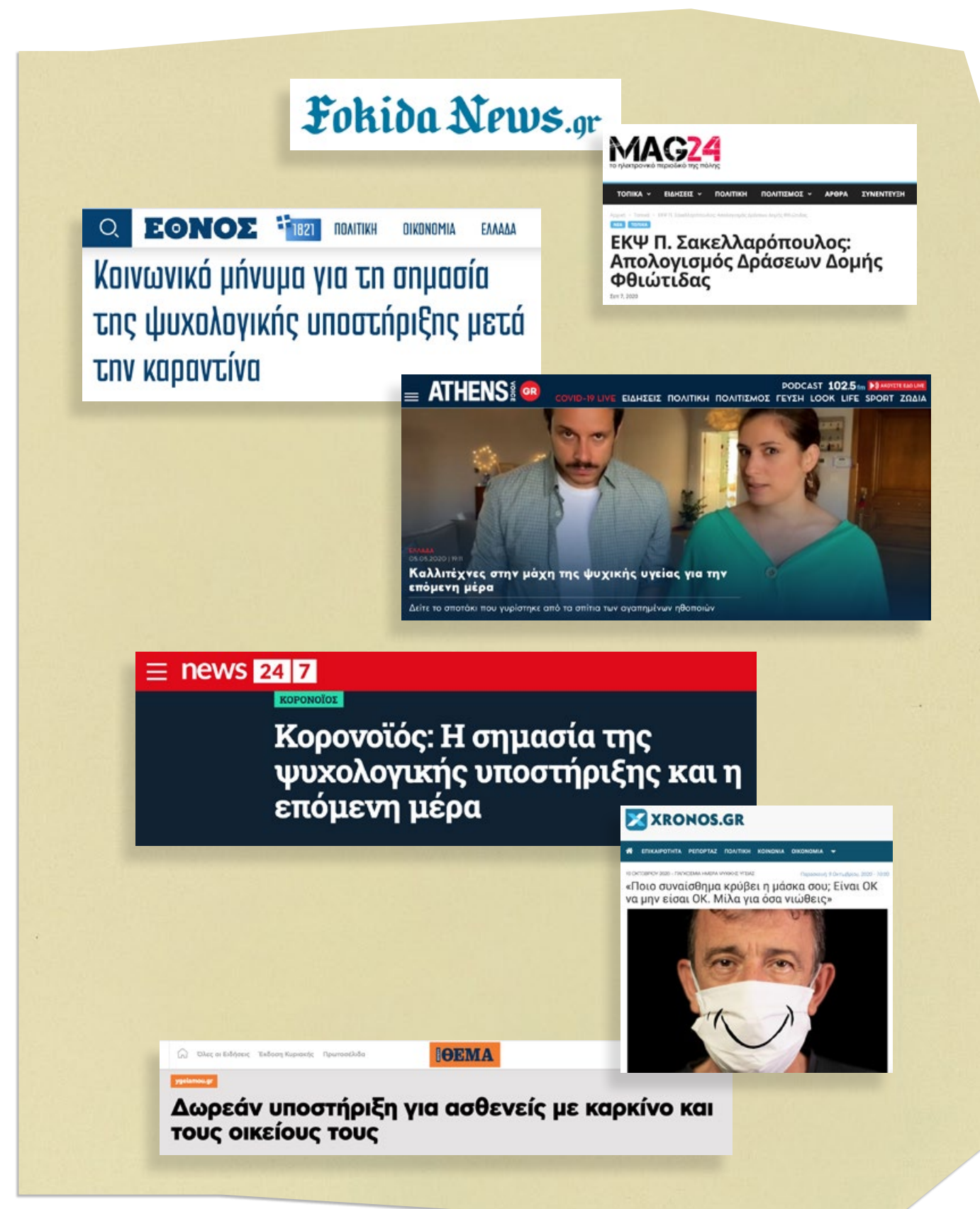
## Publications in electronic and print media



STAR CENTRAL GREECE CHANNEL  
Presentation of the services of the SSP P. Sakellaropoulos  
– Fokida Prefecture, in Star Central Greece Channel's  
TV Series AVATO, presented by the journalist Lena  
Paraskeva



Interview at the Central News of the TV Channel Star Central  
Greece -Dr. Athina Fragkouli - Sakellaropoulou, President of the  
SSP P. Sakellaropoulos.





RESEARCH,  
EDUCATION  
& TRAINING





# Employee Training

## In-service Training

Within the framework of the employee in-service training programme, in 2020 a total number of 38 training activities were implemented at the individual Units, while 8 training activities were organised covering all the Units of the four geographical regions (Attica, Fokida, Fthiotida, Thrace). In addition, 13 training activities for the users were organised.

## Employee Training by third parties

In 2020, the employees of the SSP P. Sakellaropoulos participated at 98 training seminars which were implemented by collaborating organisations such as the Social Dynamo Programme of the Bodossaki Foundation, the Athenian Institute of Anthropos - AKMA, the ARGO Federation of Psychosocial Rehabilitation Associations, Mental Health Europe, European Disability Forum, EUCOMS.

## Employee Training offered to collaborating Organisations

An online training seminar was organised by the SSP P. Sakellaropoulos for 150 primary school teachers of Attica’s 1st Regional Centre for Educational Planning (P.E.K.E.S) The Seminar was entitled: “Pedagogical and scientific support of the educational process in distant learning: Enhancing psychological resilience at the school community – The role of educators in a changing school”. The aim of the seminar was to support and empower the educators to be able to effectively respond to the demands of their role in this challenging period, due to the Covid-19 pandemic.

3 seminars for educators were organised in the region of Thrace.

## Participation in two Panhellenic Conferences

- 28th Panhellenic Psychiatric Conference - October 29th – November 1st 2020, Organised by the Hellenic Psychiatric Association.
- 13th Art & Mental Health Festival ART4MORE - November 27th – 29th 2020, Organised by EDRA Social Cooperative Activities for Vulnerable Groups.

## Cooperation Agreement with Group Psychoanalysis Societies

The Society of Social Psychiatry P. Sakellaropoulos, has broadened its educational activities and partnerships through signing a long-term agreement with four Group Psychoanalysis Societies: the Hellenic Society of Psychoanalytic Psychotherapy, the Hellenic Institute for Group Analytic and Family Psychotherapy, the Greek Network of Group Analysts and the Institute of Group Analysis “S.H. Foulkes”.

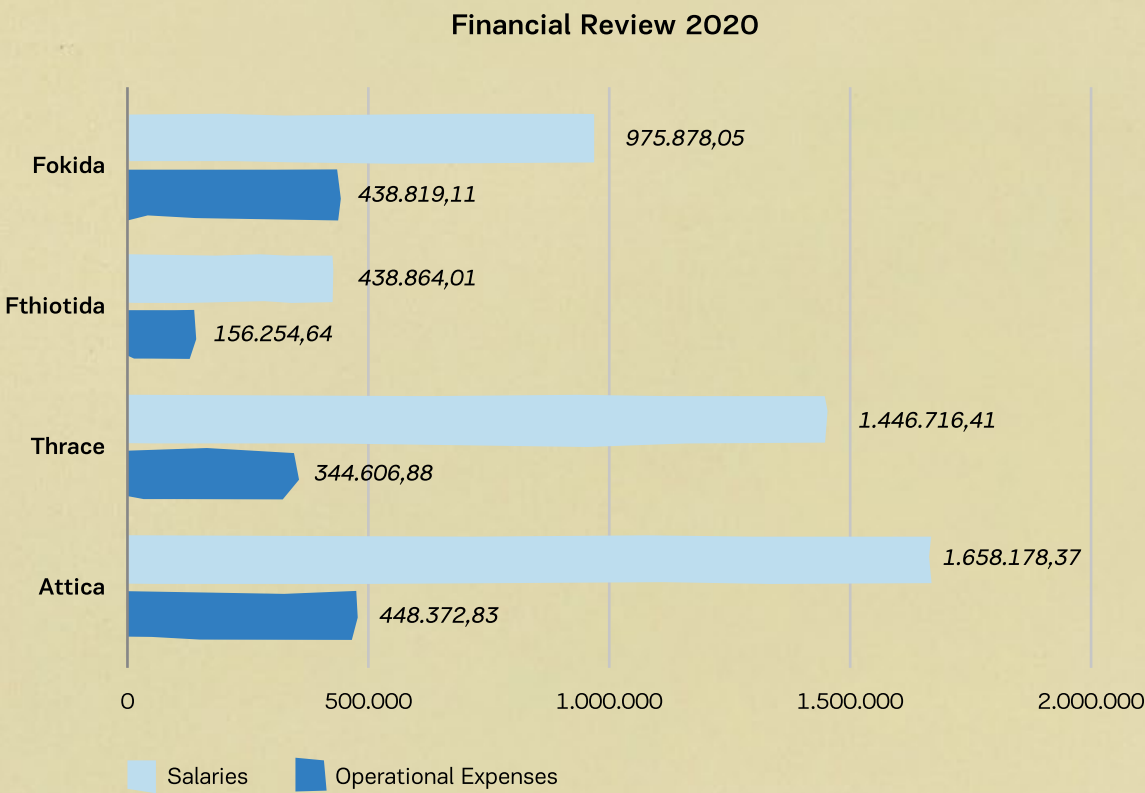
The aim of this initiative is for the Society of Social Psychiatry P. Sakellaropoulos to give the opportunity to young training analysts of these societies, to have a clinical space where they will further their education and will be familiarised with the clinical and community practices of our organisation. It is a particularly important agreement, as such institutional collaborations with educational institutions enrich the operation of our Units on many different levels. In addition, they open up new partnership opportunities regarding common clinical pursuits and underline the importance of cooperation and networking among mental health organisations.

In 2020, four therapy groups were designed and implemented within the framework of the services of the Attica Unit with the participation of nine trainee analysts. It is important to stress that these groups have been incorporated in the services of the Units and are available to the members of Attica’s residential units.

# Financial Data

5.762.426€

Budget 2020



# A few words about Professor Panayiotis Sakellaropoulos



Panayiotis Sakellaropoulos was the main protagonist of the history and development of Greece's Psychiatric Reform. His scientific approach was based on the principles of Social Psychiatry through the psychoanalytic prism and was combined with his love for the patient and his deep respect for the psychic pain. His primary vision was the abolition of the asylums and their replacement by community care services. He became the leader of the efforts for the deinstitutionalisation of patients from the psychiatric hospitals, and the establishment of open and humane modern therapeutic units inside the community. In his own words, "the psychiatric patients have a greater therapeutic and medical benefit, when treated inside their own social group and inside the family". Through his work he promoted collaborations, networking and the participation of the whole community for fighting the stigma of mental health disorders and achieving psychosocial rehabilitation.

"We do not change the diagnosis,  
we change people's fate"

- **P. Sakellaropoulos**







## Contact us

### ATTICA

T. +30 210 92 21 739

E. ekpsath@otenet.gr

### THRACE

T. +30 25510 20656

E. ekpsale1@gmail.gr

### FTHIOTIDA

T. +30 22310 66377

E. ekpslam@otenet.gr

### FOKIDA

T. +30 22650 22924

E. ekpsfoki@otenet.gr

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**www.ekpse.gr**