

ANNUAL REPORT 2021



Society of Social Psychiatry
P. Sakellaropoulos

40 YEARS
EMPOWERING
PEOPLE &
COMMUNITIES



Society of Social Psychiatry P. Sakellaropoulos – Annual Report 2021

Publisher: Society of Social Psychiatry P. Sakellaropoulos

Scientific Supervision: Dr. Athina Fragkouli – Sakellaropoulou,

President of the Executive Committee of the SSP P. Sakellaropoulos

Editorial Committee

Communications and Community Sensitisation Office: Katerina Kollia, Despoina Katsouda

Office of Administrative, Secretarial and Technological Support: Christina Katsika, Christos McCleary

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New Programmes Office: Panagiota Fitsiou, Sofoulis Tataridis

Cross Sectoral Coordination of the Psychosocial Rehabilitation Units and Art Programmes:

Angeliki Giantselidou, Despoina Papaioannou

Local Services Links: • **Attica** - Giota Kalompratsou, • **Thrace** - Katerina Katsouli,

• **Fthiotida** - Vasso Premeti, • **Fokida** - Ioanna Kallia

Publication Coordinators & Editing: Katerina Kollia, Christina Katsika, Kitty Mylonopoulou,

Dimitris Tataridis, Athina Fragkouli – Sakellaropoulou

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2021

Message from the President of the Society of Social Psychiatry P. Sakellaropoulos

Dr. Athina Fragkouli – Sakellaropoulou

Following the timeline of the situations and events of 2021, this was a year where:

- We knew by now, how to deal with COVID – 19, how to protect ourselves, how to support the service users in their everyday lives within the framework of the Mobile Mental Health Units, the Day Centres, the Psychosocial Rehabilitation Units, the communities where we operate.
- We continued our cooperation with the schools, mainly with the teachers via online meetings and in cases of specific demands, with the parents and adolescent groups.
- We took care of the wellbeing of our partners and staff, individually or on a group level, in order to manage the complex and multi-level contemporary demands of the professional field, which now touch upon the personal life, as well. We did this in light of the social – financial – legal nexus and the reality of fast-moving technological advances with lots of misinformation and toxicity, in an unstable external environment, which presents many challenges and opportunities.
- We continued our active involvement in national and European networks, proposing policies for the improvement of the quality of life and the support of the rights of people with psychosocial problems, by participating in Ministerial Committees for the institutionalisation of decisions and measures in favour of persons with disabilities and continuing the sensitisation of the authorities regarding mental health issues.

After a rich and creative 2020, we had to study and work on the weaker points of our operation and adapt our services accordingly. This process, led us to:

- Readjust our strategic aims and work methodologically in order to achieve them.
- Give space and time for a more focused training of the Clinical Directors of the Units. In parallel, to open the field for a more specialised staff education and training by external partners – psychoanalysts for the employees, depending on their field or for the staff at large.
- Reorganise our administrative structure, following the action research methodology.
- Enhance our institutional cooperation with the Ministry of Health and the Ministry of Education, as well as national organisations and networks, such as the ARGO - Federation of Mental Health Organisations, the Panhellenic Federation of Social Cooperatives (POKOISPE), University Faculties and Departments, as well as European Organisations such as Mental Health Europe (MHE), Asklepios Foundation, Social Firms Europe - CEFEC, EDF.

All the best to us, with strength and optimism for what lies ahead.



Society of Social Psychiatry
P. Sakellaropoulos

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.

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.

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 CEFEC, Asklepios Foundation, Argo Federation of Psychosocial Rehabilitation Organisations.



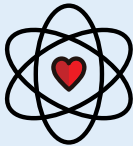
Our mission

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 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 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 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

Art & 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 Executive Committee, which is elected every three years.

THE EXECUTIVE COMMITTEE



**ATHINA FRAGKOULI –
SAKELLAROPOULOU**
PRESIDENT



**PANAYIOTIS
GKEGKIOS**
VICE PRESIDENT



**DEMETRIOS
SAKELLARIS**
GENERAL SECRETARY



**AIKATERINI
MYLONOPOULOU**
TREASURER



**ANTONIOS
PARIOS**
MEMBER



**MULTIADES
LEIVADITIS**
MEMBER



**KONSTANTINOS
PAPAKONSTANTINO**
MEMBER

The Organisation in Numbers



5

Prefectures
Attica, Fokida, Fthiotida,
Evros, Rodopi



35

**Mental Health
Units**



239

Employees



22

Volunteers

Strategic Objectives 2020 – 2023

Through collective processes and with the active participation of the staff, the formulation of policies, goals and strategy for the three years 2021-2023 was carried out, continuing, enriching and reshaping the policies and strategy of the period 2017-2020.



The 10 Strategic Aims for the years 2021-2023 are:

- 1 Improving the quality and upgrading the efficiency of the services provided
- 2 Development of new community services and completion of the network
- 3 Development of Advocacy, Empowerment and Inclusion interventions for services users
- 4 Networking of institutions, interconnection of services and community sensitisation
- 5 Education, training and research in the field of mental health
- 6 Utilisation of human resources
- 7 Promotion and Enhancement of the Image and Identity of the SSP P. Sakellaropoulos
- 8 Utilisation of alternative sources of financing
- 9 Utilisation of information and communication technologies (ICT) to complement and enhance the provision of quality services and the digital transformation of the institution's infrastructure
- 10 Development of the therapeutic model and the synthetic intervention that includes the psychoanalytic prism, action research and social psychiatry



70

**Student
Internships**



3.100

**Mental Health
Service Users**



56.681

**Therapeutic
Activities**

TIMELY INTERVENTION – THERAPY – REHABILITATION

TIMELY IN-
TERVENTION
THERAPY
REHABILITA-
TION

ANNIVERSARY TRIBUTE

Fokida Prefecture Mobile Mental Health Unit

1981 – 2021 | 40 years of Mental Health Services in the Community



2021 is an anniversary year, as 40 years have passed since Professor of Psychiatry - Child Psychiatry Panayiotis Sakellaropoulos and Dr. Athina Frangkouli - Sakellaropoulou, founded the first Mobile Mental Health Unit in Greece, in the area of Amfissa of the Prefecture of Fokida.

They were among the first mental health professionals to introduce the pioneering model of the Mobile Mental Health Units in Greece, which is a highly effective approach to providing mental health services in rural and remote areas. A few years later (1986), Professor P. Sakellaropoulos continued the operation of the first Mobile Mental Health Unit in Thrace – Northern Greece, which was founded by Professor Ch. Ierodiakonou.

The model of the MMHU has proven to be more humane and cost-effective, as it helps avoid costly hospitalisations of people with mental health problems. The effectiveness and efficiency of the model of the MMHU is evident by the fact that **the Greek state adopted and incorporated this innovative model in Law 2716/1999.** Today, there are 25 Mobile Mental Health Units in Greece, offering a solution to the lack of adequate mental health services in rural areas and islands.

The MMHU of Fokida started its operation in 1981, with a small group of four people (two psychiatrists, a speech therapist and a psychologist) in close collaboration with the community. Today it consists of an interdisciplinary team of

eighteen mental health professionals, including a psychiatrist/ child psychiatrist, psychologists / child psychologists, social workers, speech therapists, art therapists, nurses and administrative staff.


In 2008 the first Symposium of the Mobile Mental Health Units was organised in Delphi by the MMHU of Fokida of the SSP P. Sakellaropoulos.

As a result, the Mobile Units' Network was established, which operates until today with the aim of improving the organisation and strengthening the operation of the MMHUs.

For 40 years, the stability of the operation of the MMHU and the continuous investment in people, have led to the holistic coverage of the mental health needs of the sectoral area of Fokida.

This has been achieved through:

- **Enhancing the accessibility to mental health services.** The services are provided within the community, so that people with psychosocial disabilities can receive these services close to their social and family environment. At the same time, the difficulty of access to mental health services for the population of remote rural areas is reduced.
- **Timely intervention,** which prevents or reduces the negative consequences of possible mental health problems, as well as hospitalisation in psychiatric clinics.

A pair of hands, palms up, holding a teal heart. The background is a light blue gradient with a white diagonal line pattern at the top.

1981 – 2021

40 years of Mental Health Services
in the Community



Society of Social Psychiatry
P. Sakellaropoulos

40 YEARS
EMPOWERING
PEOPLE &
COMMUNITIES



1981

Professor Panayiotis Sakellaropoulos talks about mental health to the population, in a traditional coffee house in the village of Desfina.

P. Sakellaropoulos consciously chose to work in these places, as coffee houses unite people and contribute significantly to the mental health of residents. These meetings in the cafés and squares of Amfissa, Itea, Chrissos, Delphi, Gravia, Polydrossos, Galaxidi, Eratini, Lidoriki, Efpalio, mitigated any local reactions to the installation of residential units for people with mental health problems.

Based on the principles of social psychiatry, he advised: "before you go to the doctor's office, you will go to the coffee house, you will say good morning, you will sit down to drink a coffee".

- **Psychiatric Care at the Patient's Home** - In 1983 Professor P. Sakellaropoulos and Dr. A. Fragkouli - Sakellaropoulou implemented for the first time in Greece within the MMHU, the Home-Based Psychiatric Treatment Program (HBPT/PSIPSA) for the treatment of psychotic crisis at home, with free public care and with the aim of meeting the needs of the entire population of a sectoral area.

As early as 1964, P. Sakellaropoulos as a Psychiatrist at the Aeginiteio University Hospital, introduced the first approaches of Social Psychiatry, in the triadic relationship between therapist - patient - family. From 1967 to 1981 the system of home care was applied on a pilot basis and was gradually introduced in the private sector, especially for the treatment of psychotic crisis, and in order to avoid hospitalisation in the Psychiatric Hospital.

Home intervention has been recognised as a humane and cost-effective approach, as it avoids the hospitalisation of people in psychiatric hospitals, enhances the family and

social integration of people with mental health problems and reduces the stigma associated with mental illness.

- **Follow-up care** - which emphasizes a comprehensive and systematic intervention for the prevention and rehabilitation (social and occupational) of people with mental health problems, follow-up care, and family support.

- **Employment rehabilitation** - In 1988, on the initiative of the SSP P. Sakellaropoulos, the first Cooperative was created with the name "Avgerinos", which at that time united the three areas of operation: Attica, Fokida and Thrace. Since then, within the framework of Law 2716/1999, Article 12 for the operation of Limited Liability Social Cooperatives (KOISPE), the SSP P. Sakellaropoulos founded four Limited Liability Social Cooperatives **aiming at the vocational rehabilitation of people with psychosocial difficulties:** "Giannis Volikas" in Fokida (2006), "Diadromes" in Attica (2006), "Nautilus" in Thrace (2016) and "Anemoni" in Fthiotida (2016).



7-8 of November 2008

1st Mobile Units Symposium

The pioneering model of the Mobile Mental Health Units introduced by Professor Panagiotis Sakellaropoulos and his associates has now been established in Greece.

- **Community Sensitisation**, i.e. the systematic awareness raising on mental health issues, which is the driving force of the group and the main tool for connecting with the community. In 1981, the first interdisciplinary team worked for six consecutive months with the population in order to ensure that the operation of the first MMHU would be accepted as an important service for all and would not be stigmatised. Since then, thousands of actions have been carried out within the framework of the sensitisation programmes in the local communities of Fokida, in order to ensure the social integration of people with psychosocial difficulties, to understand basic mental health concepts and reduce stigma.

- **Continuous work with the school community** within the framework of Community Sensitisation. In 1983 the first parents' group on issues relating to the upbringing of children takes place and a few months later the first group of teenagers, where their own concerns are discussed. The cooperation with the school community continues steadily until today, implementing groups of children (Primary Education), teenagers (Secondary Education), parents and teachers, both in Amfissa and in the surrounding areas.

- **In-service training** of the interdisciplinary team, through meetings, supervision and specialised training programmes.

- **Networking**, which is the constant and timeless investment in the cooperation and interconnection of the unit with local bodies, associations, the local government and the local authorities. For 40 years, the Police, the prosecutor's office, cultural associations, the Municipality and the social services, have all been stable links with the community, and key allies of the unit. A key point in the course of the MMHU's operation is the creation in 2010 of the Network of Collaborating Organizations "Akeso".

- Evaluation for the continuous improvement of the quality of the provided services, by the beneficiaries themselves through a satisfaction questionnaire, but also by the interdisciplinary team, with the methodology of SWOT analysis and action research. At the same time, evaluation tools are utilised by external partners, such as the measurement of social impact of the MMHU in the prefecture of Fokida by Equal Society, with the methodology Social Return on Investment (SROI) in 2015.



2nd Postgraduate Seminar in Social Psychiatry

As a sign of respect for the equality of people with psychosocial difficulties, in the first places in front of the graduate students are the members of the hostels and apartments of the SSP P. Sakellaropoulos and behind them sit the students and the guests.

From the beginning of its establishment, the MMHU participates in the effort for the completion of Greece's Psychiatric Reform, through conferences, workshops, symposia and fora



Awareness raising activity for Judges, taking place in a courtroom



Day Centres and Mobile Mental Health Units

	MMHU		Day Centre			Total SSP
	Fokida	Evros-Rodopi	for people with psychosocial problems - Attica	for the Psychological Support of Patients with Cancer	for Children, Adolescents and Adults - Fokida	
Number of Beneficiaries	677	926	411	467	145	2.626
New Beneficiaries	190	301	126	213	24	854
Therapeutic Actions (Personal)	8.316	8.984	6.654	7.263	4.303	35.520
Therapeutic Actions (Group)			177		637	814

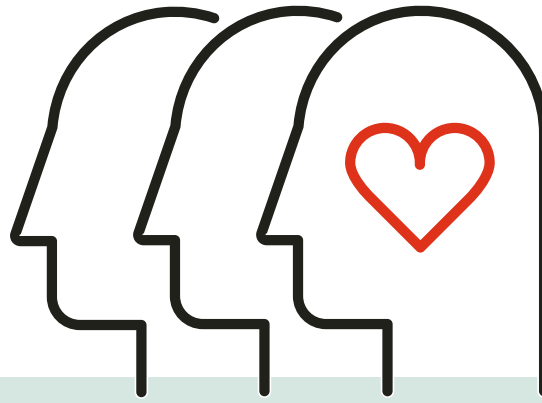
Mobile Mental Health Units (MMHU)

The **Mobile Mental Health Units (MMHU)** of the **Society of Social Psychiatry P. Sakellaropoulos**, 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 disorders 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 **individuals' 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, logopedics - speech therapists and nurses.



Fokida Prefecture Mobile Mental Health Unit

During 2021, the Mobile Mental Health Unit of the Prefecture of Fokida continued its operation applying all the necessary protection measures due to the Covid-19 pandemic, studying the current situation and responding to the needs that arose daily.

Important activities in 2021 include:

- The systematic networking with the health and welfare services of the Prefecture of Fokida, as well as the authorities of the area, with the aim of covering the needs of the population of the area of responsibility.
- The continuous provision of information and awareness-raising regarding mental health issues and the promotion of the mental health of the community through the publication of articles on mental health issues in the local newspaper "En Delphoi".
- The organisation of web conferences on the topic: "The psychological dimensions of the pandemic" which concerned children, adolescents and families, as well as the adult population with the participation of 160 people.
- The immediate response of the MMHU to the call of the Ministry of Health and the ARGO Federation of Mental Health Organisations, for the provision of psychosocial support in the areas of North Evia affected by the catastrophic fires, from August to November 2021 and the parallel provision of psychiatric support.
- Implementation of the program "playgrounds" with activities for school children in villages of Fokida in July and August.
- Awareness-raising week in October in Amfissa, on the occasion of the World Mental Health Day 2021 and campaign with the central message for the fight against the stigma of mental health "Labels are not intended for people".
- Continuous and systematic contact with the school units of the Prefecture of Fokida.
- Continuous staff training (in-service training, supervision), training for special population groups (e.g. seminars - workshops for rural doctors, teachers, nurses, parents), as well as volunteers and students who completed their internship at the Mobile Unit.
- Participation of representatives of the MMHU of Fokida (with the participation of the President of the SSP P. Sakellaropoulos Dr. Athina Fragkouli-Sakellaropoulou) at the monthly meetings of the Scientific Coordinating Committee of the Mobile Units, with the purpose of advancing the scientific dialogue, sharing experiences, the dissemination and support of the model of Mobile Units and the

development of a unified scientific discourse in the discussions that take place from time to time with the Ministry of Health.

Within the operation of the MMHU, the operation of the project "Provision of mental health services in the community (prefecture of Fokida)" continued its operation in 2021, with

the sub-projects: 1. Integrated Community Therapy and 2. Development of Child Psychiatric Services in the context of strengthening the operation of the Mobile Mental Health Unit of the Prefecture of Fokida.

The project was extended until September 2023.

MMHU Fokida Prefecture		
Type of Service	Appointments	%
Psychotherapy/Psychological Support/Consultation	5.430	65.30%
Psychiatric Follow-up	1.145	13.77%
Psychiatric /Child-psychiatric evaluation/intake	642	7.72%
Parents Consultation	293	3.52%
Speech Therapy	255	3.07%
Child Psychiatric Follow-up	185	2.22%
Crisis Intervention	136	1.64%
Family Intervention	101	1.21%
Medication	63	0.76%
Evaluation	33	0.40%
Assessment Results	13	0.16%
Family Consultation	13	0.16%
Family Psychotherapy	4	0.05%
Psychosocial Support	1	0.01%
Psychopedagogical Sessions	1	0.01%
Parents Meetings	1	0.01%
Total	8.316	100.00%

Evros – Rodopi Prefectures Mobile Mental Health Unit

The Mobile Mental Health Unit of the Prefectures of Evros - Rodopi of the SSP P. Sakellariopoulos offers mental health services in the wider region of Thrace since 1986, based on the principles of Social Psychiatry. Interdisciplinary groups of professionals, consisting of psychiatrist, psychol-

ogist, nurse, social worker, operate in 8 areas: Alexandroupolis, Komotini, Sapes, Iasmos-Filira, Didymoteicho, Orestiada, Soufli-Tychero. In recent years, Child Psychiatric services have been provided to children and adolescents in Komotini.

The basic aims of the MMHU are:

- promoting the mental health of the entire population of the region, with respect to diversity in terms of gender, religion, language, as Thrace is a multicultural area of Greece characterised by its multicultural element
- the prevention, diagnosis and treatment of mental health disorders
- crisis management and the provision of support at the patients' home
- the social and employment rehabilitation of people with psychosocial problems
- the protection of the patients' rights and the promotion of advocacy
- the population's sensitisation regarding mental health issues, with special emphasis on the cooperation with the school community (students, teachers, parents)
- provision of education and training for students, volunteers and mental health professionals

In the last couple of years, the MMHU has adapted its operation utilising technology (internet, telephone, web platforms) and at

the same time has continued to receive new requests and provide quality mental health services. Priority has been placed on the safety of patients and therapists, but at the same time with a constant vigilance and concern for responding to the special needs arising due to the Covid-19 pandemic.

Since September 2019, the Mobile Mental Health Unit of the Prefecture of Evros of the SSP P. Sakellaropoulos is implementing a project entitled "Development of child psychiatric services" within the priority axis "Human Resources and Social Cohesion - ESF" - of the Operational Programme for Eastern Macedonia and Thrace, which is co-financed by the European Social Fund (ESF).

The object of the project concerns the provision of mental health services for children, adolescents and their families in the Prefecture of Rodopi. The aim of the project is to provide diagnostic, assessment and treatment services to children, adolescents and their families, in order to address psychological, speech, learning and family difficulties, in parallel with community sensitisation activities and cooperation with primary and secondary schools and other services of the Prefecture. The multidisciplinary team consists of a child psychiatrist, two psychologists, a special educator and a social worker.

MMHU Evros-Rodopi Prefecture		
Type of Service	Appointments	%
Support Session	5.255	58.49%
Psychiatric Follow-up	1.741	19.38%
Psychotherapy	1.307	14.55%
Intake	244	2.72%
Medication	241	2.68%
Diagnostic Evaluation	90	1%
Psychiatric Evaluation	89	0.99%
Consultation	15	0.17%
Couples Therapy	2	0.02%
Total	8.984	100.00%

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). During the nine years of its operation, it has covered the psychosocial needs of more than 1,600 people.

During 2021, the Day Centre:

- Offered **psychosocial support services to 411 people.**
- Offered **services to 126 new service users** which contacted the Day Centre for the first time.
- **Received telephone requests from an additional 90 people**, who were referred to other mental health services.

The most common reason for seeking help was anxiety (43%) as about one in two people reported experiencing anxiety, while the second most commonly reported problem was an emotional disorder (14%). Compared to the period before the pandemic, in 2021 there was a significant increase in young people aged 18-34 who contacted the Day Centre for support and almost half (44%) of the people contacting the Centre were young people aged 18-34. This significant increase may be related to the period of the pandemic during which this younger age group has been particularly affected on a psychological level.

The services of the Centre include psychiatric assessment and monitoring, psychological support and psychotherapy, social welfare support and counselling for carers of people with mental illness. In addition, individual interventions, psychotherapeutic groups and psychological support groups are carried out. A Socialisation Programme takes place, which includes skills training groups (social, daily life and autonomous living), art therapy groups (e.g. Poetry Group) and groups with recreational and cultural character. This programme is aimed at people with psychosocial difficulties and aims at the psychosocial rehabilitation and equal integration of people in the community.

The vast majority of individual sessions in the previous year were conducted face-to-face, while in the case of groups or individuals from vulnerable groups, there was the possibility of remote sessions via Skype, Viber, Zoom, or telephone.

The multi-disciplinary team of the Day Centre also participated very actively in information, awareness-raising and mental health promotion activities in the community.

Attica Day Centre for the Psychological Support of People with Psychosocial Problems		
Type of Service	Appointments	%
Psychological Therapy	5.292	79.5%
Psychotherapy	1.111	16.7%
Other	245	3.7%
Medication	6	0.1%
Total	6.654	100.00%

Day Centre for the Psychological Support of Patients with Cancer

The **Day Centre for the Psychological Support of Patients with Cancer** offers a wider range of free specialised psychosocial services for patients with cancer and their families. These services include **psychological support, personal and family consultation, psychiatric follow-up, personal and group psychotherapy, relaxation techniques – dance therapy and social services.**

Most of 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.

According to the official data of the Day Centre for **2021** (Jan-Dec) a total of **7.263 therapeutic sessions** took place. The majority of the sessions concerns patients (63%), while 37% concerns support to the patients' family and friends. The largest percentage of people receiving services (78%) are women, but it has to be noted that there is an increasing number of men who contact the Day Centre in recent years.

The most common diagnosis is breast cancer (35%), followed by lung cancer (13%) and gynaecologic cancers (8%).

Despite the disruption caused by the ongoing pandemic, we managed to retain a stable relationship with the beneficiaries of the Day Centre. We continued the sessions online and we were present for our patients, helping them to retain their willingness to hope and dream. At the heart of this mechanism is the relationship with the patients. This connection reduced the feeling of loneliness and lack of physical presence. The "obstacle" of Covid-19, strengthened the motivation and commitment to a life of quality and meaning in the present and ultimately brought us closer.

Day Centre for the Psychological Support of Patients with Cancer		
Type of Service	Appointments	%
Psychological Therapies	5.026	69.20%
Psychotherapy	1.247	17.17%
Dance Therapy	986	13.58%
Medication	1	0.1%
Rehabilitation	1	0.1%
Referall to Other Services	1	0.1%
Other	1	0.1%
Total	7.263	100.00%

Day Centre for children, adolescents and adults – Fokida Prefecture

The Day Centre operates as a **mental health unit for children, adolescents and adults** with a variety of **learning, communication and emotional difficulties, as well as psychiatric diagnoses**. Based on the principles of social-community psychiatry, the Day Centre offers evaluation and needs assessment services, and creates and applies individual care plans including both personal and group therapeutic programmes and maintains regular contact with the users' social framework (family, school, work etc). In addition, it deals with the design and application of prevention and mental health promotion programmes, and the community sensitisation and awareness-raising activities.

In 2021, the Day Centre remained focused on its aims, and continued to support every person who needed help, while at the same time maintaining the health and safety measures which were imposed since the beginning of the Covid-19 pandemic, in a systematic and organised way.

Services were offered to **146 people with psycho-social difficulties**, including **38 new cases**. The most common diagnosis was developmental disorders, being followed by emotional and behavioural disorders in children and adolescents. The third most common diagnosis was intellectual disability and the fourth psychotic disorders.

A total of **6.539 therapeutic sessions were performed** (4.304 personal and 2.235 group). 4.883 of these were face-to-face, 321 via telephone and 1.110 online.

The main age group which contacted the Day Centre were children and adolescents, which indicates the adverse effect of the COVID-19 pandemic in this age group. At the same time, the importance of the **timely intervention and prevention in the pediatric population** became evident.

There was a similar flexibility and responsiveness in the field of community sensitisation. We adapted to the external conditions, while managing to organise and execute substantial and important activities for key World Days, as well as two online seminars, on the issue of the psychological effects of the pandemic for children, adolescents and adults, in cooperation with the Mobile Mental Health Unit of Prefecture of Fokida, as well as online Christmas and Carnival Celebrations. Finally, we wrote and published a children's story book on COVID-19 entitled "Fivos and the Delphic Myths during Covid-19".

We also participated with announcements in two Conferences: the 29th Panhellenic Psychiatric Conference and the 14th Panhellenic Logopedics Conference – 1st International Speech Therapy Conference.

Day Centre for Children, Adolescents and Adults - Fokida Prefecture		
Type of Service	Appointments	%
Speech Therapy	1.836	42.67%
Occupation Therapy	594	13.80%
Psycho-pedagogical Services	383	8.90%
Cooperation with the family	349	8.11%
Special Education	338	7.85%
Parents Consultation	274	6.37%
Learning Rehabilitation	172	4.00%
Expressive Therapy through Art	169	3.93%
Socialisation activities	133	3.09%
Occupational Therapy Evaluation	28	0.65%
Child Psychiatric Evaluation and Follow-up	27	0.63%
Total	4.303	100.00%

Psychosocial Rehabilitation Units (hostels, protected apartments)

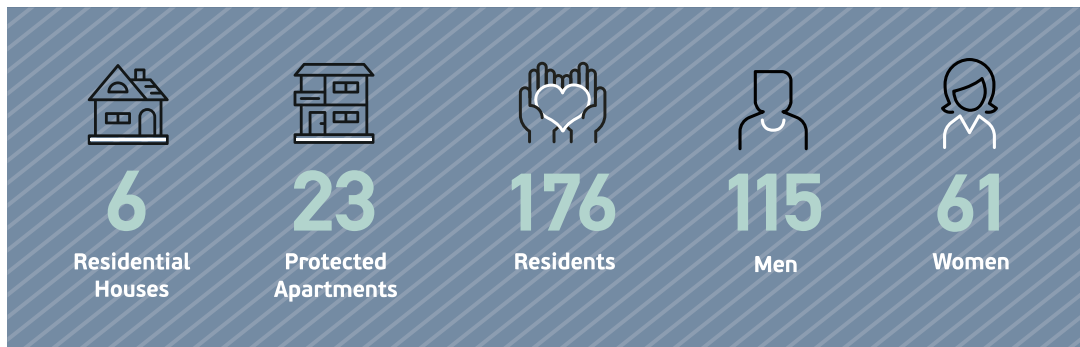
What are the Psychosocial Rehabilitation Units?

The Psychosocial Rehabilitation Units are protected living spaces, of high, medium or low support for adult individuals with psychiatric disorders and psychosocial difficulties.

They are residential units whose operation is therapeutic and rehabilitative. The SSP P. Sakellariopoulos operates 29 Psychosocial Rehabilitation Units (hostels and protected apartments) in Athens, Alexandroupolis, Amfissa and Lamia.

What are the aims of their operation?

- Quality of life with a personal meaning for the residents despite the effects of their disorder
- Holistic mental health care
- Empowerment in all aspects of life
- Active inclusion in the operation of the unit, and the organisation
- Social Integration



Clinical – Rehabilitation Activities 2021

Number of therapeutic activities

Residential Houses 8.724 | Protected Apartments 7.243 | Total 15.967

During 2021, the operation was adapted to the conditions of the Covid-19 pandemic. A series of adjustments were made, in order to ensure the smooth day-to-day operation, as well as the highest possible protection for the residents. Despite the difficulties arising due to the pandemic, our priority remained to achieve the aims of the operation of the Units and adhere to the Personal Therapeutic Programmes of the residents.

Pre-Vocational and Vocational Training Programmes

Fokida – Central Greece

The Pre-Vocational and Vocational Training Programme which operates in Fokida, aims at the social (re-)inclusion of people with psychosocial problems, through therapy and vocational training.

The Permind cultivation methodology was applied in the daily activities which took place in a protected work environment in the field, with the participation of residents from the protected apartments and the residential house of Fokida.

The residents were trained both on a theoretical level and through practical application on the proper use of the Permind methodology. Through the production of vegetables, they were given the chance to come in contact with the local community through the sale of their products.

Apart from agricultural work, the residents participated in activities of other organisations of the Prefecture of Fokida. In addition, they participated in training and European programmes which are implemented by the SSP P. Sakellaropoulos.

"When we place service users and their needs at the centre of our work, and our tool becomes the understanding and cooperation of everyone involved, the success of our goals and the satisfaction from our work are guaranteed."





Thrace – Northern Greece

The Pre-Vocational and Vocational Programme in agricultural work entitled “The Field” operates as a protected training space in employment skills for people with psychosocial problems who live in Psychosocial Rehabilitation Units or the local community. The subject of the training has been chosen based on the evidence regarding the therapeutic effects of agricultural work, as well as on the persons’ previous experiences, as most of the participants come from local families of farmers.

During the first months of 2021, the operation of the programme was suspended, according to the directions of the Mental Health Directorate of the Ministry of Health for the protection against the Covid-19 pandemic. In Spring, the participants returned to the programme in small teams of two members and a trainer, ensuring that the Unit’s van was used and that participants from different Units or the local community were not mixed in the groups.

From April onwards, the operation of the programme gradually returned to normal with the participation of all the members and trainers. We had the opportunity to welcome new members and students, we intensified our agricultural work and the community sensitisation activities, and we strengthened the pre-vocational training team and the socialization activities.

Members: 17 | Community Sensitisation Activities: 15



Clinical Work

53

**Members’ Progress
Evaluation**

39

**Employment
Support Group
Meetings**

21

**Educational
Activities**

22

**Multidisciplinary
Therapeutic Team
Meetings**

Collaborations

The SSP P. Sakellaropoulos 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.

Collaborations Greece



ΟΜΟΣΠΟΝΔΙΑ ΦΟΡΕΩΝ
ΨΥΧΟΚΟΙΝΩΝΙΚΗΣ
ΑΠΟΚΑΤΑΣΤΑΣΗΣ ΚΑΙ
ΨΥΧΙΚΗΣ ΥΓΕΙΑΣ «ΑΡΓΩ»

ARGO

A founding member of the ARGO Federation of Psychosocial Rehabilitation Associations
www.argo.org.gr



ΙΝΣΤΙΤΟΥΤΟ
ΨΥΧΙΚΗΣ ΥΓΕΙΑΣ
ΠΑΙΔΙΩΝ & ΕΦΗΒΩΝ
/ Γ. ΣΑΚΕΛΛΑΡΟΠΟΥΛΟΣ

I.ΨΥ.Π.Ε

Institute for the Mental Health of Children and Adults
www.inpsy.gr



Δικαίωμα στην Στέγη

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.
www.greekhousingnetwork.org



PYXIDA

Mental Health Activities Cooperative



Social Dynamo

Open space for the empowerment, training, and networking of Civil Society Organisations
www.socialdynamo.gr



Society for the Care and Rehabilitation of People with Psychosocial Problems
www.etmerinmna.gr

POKOISPE

Panhellenic Association of Limited Liability Social Cooperatives
www.pokoispe.gr

KOISPE

Limited Liability Social Cooperatives



Diadromes
Attica



Anemoni
Fthiotida



Yiannis Volikas
Fokida



Nautilus
Thrace

Collaborations 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 Organisation 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 – EDF
- 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



ASKLEPIOS
www.foundationasklepios.eu



Mental Health Europe
www.mhe-sme.org



SMES Europa
www.smes-europa.org



European Disability Forum
www.edf-feph.org



EUCOMS
www.eucoms.net

10306

National Psychosocial Support Helpline

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 (ΕΚΚΑ) 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.



"NO ONE ALONE IN THE PANDEMIC"

Psychosocial support programme for the effects of the Covid-19 pandemic

In January 2021, the SSP P. Sakellariopoulos undertook the design and implementation of a **Psychosocial support programme for managing the effects of the Covid-19 pandemic** at the Prefecture of Fokida, with funding from the Ministry of Health.

The Psychosocial Support Programme concerns Covid-19 patients, their families and those severely affected by the effects of the pandemic (chronic patients, vulnerable social groups). In addition, it involves the empowerment and support of the staff of health units and emergency units, who deal with the adverse effects of the pandemic in their line of work.

The Programme operates across Greece by 25 Day Centres and Mobile Mental Health Units with the funding, coordination and supervision of the Ministry of Health and the cooperation of the ARGO Federation of Mental Health Organisations. At the Prefecture of Fokida the programme is implemented by the Day Centre for children, adolescents and adults of the SSP P. Sakellariopoulos, which serves as a reference unit for four General Hospitals: Amfissa, Livadia, Karpenissi and Thebes with beneficiaries from the population of the Prefectures affected by the Covid-19 pandemic.

The main aim is the provision of psychosocial support and empowerment for the improvement of the psychological resilience of the beneficiaries in order to manage the psychological strain of being infected by the Covid-19 virus or manage the effects of the pandemic in their day-to-day life. The support is being offered through psycho-education and psychotherapy programmes, which take place remotely via online platforms or face-to-face, depending on the health and safety measures. This is a free, anonymous and confidential service which protects the privacy of the beneficiaries.

The operation of the Programme has been extended for two years.



ΟΜΟΣΠΟΝΔΙΑ ΦΟΡΕΩΝ
ΨΥΧΟΚΟΙΝΩΝΙΚΗΣ
ΑΠΟΚΑΤΑΣΤΑΣΗΣ ΚΑΙ
ΨΥΧΙΚΗΣ ΥΓΕΙΑΣ «ΑΡΓΟ»

■ Psychosocial Support in Northern Evia



With the initiative of the Ministry of Health and in collaboration with the Region of Central Greece and the Municipalities of Mantoudi-Limni-Agia Anna and Istiaia-Edipos, teams consisting of psychologists, social workers and other mental health professionals of the Organisations of the ARGO Federation of Mental Health Organisations, provided psychosocial support to those affected by the fires throughout Northern Evia, between August 8, 2021 to November 15, 2021.

The Society of Social Psychiatry P. Sakellaropoulos was one of the first organisations to respond to the call to cover the needs of the population in the field of Northern Evia, utilising its extensive experience from the operation of the Mobile Mental Health Units since 1981 in the prefecture of Fokida. This response was designed in collaboration with other mental health organisations, under the coordination of the ARGO Federation. Interventions of this type are part of the work culture and practice of the SSP P. Sakellaropoulos, as they promote the collaboration between similar services and strengthen their work, with the aim of fully meeting the needs of the population.

The president of the Society of Social Psychiatry P. Sakellaropoulos. Dr. Athina Fragkouli - Sakellariopoulou, who has an extensive experience in the field of mental health, contributed to the support of volunteer mental health professionals, through face-to-face supervision/staff care. In these supervisions, emphasis was placed on the care and relief of professionals, but also on the strengthening of the collective and team process throughout work in the field at North Evia.

The activities in the field of Northern Evia involved:

- Psychological support of the population that has suffered the consequences of the disaster, as well as the provision of relief and care to the immediate and indirect victims.
- Provision of information to those involved for the supply of necessities or regarding the process of receiving benefits, so that they can get on the road to regaining their strength and control over their lives.
- Systematic recording and collection of information starting from the time of the crisis.
- Psychosocial support and cultivation of courage and the mental disposition to draw strength from every source of love, care, support and empowerment of people.

*If you feel worry, anxiety, fear or lack
hope for the future, you are not alone...
We are here by your side!*



Most people who have been exposed to a traumatic event due to a disaster, experience symptoms of post-traumatic stress disorder, anxiety or other dysfunctions, days or even weeks after being exposed to the event. There are timeframes for the onset of symptoms that we must monitor in order to distinguish both the reactions and the consequences, as well as the programmes that will be organised to offer help. Creating networks of social and psychological support is therefore crucial, as it reduces the likelihood that the adverse effects will last long. The task of the psychosocial support teams is not completed after the end of the disaster, but the actions are expanded, adjusted and evolve for three or even six months.

Such an intervention requires short-term, but also long-term planning, and the cooperation and interconnection of mental health agencies, the Ministry of Health and local authorities.

The Ministry of Health supports the efforts of mental health organisations through the funding of eight permanent units, with the participation of the SSP P. Sakellaropoulos, in order to continue offering psychosocial support to those affected by the fires in the region of North Evia. The teams for children - adolescents - adults are staffed by psychologists, social workers, psychiatrists or child psychiatrists and administrative staff.



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

The **Erasmus + Breakthrough for Resilience: People, Places and Communities Climate Change and Resilience**, in relation to **People, Places and Communities**.

The **aims** of the Programme are:

- The development of tools and methods for building **Resilience in People and Places** (with emphasis on retaining natural species) and the **Communities**.
- The personal empowerment of participants, in order to act as multipliers in the communities where they develop their actions.

In 2021 the programme was adjusted due to the Covid-19 pandemic. Online meetings and workshops took place, however, no face-to-face meetings were organised with the partners. Regarding the connection and involvement with the local collaborating bodies that participate in the programme, we held our meetings, both face-to-face and online, strengthening team-work, collaboration and dissemination of information, through methods / tools.

The mobilisation and the connection between all the Units of the SSP P. Sakellariopoulos with online meetings between members and colleagues was also important, in order to utilise the methods and tools developed throughout the duration of the Programme.

The Covid-19 pandemic had made evident that this is a Programme that concerns everyone during this period.



Leader: The Surefoot Effect, CIC United Kingdom

Partners: Volontariato Torino Italy, SSP P. Sakellariopoulos, Greece, IFALL AB Sweden

Duration: 9/2019 – 8/2022 | 36 Months

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

The Programme is implemented at the Prefecture of Fokida

For more information please visit: <http://resilienceproject.eu>



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

In 2021 the two-year project Heroines was completed. The basic aim of the programme was to empower women with mental health challenges, living in rural or isolated areas. The participants were given the chance to start a process of self-reflection through writing therapy and become inspired by other brave and determined female role models throughout history, who have talked about their lives, in order to write their personal story and become heroines of their personal journey.

During the pilot implementation of the programme at the city of Lamia, 32 online experiential meetings were held with a group of eight women. For the participants, the meeting with their fellow travelers was valuable, as many were initially skeptical and closed to themselves. However, at the end of the journey they felt safe and secure through the experiential meetings, and they became strong and willing to share their experiences in the **Anthology of New Heroines** which is available online at the programme's website (www.heroines-project.eu/) in order to inspire other women who are at the beginning of their own inner search.

The stories of the women of the therapeutic writing group were a source of inspiration for the Association of Fine Arts of Central Greece (SKETKE) whose members created artistic creations which were hosted in the exhibition "Heroines". This exhibition took place at the city of Lamia for fifteen days, within the framework of the programme's dissemination. The positive response and the multiple benefits of therapeutic writing in the empowerment of the participants, give us the incentive to integrate it in the good practices of the SSP P. Sakellaropoulos for our members and the general public.



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: <https://www.heroines-project.eu>

ERASMUS + European Profile for Peer Support Workers in Mental Health

At the end of 2021 the **European Profile for Peer Support Workers Programme** was completed whose aim was to develop European profiles for the role of Peer-Worker, the required skills profile, and the framework of their introduction and incorporation in mental health organisations.

During the year, the SSP P. Sakellaropoulos coordinated and implemented two projects of the Programme: the guidelines for the training and development of the peer-worker specialist position on both a national and European level. In addition, two webinars were organised for the dissemination of the projects of the Programme and the presentation of the situation in Greece (July 1st, 2021) and for the sensitisation, awareness-raising and networking on a national level for Peer Support Workers (September 23rd, 2021).



Leader: Grone Bildungszentrum für Gesundheitsund Sozialberufe gGmbH, Germany

Partners: Stichting Cordaan Group and Stichting GGZ Noord Holland Noord, the Netherlands, Sorlandet Sykehus HF, Norway, CEdu Sp. z o.o., Poland, SSP P. Sakellaropoulos, Greece

Duration: 9/2019 - 12/2021 | 24 months with an additional 4 month extension

The Programme is implemented at the Prefecture of Thrace

ERASMUS + Stage of Mind



In 2021 the **Stage of Mind (SoM)** programme began whose main aim is to offer access to people with psychosocial problems to the field of music theatre, through training and support by specialised professionals. The participants are involved in the design and production of the musical show which will be presented in three countries and three languages. This will contribute to combating the stigma of mental health disorders and will promote the social inclusion of mental health users who will coproduce and present the musical show to the general public.

The project has a two-year duration (May 2021 – April 2023) and will be implemented by six partners from the field of mental health and art in three countries.



Leader: FUNDACION INTRAS (Spain)

Partners: RAYUELA PRODUCCIONES TEATRALES S.L. (Spain), Society of Social Psychiatry P. Sakellaropoulos (Greece), Angels of Joy (Greece), Housing Association for Integrated Living (Ireland), SMASHING TIMES THEATRE COMPANY LIMITED (Ireland)

The Programme is implemented at the Central Office and the Prefecture of Attica

For more information please visit: <https://www.stageofmind-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. It focuses on the **Trauma Informed Care and Psychologically Informed Environments** models and on how these can be incorporated in the therapeutic approach for these persons.

In July 2021, an initial webinar was organised by the Psychiatric Hospital of Lisbon. In November the first face-to-face Seminar took place at the city of Cork in Ireland. This seminar focused on the concept of Trauma. Two more seminars will take place by the end of 2022.



Leader: Sophia Housing LTD Ireland

Partners: Centro Hospitalar Psiquiátrico de Lisboa Portugal, SSP P. Sakellariopoulos, 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 took an extension due to Covid-19

The Programme is implemented at the Central Office and the Prefecture of Attica



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).

During 2021, the Handbook for Professionals and the Training Program for Peer Supporters were completed and translated. The implementation of these two training programmes is planned for 2022.



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. Sakellariopoulos Greece

Duration: 09/2020 - 08/2022 | 24 month

The Programme is implemented at the Central Offices

Erasmus+ KA1 ACCEUEDU

Access and management of European funding for adult education organisations in the Mental Health Sector

The **Erasmus+ Project KA1 ACCEUEDU – Access and management of European funding for adult education organisations in the Mental Health Sector** is a project with two main aims:

- 1) the cooperation between mental health organisations in Greece
- 2) 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.

The duration of the **project is 20 months** (6/11/2020 – 4/7/2022) and two five-day education seminars will take place in English, as well as training visits at the European University of Cyprus, the Open University of Cyprus and the University of Cyprus for two persons per organisation. The first training seminar took place between the 15th and the 19th of November 2021 in Limassol. The second meeting took place between the 5th and the 8th of April 2022.



Leader: Greek Carers Network-EPIONI

Partners: Panhellenic Union for Psychosocial Rehabilitation and Work Integration-PEPSAEE, Social Cooperative Activities for Vulnerable Groups-EDRA, SSP P. Sakellariopoulos, Society of Psychosocial Research and Intervention-EPSEP, Greek Association of Alzheimer's Disease and Related Disorders (Alzheimer Hellas)

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 Programme is implemented at the Prefecture of Attica.

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



NATIONAL STRATEGIC REFERENCE FRAMEWORK PROGRAMMES

In 2020, the SSP P. Sakellariopoulos 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).

In 2021 the Programme offered services to 203 beneficiaries and implemented 4.145 therapeutic activities

Development of child psychiatric services through the enhancement of the Mobile Mental Health Unit of the Prefecture of Evros of the SSP P. Sakellariopoulos. 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.

In 2021 the Programme offered services to 116 beneficiaries and implemented 2.235 therapeutic activities

Co-financed by Greece and the European Union

PREVENTION - AWARENESS RAISING - SENSITISATION

PREVENTION
AWARENESS
RAISING
SENSITISA-
TION

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.

In 2021 a total number of 777 community sensitisation activities were implemented, which include activities at schools and local bodies, artistic and cultural events, activities for the protection of the right of people with psychosocial problems, as well as community sensitisation in cooperation with the local community.

2021 Community Sensitisation Activities	
Type of Intervention	Number of Activities
Sensitisation activities at schools	224
Art & Culture Events	31
Rights promotion activities for people with psychosocial problems	44
Collaboration with local bodies and organisations	478
Total	777

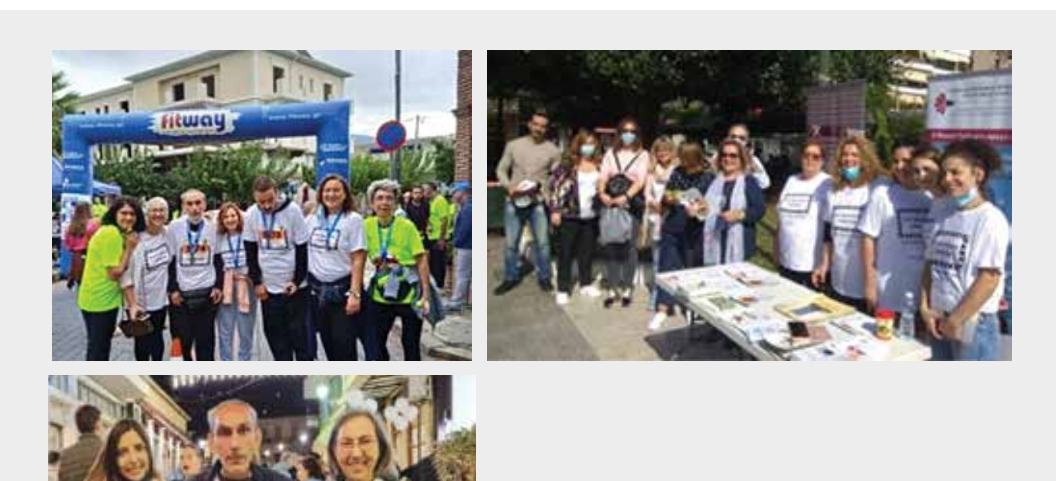
Highlights 2021



Within the framework of the Applied Art and Therapy Programmes of the Society of Social Psychiatry P. Sakellaropoulos and due to the Covid- 19 restrictions, we decided to organise an online carnival celebration, with the cooperation of all the Psychosocial Rehabilitation Units (Attica, Fokida, Fthiotida, Thrace). Our aim was the entertainment, socialisation and the reduction of the negative feelings due to the pandemic. The results were excellent and will serve as a good practice, with positive results for both the mental health service users and the therapists.



HEROINES Art Exhibition at the Municipal Regional Theater of Lamia between 08 -27 10/2021 organised within the framework of the Erasmus + Heroines Program



Community Sensitisation activities for the celebration of the World Mental Health Day

Meeting with the vice-governor of the Prefecture of Fokida Mr. Georgios Delmouzos, regarding the publication of the Fairy Tale "Phoebus, the Delphic myths and Covid"





*The Art Groups
in action*



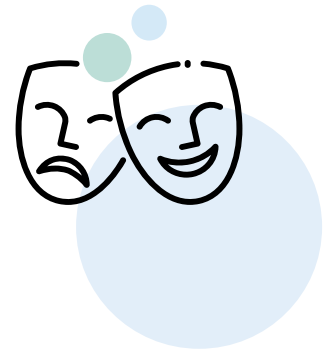
*October 2021
Participation at the annual race against
breast cancer - Race for the Cure*



*4th Art for Mental Health Festival entitled
"The Art of Love – Changing Perception"*

*18.12.2021
Online Christmas event of
the SSP P. Sakellaropoulos
at the Prefecture of Fokida*





3rd Forum "Panayiotis Sakellaropoulos"

Art and Mental Health "Social Psychiatry & Mental Health Dialogues"

On Saturday, November 13th 2021, the Society of Social Psychiatry P. Sakellaropoulos (SSP PP. Sakellaropoulos) in cooperation with DANCE DIGITALIZE-The 3D project, organised the **3rd Forum "Panayiotis Sakellaropoulos - Social Psychiatry & Mental Health Dialogues"**. The topic of this year's Forum was '**Art and Mental Health**'.

The Forum is an annual event in the memory of Professor of Psychiatry - Child Psychiatry Panayiotis Sakellaropoulos, which aims to bring together the scientific community and all those interested in mental health issues, in order to develop an open dialogue on the development and completion of a viable psychiatric reform.

The health crisis we have been experiencing for the last two years due to the COVID-19 pandemic and the recent experience of confinement and social alienation has been a collective psychologically stressful condition. During the period of imposed social isolation, the contact with Art served as an antidote to incarceration and provided a way out of loneliness. Improving the quality of life is, after all, a key function of Art over time.



With these thoughts in mind, at this year's Forum, mental health professionals, academics, service users and artists, discussed a range of topics related to Art and Mental Health, such as: What has Man been looking for in the expression through art over time and how does the aesthetic result come about? What are the functions that support it and how are they utilised, in order for the person to communicate, to balance, and to heal?

How do art programs work as a means of multifaceted and comprehensive mental health care for the entire population? What are the common areas, the differences and the dynamics of Art, whether we are talking about a closed therapeutic action through art, or a work of art presented to the general public?



OCTOBER 10, 2021

World Mental Health Day

Campaign

"Labels are not for people"

In order to celebrate the **World Mental Health Day – October 10th**, the **Society of Social Psychiatry P. Sakellaropoulos** created a campaign within the framework of the Programme **"Erasing Stigma. Upon our Word"** with the central message: **Labels are not for People**, in order to highlight the pressing need to combat the stigma surrounding mental health problems.

The aim of the message was to draw attention to the common stereotypes associated with mental health services that prevent many people from seeking the necessary and valuable help of mental health professionals when they need support.

In the spot which was created with the participation of the renowned actor Vassili Koukalani, the hero, who is facing psychological pressure and discomfort, decides to call a mental health service, to seek help. This fact provokes the negative reaction of the social environment, which hangs a label with the word "crazy" on this person. In this way, the spot highlighted the particularly important problem of "labeling" faced by people with psychosocial problems, which hinders the prevention and timely treatment of mental health problems and leads to social isolation.



Living and Learning Together

Sensitisation, Prevention and Enhancement of Psychological Resilience in School Communities

At the SSP P. Sakellaropoulos, we strongly defend our firm belief that the shift to prevention and early psychological intervention services with a holistic philosophy that includes supportive, protective factors, such as strengthening psychological resilience, is imperative for the school community.

As part of our long-term contribution to the school community, in 2021 the implementation of the multidimensional program **“Living and Learning Together”** which is designed for the prevention, awareness-raising, education, intervention and promotion of mental health, continued in the areas of Attica, Fokida, Fthiotida and Rodopi-Evros. Focusing on enhancing the mental health resilience of children, adolescents and their teachers, the programme utilised the human resources of the school units, creating a chain of prevention, empowerment and protection of mental health, in line with the COVID-19 health and safety measures.



RIGHTS PROTECTION – EMPOWERMENT ACTIVITIES – SELF-ADVOCACY

RIGHTS PRO-
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CACY



EEA GRANTS / Active citizens fund *Erasing Stigma. Upon our Word.*

Aim of the project

To strengthen advocacy for people with psychosocial difficulties as well as help reduce the reproduction of stigma in media and public discourse, by providing advocacy tools, and promoting the use of correct language in order to break down stereotypes, avoid dangerous generalisations which lead to exclusion and enhance the respect of the rights of people with psychosocial problems.

Activities Implemented

Research / Development of Training & Sensitisation Tools/ Training Seminars / Campaign / Recommendations for institutional change / mobilisation and strengthening of this field / lobbying.

In 2021 we continued the implementation of the advocacy project "Erasing Stigma. Upon our Word." which entered its second year. During this year we organised a number of successful activities for combating mental health stigma.

The culmination of these actions was the spot of the campaign entitled "Labels are not for people." which was created within the framework of the World Mental Health Day-October 10, 2021. This was reproduced in a large number of social networks and Media websites. In addition, in December 2021, the first seminar for Media Professionals was organised and at the same time in cooperation with the

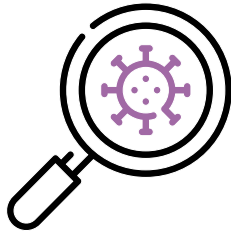
Themistocles and Dimitris Tsatsos Foundation – Centre for European Constitutional Law (CECL) recommendations and proposals were drafted regarding changing outdated codes of conduct for journalists' associations and public documents. The results of this research were used for the collection of signatures, and will subsequently be submitted to the competent bodies.

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: <https://svinoumetostigma.gr/>





Research for strengthening the resilience of mental health service users during the COVID-19 pandemic

During the first half of 2021 a panhellenic research was launched entitled:
Research for strengthening the resilience of mental health service users during the COVID-19 pandemic from the Society of Social Psychiatry P. Sakellaropoulos.

Dr. Vassiliki Yotsidi, Assistant Professor of Clinical Psychology at Panteion University of Social & Political Sciences, is the scientific supervisor and coordinator of the research team which includes experienced mental health professionals of the SSP P. Sakellaropoulos, in the field of community mental health services in the Prefecture of Attica, Fokida, Fthiotida and Rodopi – Evros.

This research effort responds to the need for the continuous optimisation of the mental health services provided, in order to ensure that they promote personal empowerment and adapt effectively to the requirements and challenges of each specific period. The research will develop specific suggestions and intervention tools for individuals and groups who have increased needs for psychological and psychiatric support in times of crisis and also further enrich the knowledge gained from previous research in this area (Yotsidi et al., 2018).

Implemented with the coordination of the Central Office in all the Prefectures where the SSP P. Sakellaropoulos offers its services.



Partnerships - Networking

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. Following this, it is important that the Mobile Mental Health Units are officially recognised as a good practice. *

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.**

An employee of the SSP P. Sakellaropoulos is a member of the **Technical Mental Health and Psychosocial Working Group-MHPSS WG** implemented under the auspices of the **UN High Commissioner for Refugees in Greece**, under the coordination of the "Babel" Day Center.

The aim of the Working Group is to create a network of communication, cooperation and interconnection among organisations operating in Greece, for the psychosocial support of refugees.

An employee of the SSP P. Sakellaropoulos participates as an expert at the **Health Cluster of FEANTSA** (European Federation of National Organisations Working with the Homeless).

* www.coe.int/en/web/bioethics/community-based-initiatives

Publication of personal stories at the Journal 'Narrative Inquiry in Bioethics'

The Journal Narrative Inquiry in Bioethics (NIB), published in December two personal stories of service users of the SSP P. Sakellaropoulos. The journal is published by **Johns Hopkins University Press** on behalf of the **Foundation for Narrative Inquiry in Bioethics**.

The stories published are those of Konstantinos M. from Fokida (Central Greece) and Nikos K. from Thrace (Northern Greece), who cooperated with the journal in order to share their experiences regarding the mental health challenges they face and the ways in which they manage these. NIB offers a forum for exploring contemporary issues in bioethics, through the publication and analysis of personal stories, research articles and case studies.



Thoughts and experiences

by the members of the SSP P. Sakellaropoulos

The coronavirus period has made it very difficult to communicate with our family and friends. Meetings with relatives and friends are not frequent and unfortunately many times are only done by phone. But in this way the essential contact is lost.

I feel that I receive the support that I need, that they understand me and love me.

I would like more equality, discussion and respect in the subject of medication as well as in the rest of the treatment framework.

Sometimes I get tired of everyday life and I also have a lot of stress. When I do not want to do certain things, I often think of other people's efforts. I am moved by the courage of the Greek people to do certain things. It makes me try harder.

I want to get better and succeed with the help of my therapists and with my personal effort to find a job and live in a less protected environment. That's all I want.

I find it difficult to handle the computer and the technology that has entered my life mainly in the pandemic. I need more training.

Do not just ask us how our life is inside our units. We have a life outside of them, in the community. Ask us about our hobbies, music, sports, all our activities outside the homes we live in.

I feel safe that I will have the care I need even if changes are made inside and outside the organisation. The administration protects us, and the therapists understand our needs and give us the time we need.

Publicity - Communication Activities



October 10, 2021
World Mental Health Day

Spot "Labels are not for People"

Awareness-raising campaign within the framework of the World Mental Health Day. The video of the campaign was created within the framework of the programme "Erasing Stigma. Upon our Word." and had 4.361 views at the YouTube Channel.

November 2021 **ERT (Hellenic Broadcasting Corporation) Interview**

Irene Dimopoulou, Clinical Psychologist at the Day Centre for the Psychological Support of Patients with Cancer discussed gave an interview to the journalist Alexandra Kaimenou, on the TV Show "Me nea matia" (A new perspective) regarding the World Breast Cancer Awareness Day.



October 2021 **ERT (Hellenic Broadcasting Corporation) Interview**

Eftyhia Artemi, Social Worker – Psychotherapist at the Day Centre for the Psychological Support of Patients with Cancer gave an interview to the journalists Christina Vidou and Kostas Papachlimitzos on the TV Show "Syndeseis" (Connections) regarding the World Breast Cancer Awareness Day.

October 2021 **Star Central Greece TV Channel Interview**

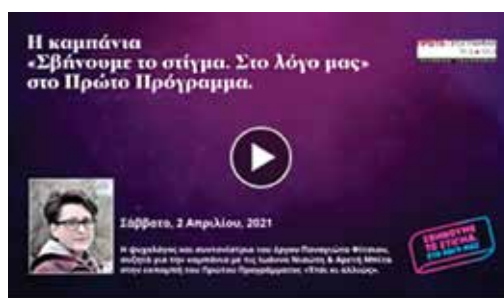
Panagiota Fitisou, Clinical Psychologist and Coordinator of the project "Erasing Stigma. Upon our Word." gave an interview to the journalist Lena Parakseva regarding the campaign "Labels are not for People".



June 2021

THRACE NET Channel Interview

On the occasion of the World Parents Day (June 1st) **Anna Tsiakiri**, Psychologist at the Society of Social Psychiatry P. Sakellaropoulos, gave an interview to the journalist Marina Kondyli.



April 2021

Radio Interview

Panagiota Fitisou, Clinical Psychologist and Coordinator of the project "Erasing Stigma. Upon our Word." gave an interview to the journalists Areti Biti and Ioanna Niaoti, regarding the project and combating stigma.

Publications in Electronic and Print Media



RESEARCH, EDUCATION & TRAINING

RESEARCH
EDUCATION
&
TRAINING



Research: COVID-19 Pandemic. What does our mask hide?

The Society of Social Psychiatry P. Sakellaropoulos, being aware of the magnitude of the consequences of the unprecedented health crisis that we are experiencing on an individual, social and psychological level, prepared during the first half of 2021, a nationwide study entitled: **COVID-19 Pandemic. What does our mask hide?**

The research team consisted mainly of associates who are part of the interdisciplinary team of the programme implemented at the School Communities in 5 Prefectures of the country (Attica, Fokida, Fthiotida, Rodopi, Evros), with the approval of the Ministry of Health.

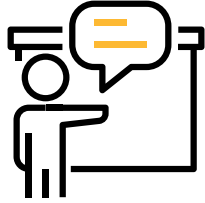
The research consisted of a survey questionnaire which was sent electronically. The data was collected anonymously from a total of 945 respondents who completed the questionnaire between February and April 2021.

The purpose of the research effort was to investigate the impact of the COVID-19 pandemic and the mental health resilience exhibited by various population groups during this health crisis and the accompanying restrictive safety measures imposed.

In this context, data regarding the reflexes and resistance that developed individually and collectively, at the level of society, family, and school community during the pandemic were collected, contributing to the scientific study of the unprecedented period and addressing its social and psychological impact.

The research was addressed to the general population with a special, separate unit for primary and secondary school teachers in order to investigate the effect of the structural changes which were implemented such as online learning, which was applied horizontally for the first time in our country.

The valuable conclusions and the detailed results of this research study are expected to be published in scientific conferences, seminars and publications, which will be announced at the website of the SSP P. Sakellaropoulos.



Employee Training In-service training

In 2021, the employees of the SSP P. Sakellariopoulos participated at **57 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 Organisations, Mental Health Europe, European Disability Forum, and others.

Employee Training Offered to collaborating Organisations

Regarding the training provided to other organisations, a total of 20 seminars were conducted by associates of the services of Fokida Prefecture, for the medical staff of the general hospitals of Fokida, Livadia, Thebes and Karpenissi. The seminars were implemented within the framework of the COVID-19 program run by associates of the services of Fokida, in order to support the population to manage the effects of the pandemic. The seminars had a psychoeducational character covering topics such as depression, stress management in crisis situations, mental health resilience and self-care.

Participation in Conferences

Participation in **two Panhellenic Conferences:**

- 29th Panhellenic Psychiatric Conference, 10-13 June 2021
(2 round tables, one announcement and 8 e-posters)
- 14th Panhellenic Conference of Logopedists – 1st International Conference of Speech Therapy, 28-30 May 2021
(1 announcement and 1 e-poster)



Cooperation Agreement with Group Psychoanalysis Societies

The Society of Social Psychiatry P. Sakellaropoulos, continued in 2021 its long-term agreement of cooperation 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, 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 2021, four therapy groups were designed and implemented within the framework of the services of the Attica Unit with the participation of six trainee analysts.

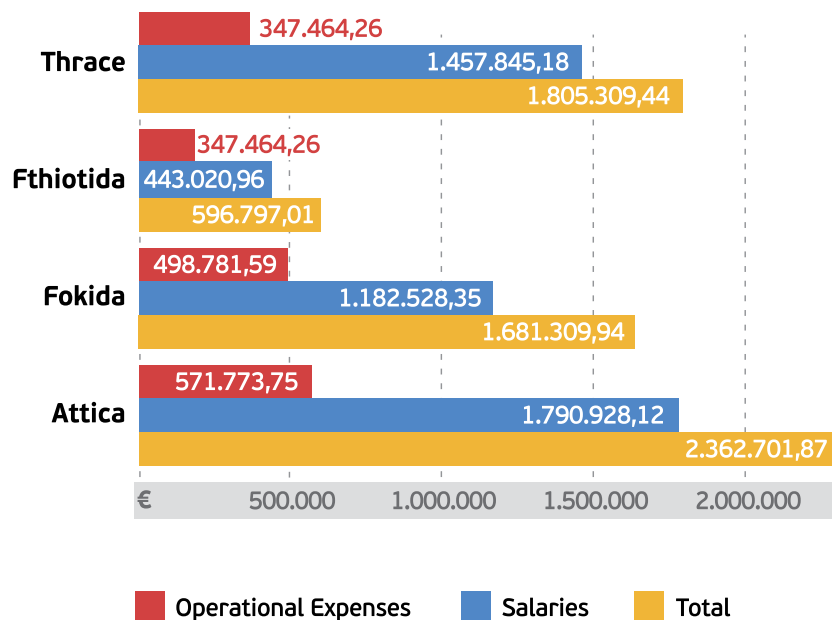
FINANCIAL DATA

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Budget 2021

Ministry of Health Units' Funding	€5.953.608,87
Other projects	€300.000,00
Total	€6.253.608,87

2021 Financial Review



2021 Funding Sources

Ministry of Health Funding	€5.459.094,00
National Organisation for Healthcare Services (EOPYY)	€697.925,42
ERASMUS+ Programmes	€123.624,00
NSRF Programmes	€136.000,00
Donations	€2.945,39
Total	€6.419.589,81



The services of the Mental Health Units of the Society of Social Psychiatry P. Sakellaropoulos are free of charge and are funded by the budget of the Greek Ministry of Health.



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 service users 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 to open and humane modern therapeutic units in 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]

