



Society of Social Psychiatry
P. Sakellaropoulos

40 YEARS
EMPOWERING
PEOPLE &
COMMUNITIES



Society of Social Psychiatry P. Sakellaropoulos – 2022 Annual Report

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CONTENTS

- 04. Message from the President of the Society of Social Psychiatry P. Sakellaropoulos
- 05. Society of Social Psychiatry P. Sakellaropoulos: Our Identity
- 09. Governance
- 09. The Organisation in numbers
- 10. Top 100 Women in Social Enterprise Award - Dr. Athina Fragkouli - Sakellaropoulou

TIMELY INTERVENTION – THERAPY – REHABILITATION

- 12. Day Centers and Mobile Mental Health Units
- 13. Day Center for people with psychosocial problems, Attica Prefecture
- 14. Day center for the psychological support of patients with cancer, Attica Prefecture
- 15. Day Center for children, adolescents and adults, Fokida Prefecture
- 17. Psychosocial Rehabilitation Units
- 18. In the words of the tenants...
- 20. Pre-Vocational and Vocational Training Programme
- 22. Collaborations - Networking
- 24. Covid-19 Support Helpline 10306
- 25. Programme "No one left alone during the pandemic"
- 26. Psychosocial Support in Northern Evia
- 28. European Programmes
- 35. Justice Programme: Child friendly justice in the Greek and Cypriot courts
- 36. NSRF Programmes 2014-2020

PREVENTION – AWARENESS RAISING – SENSITISATION

- 38. Community Sensitisation Activities
- 39. Snapshots 2022
- 44. 4th Forum Panayiotis Sakellaropoulos "Social Psychiatry & Mental Health Dialogues"
- 48. October 10th, 2022 – World Mental Health Day
- 49. Intervention at Schools "Living and Learning Together"

RIGHTS PROTECTION – EMPOWERMENT ACTIVITIES – SELF-ADVOCACY

- 51. New Empowerment, Advocacy and Recovery Office
- 52. EEA GRANTS – "Erasing Stigma. Upon our Word"
- 53. Publicity – Communication Activities

RESEARCH – EDUCATION & TRAINING

- 57. Research for the enhancement of the resilience of mental health users
- 58. Staff Training
- 60. Cooperations with Group Analysis Societies

- 62. FINANCIAL DATA

2022

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

Dr. Athina Fragkouli – Sakellaropoulou

In 2022 our work was inspired by the feeling and awareness of the 40 years of operation of the Society of Social Psychiatry P. Sakellaropoulos, culminating in the organisation of the **4th Forum entitled "Psychiatric Reform: Back to the Future"**. A need, and a goal, to continue to actively implement the vision of the pioneers of the Psychiatric Reform of the 1980s: Sectorisation of mental health services, where each sector includes Psychiatric Departments in General Hospitals, Mobile Mental Health Units for children and adults, Day Hospitals, Care at Home, Mental Health Centres, Medical Education Centres, Psychosocial Rehabilitation Units, Social Cooperatives, Specialised Centres depending on the needs arising in the Community. All with an orientation towards the promotion of the mental health of the population, prevention services for children and adolescents, recovery and meaningful inclusion, with the active participation of the people who face mental health challenges.

- The training and care of the Therapists and the Workers within a framework of defending the rights of vulnerable citizens, with respect, appreciation and ethics, continued to be a priority and the main goal of our operation.
- The employees of the SSP P. Sakellaropoulos, consistent in their mission, firm in their roles and in line with the philosophy and principles of the organisation's work culture, are trained and learn to deal with multiple crises, adopting specific strategies and practices. The conditions are difficult, the situations demanding, and therefore special attention is given to the care of the staff, with the aim of supporting the employees in managing the multifaceted challenges of their work.
- We continued to work in coordination with other organisations, local, national, European, in a network of complementary services, cooperating and communicating with each other, to address the challenges in the field of mental health.

Our responsiveness to the challenges faced by the community was based both on the application of the three-pillar methodology: **Psychoanalytic Prism - Social Psychiatry - Action Research**, as well as the principles of solidarity and equality.

Throughout the year there was constant, coordinated and effective cooperation and support from the office of the Deputy Minister of Health, Responsible for Mental Health issues, Ms. Zoi Rapti and the Director and colleagues of the Mental Health Directorate of the Ministry of Health.

In order to effectively deal with all the issues that were presented, the cooperation with the Federation of Mental Health Organisations ARGO was also particularly important and effective. At the same time, we continued our collaboration with the Ministry of Education and Religious Affairs and the Institute of Educational Policy (IEP) and our work with the school units, in the context of Prevention, Community Sensitisation and our activities for the Empowerment and Awareness Raising among Students - Teachers - Parents.

We wish all our readers health, strength and optimism for the future.



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, SMES Europa, EUCOMS.

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, EUCOMS
- **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, which is elected every three years. A scientific committee works in cooperation with the Board of Directors.

The Members of the Board

On January 31, 2022, a General Assembly of the Society of Social Psychiatry P. Sakellaropoulos took place during which the nominations for the election of a new Board were held, the composition of which is:



ATHINA FRAGKOULI –
SAKELLAROPOULOU
PRESIDENT



DIMITRIOS
SAKELLARIS
VICE PRESIDENT



CHARALAMBOS
PAPAIOANNOU
GENERAL SECRETARY



AKATERINI
MYLONOPOULOU
TREASURER



CALLIOPE
MAVRATZOTOU
MEMBER



VASSILIOS
ALEXANDRIS
MEMBER



DIMITRIOS
KYRIAZIS
MEMBER



MILTIADES
LIVADITIS
MEMBER

The Organisation in Numbers



5

Prefectures
Attica, Fokida, Fthiotida,
Evros - Rodopi



35

Mental Health
Units



242

Employees



39

Student
Internships



35

Volunteers



3.435

Mental Health
Service Users



62.525

Therapeutic
Activities

Honorary Award for the President of the Society of Social Psychiatry P. Sakellaropoulos

Dr. Athina Fragkouli – Sakellaropoulou among the Top 100 Women in Social Enterprise 2022

Dr. Athina Fragkouli - Sakellaropoulou, President of the Board of the Society of Social Psychiatry P. Sakellaropoulos, was selected on the list of Euclid Network Top 100 Women in Social Enterprise 2022. This is a particularly honorable distinction, and at the same time a recognition of her important work and contribution in the field of mental health. Dr. Athina Fragkouli - Sakellaropoulou has worked in the field of speech and language therapy and community mental health services for over forty years and has contributed significantly to the promotion of Greece's psychiatric reform, the de-institutionalisation of patients from large psychiatric hospitals to community residential units, as well as the social integration and professional rehabilitation of people with psychosocial problems, the establishment of speech and language therapy services, on both a national and European level. She is also the President of the Executive Committee of the Institute of Mental Health for Children and Adults located in Kallithea Attica.



The list was published on March 8, on International Women's Day, and includes women who have dedicated their lives and careers to creating a positive social and/or environmental impact.

In a statement by Dr. Fragkouli - Sakellaropoulou, she underlines that the driving force behind her work is *"to restore the dignity, respect and recognition in the lives of people with psychosocial problems, which has almost been lost in the darkness of humiliation still experienced by vulnerable groups. In the next decade there should be a smart coordination between the United Nations Sustainable Development Goals and the environmental, social and corporate governance (ESG) goals set by the organisations. My wish for the younger generation of women is that they feel confident and free to improvise and innovate."*

The background features a solid light blue color with several overlapping geometric shapes. On the left, there is a vertical bar in a darker blue. Below it, a large, dark purple shape overlaps the light blue background. In the center, a large, rounded rectangle in a medium blue color contains the text. Below this rectangle, there is a light blue shape that resembles a speech bubble or a document page with a folded corner. On the right side, another dark blue shape overlaps the light blue background.

Timely Intervention Therapy Rehabilitation

Day Centers and Mobile Mental Health Units

	Mobile Mental Health Units		Day Centres			Total SSP
	Fokida	Evros-Rodopi	for People with Psychosocial Problems, Attica	for the Psychological Support of Patients with Cancer, Attica	Children, Adolescents and Adults, Fokida	
Beneficiaries	705	1.160	385	469	158	2.877
New Beneficiaries	233	405	117	218	35	1.008
Therapeutic Actions (Personal)	8.697	8.859	5.956	8.214	3.500	35.226
Therapeutic Actions (Group)			255		560	815

Mobile Mental Health Units

The **Mobile Mental Health Units** 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 main objectives of the Mobile Units are:

- The **prevention, diagnosis and 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 **defence of patients' rights** and the **promotion of advocacy**
- **Crisis intervention and support provision** at the patient's home
- The **education and training** of mental health professionals and other community groups
- **Awareness-raising and sensitisation** of the population on mental health issues

The **interdisciplinary team of the Mobile Mental Health Units (MMHUs)** consists of psychiatrists, child psychiatrists, psychologists, social workers, speech and language therapists, nurses...

The SSP P. Sakellaropoulos **operates two Mobile Mental Health Units** at the **Prefectures of Fokida (Central Greece and Evros-Rodopi (Northern Greece))**.



For a detailed information on the MMHU's activities in 2022, please visit:
<https://ekpse.gr/MMHUs.pdf>

“ 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, provides free psychosocial support services for adults with mental disorders who live in the municipalities of Kallithea, Nea Smyrni, Moschato-Tavros.

During its ten years of operation, it has served more than 1,700 persons.

During 2022, the Day Centre:

- Offered **psychosocial support services to 385 people.**
- Offered services to **117 new service users.**
- Received telephone requests from an **additional 100 people**, who were referred to other mental health services.

The Day Centre's services include psychological support and psychotherapy, psychiatric monitoring, social welfare support and counselling support for caregivers of people with psychosocial problems. In addition to the individual interventions **group psychotherapy groups and psychological support groups** are provided.

In addition, as part of the rehabilitation services, the Centre operates a **Social Club** and a **Socialisation Programme**, which includes discussion groups, art therapy groups (e.g. Poetry, Theatre) and recreational and cultural groups. This Socialisation Programme targets people with psychosocial problems and aims at their equal inclusion in the community.

During the previous year, in addition to the therapeutic services, the multidisciplinary team of the Day Centre participated very actively in:

- Networking activities with other health and social care services in the community.
- Awareness-raising and Community Sensitisation activities through the active participation at the Local Group for the Promotion of Mental Health in N. Smyrni and Kallithea.
- Activities to promote mental health in the community (participation at the Health and Prevention Week of the Municipality of Nea Smyrni).

Mental health professionals are also trained during the year, including psychology students (undergraduate and postgraduate), Social Work students, trainee group analysis therapists and volunteers.

The services of the Day Centre for People with Psychosocial Problems are exclusively financed by the Ministry of Health and are provided to people over the age of 18 who live in the municipalities of Kallithea, Nea Smyrni, Moschato-Tavros.





“Day centre for the **Psychological Support of Patients with Cancer**”

The **Day Centre for the Psychological Support of Patients with Cancer** of the Society of Social Psychiatry P. Sakellaropoulos for more than 20 years offers free psychological support services to people with cancer and their families.

The goal is to help cancer patients to respond to the changes and difficulties brought about by the disease on an emotional and practical level, and to support the family environment of the patients, who often take up a large part of their care, with appropriate counselling. The Day Centre provides a wide range of specialised psychosocial services which include individual and family counselling, psychiatric follow-up, individual and group psychotherapy, relaxation techniques, dance therapy and social services. At the same time, it provides supervision and training to health professionals who work with oncology patients, as well as to young professionals and students and organises awareness – raising activities.

In 2022, a total of **8,214 therapeutic sessions** took place for **469 beneficiaries** (including 218 new service users). The majority of the sessions concern patients with cancer at a rate of 75%, while the remaining 25% concerns support offered to the patients' family. The largest percentage (78%) of people who receive the services of the Day Centre are women, but it is worth noting that the percentage of men seeking help is increasing compared to previous years. The most common diagnosis among the Day Centre's beneficiaries is breast cancer, at a rate of 40%. This is followed by gynecological cancers with a percentage of 10% and lung cancer with a percentage of 9%.



Day Centre for children, adolescents and adults, Fokida Prefecture

The Day Center 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. The services provided include psychiatric assessment, the design of personalised programmes for each child-adolescent-adult, differentiated according to the needs of the individual and the family, social and employment rehabilitation services, as well as activities for the promotion of mental health and equal opportunities of the beneficiaries and their families.


In total, 3,498 individual therapeutic interventions and 560 groups were carried out in 2022. Most of them were conducted in person and 655 sessions were done by phone and/or online. In total, 161 people received evaluation and follow-up, including 38 new service users.

The largest percentage of therapeutic actions, at an individual level, concern child psychiatric assessment – monitoring, cooperation with the family, parental counselling, speech and language therapy, occupational therapy, psychopedagogical actions, art therapy, special education, and socialisation activities. In group sessions, emphasis was placed on strengthening daily life skills, expression, communication and movement.

In particular, with regard to young adults with disabilities, the treatment of their psychosocial difficulties, vocational training and rehabilitation, as well as the development of skills to achieve semi-autonomous living.

At the same time, the operation of the psychological support programme to deal with the effects of the Covid-19 pandemic continued, involving the networking with health units and other social services providers psychoeducation, (both in-person and online), as well as Community Sensitisation Activities.





The Day Centre cooperated with the school units for the implementation of prevention actions for students, teachers and parents. In addition, the Day Centre continued the communication-cooperation with other local bodies. Throughout the year, targeted information and awareness-raising actions were implemented with the aim of networking and communicating the work of the Day Centre, and at the same time eliminating social stigma, prevention and promotion of mental health.

It is worth mentioning the publication of the children's book "Phoebus and the Delphic Myths during the Corona Virus" with drawings from our beneficiaries. Valuable allies are the Association of Parents and Friends of Children with Disabilities of Fokida and the Regional Unit of Fokida.

In collaboration with the Parents Association of the Pre-Schools of Amfissa, an awareness raising event was organised entitled: "The child, his body and others. Boundaries and touch".

During the summer months and culminating in August, the staff actively implemented the "Playground Programme" in local villages, with the collaboration of the Ministry of Education.

The Day Centre participated actively at the anniversary, Forum of the SSP P. Sakellaropoulos entitled "40 years of services in the Prefecture of Fokida". At the research level, the Day Centre participated at the 3rd Panhellenic Conference of School Psychology, with an oral presentation "Floating Harbor Syndrome: The value of the cooperation of experts - school - family" and a workshop "I care and I am taken care of: the management of emotions in a changing world".

Finally, the Day Centre organised the event "Game Machine", with the main axis being the revival of old traditional games. This event will continue in the future and involves the synergy of the SSP P. Sakellaropoulos with local associations under the auspices of the Municipality of Delphi and the local municipal community of Amfissa, involving participants of all ages, children, adolescents, adults, elderly with their unique skills.

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. They are houses with a therapeutic and rehabilitative function. The Society of Social Psychiatry P. Sakellaropoulos, operates a total of 29 Psychosocial Rehabilitation Units (Hostels and Protected Apartments) in the following cities: Attica, Alexandroupolis, Amfissa and Lamia. People with mental health disorders and psychosocial difficulties live in the Psychosocial Rehabilitation Units.

What are their operational goals?

Quality of life with personal meaning for the residents despite the effects of their disorder

Comprehensive care for the individuals' needs

Empowerment in all areas of life

Active inclusion in the operation of the unit, and the Organisation

Social integration



6

Residential
Houses



23

Protected
Apartments



177

people*
Capacity



181

Beneficiaries

* includes 2 temporary accommodation places

Clinical Rehabilitation Activities 2022

Number of Therapeutic Activities

Residential Houses: 10.312 | Protected Apartments: 8.780 | Total: 19.092





“

The conversation, the dialogue and the activities that take place make me feel better, give me security and fill my void.

”

“

Humanity and understanding from therapists and between us is important.

“

*I want to buy a canary.
I want better quality and variety in food.*

”

“

I would like to participate more actively in the running of the house, to have my opinion heard more in decisions.

”

In the words of our tenants...

I am satisfied that I can anonymously evaluate my unit and the therapists through the questionnaire.

I would like to go on vacation for more days and with less money. To make more trips in the winter.

The care I receive makes me feel equal.

We need more money to meet our needs. Maybe we should save more and contribute more to the weekly house shopping.

I would like more outings in the community and more freedom to go where I want.

To support ourselves more, so that more people from the units can find work.

I am satisfied with the care I have received. I don't want to change where I live.

I feel that my unit is not well known in the community. Information through television and the internet is important for the reintegration of people with mental disorders.

I would like some form of paid work. I would like to be able to offer something and feel useful.

I try to talk to people in the community about fighting stigma. I have the courage to speak my mind freely.

Pre-Vocational and Vocational Training Programmes

Fokida – Central Greece

The Pre-Vocational & Vocational Training Programmes' main aim is the social reintegration of people with psychosocial problems through therapy and vocational training.

The Permind cultivation method has now been adopted in our garden. Tenants from the Protected Apartments, the Residential Houses of Fokida, as well as the Mobile Mental Health Unit participate every day.

The tenants, through the production and sale of the products, had the opportunity to get in touch with the community and its various services (e.g. Municipality, etc.). Students and teachers from the Department of Agriculture of the Vocational High School of Amfissa (EPAL) visited us and we had the chance to demonstrate the Permind method.

In addition, within the framework of the implementation of the **Erasmus+ Programme "Break-through for Resilience: People, Places and Communities / Discovering Resilience: People, Places and Communities"** we created videos illustrating the cultivation method and our tenants' daily employment life on the field. Throughout the year the tenants participated actively in the presentation of our garden in training meetings with other local bodies and also internally in Organisation.

In addition, they participated in awareness-raising activities regarding environmental issues (tree planting, beach cleaning, etc.).

The active participation of the tenants has helped them to be empowered and feel proud of their work and the produced work they offer.





Thrace – Northern Greece

The **Pre-Vocational and Vocational Training Programme** in agricultural work in Thrace entitled **“The Field”** operates as a protected training space in employment skills for people with psycho-social problems, who receive mental health services in the wider area of Alexandroupolis. Farming was chosen as the subject of their basic education, both because working with the land has therapeutic effects, as well as because the majority of members come from farming families in the area.

Leaving behind the strict health and safety measures regarding Covid-19 and having resumed our previous operation, during the first months of 2022 the new operating license of the Unit came into force, with an increase in capacity from nine to fourteen members. This fact gave a new impetus to the group, which welcomed new members, increased its production, invested in new equipment, organised its daily life in a new routine, with extroversion as a central pillar, carried out a peer to peer training programme, related to daily practice in the workplace and re-introduced the weekly group meeting of the members, where all members have the space to express their opinions, questions, difficulties and ideas.



Number of members: **20** | Community Sensitisation Activities: **47**



CLINICAL WORK

76

Members'
Progress
Evaluation

36

Employment
Support Group
Meetings

52

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 «ΑΡΓΟ»

ARGO

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



ΙΝΣΤΙΤΟΥΤΟ
ΨΥΧΙΚΗΣ ΥΓΕΙΑΣ
ΠΑΙΔΙΩΝ & ΕΦΗΒΩΝ
ΠΕΛΑΓΕΛΛΑΡΧΕΟΥΣ

INPSY

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



Greek Housing Network

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

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



PYXIDA
Mental Health Activities
Cooperative



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



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

ELIAMEP in partnership with the Icelandic Human Rights Center (ICEHR) Participation in the two-year project:
"Creating a Network of Civil Society Organizations and Groups in the Framework of the UN Sustainable Development Goals"
implemented in the context of the Active Citizens Fund program, (funded by Iceland, Liechtenstein and Norway – Fund Oper-
ators in Greece: Bodossaki Foundation and SolidarityNow).

Collaborations Europe

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

Member 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

A member of EUCOMS Network of Community Mental Health Services Organisations



ASKLEPIOS

www.foundationasklepios.eu



Mental Health Europe

www.mhe-sme.org



Mental Health Europe

www.socialfirmseurope.org



European Disability Forum

www.edf-feph.org



SMES Europa

www.smes-europa.org



European Disability Forum

www.eucoms.net

10306

National Psychosocial Support Helpline

The National Psychosocial Support Helpline 10306 started its operation in April 2020, as an initiative of the Medical School of the National Kapodistrian University of Athens (First University Psychiatric Clinic of Eginition Hospital) and the Ministry of Health - General Secretariat of Public Health and was implemented in collaboration with the ARGO Federation of Mental Health Organisations, the National Center for Social Solidarity (EKKA), and the Organisation "The Smile of the Child".

This is an important initiative that aims to support citizens who are experiencing the negative psychological and social consequences of the pandemic, **receiving help from specialised mental health professionals.**

The mental health professionals of the Society of Social Psychiatry P. Sakellaropoulos have been involved in the operation of the Helpline 10306 since the beginning of its operation, offering psychosocial support to citizens in need.



Ε.Κ.Π.Α.
Α' Ψυχιατρική Κλινική



ΙΔΡΥΜΑ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ
STAVROS NIARCHOS
FOUNDATION



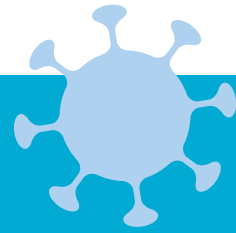
ΥΠΟΥΡΓΕΙΟ ΥΓΕΙΑΣ



ΟΜΟΣΠΟΝΔΙΑ ΦΟΡΕΩΝ
ΨΥΧΟΚΟΙΝΩΝΙΚΗΣ
ΑΠΟΚΑΤΑΣΤΑΣΗΣ ΚΑΙ
ΨΥΧΙΚΗΣ ΥΓΕΙΑΣ «ΑΡΓΟ»

"NO ONE ALONE IN THE PANDEMIC"

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



In January 2021, the Society of Social Psychiatry P. Sakellariopoulos (Fokida Prefecture) with the funding of the Ministry of Health, undertook the design and implementation of the **Psychosocial Support Programme "No one Alone in the Pandemic"** for dealing with the effects of the Covid-19 pandemic.

This Psychosocial Support Programme concerns patients with Covid-19, their relatives, as well as those particularly affected by the effects of the pandemic (patients with chronic illnesses, vulnerable 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 is implemented nationwide by 25 Day Centers and Mobile Mental Health Units with the funding, coordination and supervision of the Ministry of Health and the cooperation of the ARGO the Federation of Mental Health Organisations.

In the Prefecture of Fokida, the Programme is implemented by the Day Centre for children, adolescents and adults of the SSP P. Sakellariopoulos which is a reference unit for four General Hospitals, (Amfissa, Livadia, Karpenisi and Thiva) and direct beneficiaries the population of the Prefecture of Fokida that is affected by the effects of pandemic.

Since November 2022 the Programme is funded by the Recovery and Resilience Fund and has been extended until July 2024.

Data for the year 2022

Beneficiaries: 100 | Therapeutic activities: 1.118 | Community Sensitisation Activities: 382



ΟΜΟΣΠΟΝΔΙΑ ΦΟΡΕΩΝ
ΨΥΧΟΚΟΙΝΩΝΙΚΗΣ
ΑΠΟΚΑΤΑΣΤΑΣΗΣ ΚΑΙ
ΨΥΧΙΚΗΣ ΥΓΕΙΑΣ «ΑΡΓΟ»



Εταιρία Κοινωνικής Ψυχιατρικής
Π. Σακελλαρόπουλος



ΥΠΟΥΡΓΕΙΟ ΥΓΕΙΑΣ



12/04/2022

"ANTI-WAR WORKSHOP" for the psychoeducation of children around non-violent communication and anger management.

Psychosocial Support in Northern Evia

With the end of the voluntary intervention for the psychosocial support of those affected by the catastrophic bushfires in Northern Evia from August until the beginning of December 2021, the Ministry of Health supported the continuation of the services provided, by creating eight permanent Mobile Units for the psychosocial support of children-adolescents and adults, operated by organisations of the Argo Federation. The initial planning involved the operation of the mental health units in question for five months from January 2022 to

May 2022, based on the initial funding programming of the Ministry of Health.

The Society of Social Psychiatry P. Sakellaropoulos, having already supported the region during the volunteer period, was chosen by the Ministry of Health to operate one of the Mobile Units in the region, specifically the one responsible for the northern villages of the Municipality of Isti-
aia- Edipsou. This Unit is staffed by four professionals: a psychologist, a social worker, a psychiatrist and an administrative employee.



16/10/2022

Activities with adolescents and parents "Goal on gender violence" for the Psychoeducation around gender equality, empowerment and mobilization to eliminate gender stereotypes.



06/12/2022

Group in schools on de-stigmatising disability, raising awareness around mental illness and building empathy around vulnerable groups experiencing social exclusion.

From the beginning of its operation, a list of residents affected by the fires, was given to the Unit, and gradually through the continuous community sensitisation, new cases were identified, as well as local residents with pre-existing psychosocial problems who, until that moment, did not receive the necessary psychosocial support and care. As this support project progressed and "bloomed" at a steady pace, it became clear that the five months of initial programming would not be sufficient to respond to the needs that had arisen, and a three-month extension was granted to complete the project by the Ministry of Health.

The Argo Federation of Psychosocial Rehabilitation Association based on the statistics that had emerged from the eight-month inter-

vention, considered it necessary to request the extension of the operation of these Units to the Ministry of Health, and this was granted until August 2024, transferring the project's funding to the Recovery and Resilience Fund. The Unit of the SSP P. Sakellaropoulos strongly invests in the education of the community, creating interconnected networks, organising awareness raising speeches to educate the population regarding mental health issues, supporting psychosocially members of the community, and providing psychiatric monitoring alongside psycho-educational actions. The Unit also supports children and adolescents through interventions in the schools of the area, and regular weekly group activities. It also organises activities for the elderly providing social support and entertainment.



19/12/2022

Seminar for stopping gender-based violence in collaboration with the Organisation Thalpos, in order to raise awareness and support the population on issues of domestic violence



30-31/05/2022

Two-day conference in collaboration with all the Units of N. Evia entitled "Mental Health Dialogues"



Erasmus+ European Programmes

In 2022, through the implementation of several Erasmus+ Programmes, the Society of Social Psychiatry P. Sakellaropoulos has networked with 45 organisations/project partners from Greece, Cyprus, Ireland, Austria, Spain, Belgium, Portugal, Poland, Denmark, Italy, United Kingdom, Finland, Sweden, Croatia and Bulgaria, through the transnational educational meetings and through the implementation of the planned actions.

At the same time, through the activities of the programmes, the Society had the opportunity to network at the local and national level with 35 agencies that include: Civil Society agencies, NGOs, local government, police, associations, Ministries, Universities.

*The Programmes are implemented with the Co-funding of the **Erasmus+ Programme of the European Union.***



Co-funded by the
Erasmus+ Programme
of the European Union



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

The programme **Erasmus+ Breakthrough for Resilience: People, Places and Communities**, was completed in August 2022. The Programme focused on **Climate change** and **Resilience**, in relation to **People, Places** and **Communities**.

In 2022, three meetings of the partners took place: the 2nd Partners' meeting in Turin (March 2022) with the participation of 3 partners, the 3rd Partners' meeting in Greece (May 2022) with the participation of 5 partners and the 4th meeting in the United Kingdom (Scotland) with the participation of 2 partners. These exchange visits proved to be very important for the continuation of the programme.

As part of the deliverables of the programme, we had the pleasure to collaborate and prepare together with our partners, 8 videos dedicated to tools that promote resilience.

In 2022, two workshops were held which concerned the categories **Communities** and **Places**, while in 2021 another 2 workshops were held for the category **People**. In total, 19 local organisations participated at the workshops. Our collaboration was pleasant and team-oriented, strengthening the good cooperation between us. The participation in the meetings / workshops was very constructive for all of us, through the methods / tools we worked on.

In addition, during 2022, four publications were made in local media regarding the course of the programme, the meetings/workshops with the cooperating organisations, the visit of the partners to our country and the **Multiplier Event for the termination of the programme**. The closing event was attended by approximately **50 people** (including collaborating organisations, partners, and members of the local community).



Leader: The Surefoot Effect, CIC United Kingdom

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

Duration: 9/2019 – 8/2022 (36 months)

The Programme was implemented at the Prefecture of Fokida.

The Units of Fokida continue to successfully collaborate with the organisations involved in the programme, leveraging the results of the project and strengthening ties with the community and promoting resilience.

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



ERASMUS+ Stage of Mind

The **Erasmus+ Stage of Mind (SoM) Programme**, was created with the main goal of offering access to people with psychosocial problems to the field of musical theater, through their training and support from specialised professionals.

Between October 13-14, 2022, the 3rd Transnational Meeting of the Erasmus+ Stage of Mind Programme partners took place in Athens. The Society of Social Psychiatry P. Sakellaropoulos, the Angels of Joy and the beneficiaries of the programme welcomed our partners from Ireland and Spain, presenting samples of their work. The meeting focused on the course of the project in relation to the main goal of providing access to people with mental disorders in the field of the performing arts, through the creation of 3 theatrical performances in 3 different countries.

For the Greek participation in 2022, the training phase was completed and the creation and preparation phase of an original musical theater production began. The artistic collaboration of theatre professionals and all the creative groups of the members of the SSP P. Sakellaropoulos from the four different geographical regions of Greece - Attica, Fokida, Fthiotida & Thrace – created an original theatrical play, with authentic costumes, scenery and music. The performance of the theatrical play in Greece is scheduled for March 2023 on the stage of the Theater of the Social Dialogue Center of PEPSAEE.



Leader: Fundacion Intrass (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 Theater Company Limited (Ireland)

Duration: May 2021 – April 2023

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 are in need of 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 individuals.

The programme was completed in December 2022. In July 2021, a preliminary webinar was held by the Psychiatric Hospital of Lisbon. In November 2021, the first live seminar took place in Cork, Ireland, with the participation of 3 partners. The planned trainings in Lisbon (June 2022) and Florence (November 2022) followed.

Based on the results of the project, the partners came up with a text of proposals for the integration of the psychological factor in understanding and dealing with the phenomenon of homelessness. The text was forwarded to the relevant institutional bodies (Ministry of Labor and Social Affairs, Ministry of Health, Network for the Right to Housing) and there was an expression of interest by the Ministry of Labor leading to a meeting for the possible utilisation of the results of the project.



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 Toscana 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

For more information please visit:

<https://ekpse.gr/programmata/erasmus-se-exelixi/pie-tic/>



Erasmus+ Accommodating a Travelling Life A Journey Back Home Supporting Peers



The Programme's aim was to train professionals who work with the homeless in the utilisation of peer-support during the recovery process, as well as supporting homeless people, by providing them with relevant training as "Peer Supporters".

The Programme was completed in November 2022. The project deliverables were: Training Manual for Professionals, Training Manual for Peer Supporters, Training Guide, "Game" in desktop and digital format. The corresponding trainings followed with the participation of 13 professionals and 13 potential peer supporters. In November 2022, the final event was held presenting the results of the project to 40 participants. The panel included, representatives from the peer supporters, representatives from the Ministry of Labor and Social Affairs, the Municipality of Athens, the Network for the Right to Housing and the Academic Community and the event was coordinated by the President of the SSP P. Sakellariopoulos, Dr. Athina Fragkouli - Sakellariopoulou.

Leader: INTRAS Foundation

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 months)

For more information please visit: www.atl-project.eu



Erasmus+ KA1 ACCEUEDU Access and management of European funding for adult education bodies active in the field of mental health



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 objectives: 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 project that lasted 20 months (6/11/2020 – 4/7/2022) was successfully completed with the second training seminar that took place in Limassol, Cyprus, between April 4-8, 2022. It was attended by two partners of the SSP P. Sakellariopoulos, who transferred the know-how they learned to their colleagues and the working groups in which they participated.

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





ERASMUS+ DUB-IN

The Transformative Power of my Voice. Charting Future Directions on Social Skills Training for People with Psychosocial Disability

The main objective of the Programme is the development of the social skills of people with psychosocial problems, utilising tools such as dubbing, recording texts and stories, playing scenes or audio books using technology and electronic media at the same time. The ultimate goal of the DUB-IN Programme is to build an inclusive society where everyone can participate equally, enjoying the art of dubbing and its tools.

In 2022, the first steps of the Programme were carried out and the next year's activities were organised.

At the same time, the networking with other mental health organisations in the area was important, such as the Association of Families and Friends of Mental Health of the Prefecture of Evros and the Social Cooperative of Limited Liability "Nautilus", but also the interconnection between all the Units of the SSP P. Sakellaropoulos, via online meetings of members and colleagues, in order to participate in the Programme. In the next phase, the cooperation with the Cinema Club of Alexandroupolis and the University Students' Cinema Club of Alexandroupolis will be further organised, strengthening the scope of our networking.

A total of five countries participate in the programme: Spain, Ireland, Austria, Belgium and Greece.

Leader: Fundacion Intrass (Spain)

Partners: Society of Social Psychiatry P. Sakellaropoulos (Greece), Smashing Times Theater Company Limited (Ireland), Pro Mente Oberosterreich- Gesellschaft fur Psychische und Soziale Gesundheit Verein (Austria), European Platform for Rehabilitation (Belgium), National and Kapodistrian University of Athens (Greece)

Duration: January 2022 – December 2023 (24 months)

The Programme is implemented at the Prefecture of Thrace

For more information please visit: <https://www.dub-in.eu/>





Erasmus+ KA2 Project SUCESS

SUpporting family CaregivERs of adultS with mental health problemS "SUCESS"

The SUCESS project aims to contribute to the exchange of successful training programmes for families of people with mental health problems. The coordinator is the organisation of families of people with mental health problems from Belgium SIMILES Bruxelles.

The duration of the Programme is two years and the participating organisations will be given the opportunity to: 1) Exchange good practices for supporting family members of people with mental health problems in Europe. 2) Receive information on training programmes to support family members of people with mental health problems. 3) View successful awareness campaigns for the inclusion of adults with mental illness and their caregivers.



Leader: SIMILES Bruxelles

Partners: Greek Network of Caregivers EPIONI, University Hospital Klinika za psihijatriju Vrapče.

Associated Partners: Society of Social Psychiatry P. Sakellaropoulos, Federation of Families EUFAMI, Center Neuro Psychiatrique Saint-Martin Hospital, European Federation of Eurocarers.

Duration: 28.02.2022 – 28.02.2024

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

The Evros Family Association participates in the exchange of know-how in order to multiply the benefits of the programme and highlight in practice the promotion of self-advocacy.

For more information please visit:

<https://sites.google.com/view/successproject/partners?authuser=0>



Justice Programme (JUST)

Child friendly justice in the Greek and Cypriot courts

CHILD front (101046589 – CHILD front – JUST-2021-JTRA)

The Society of Social Psychiatry P. Sakellaropoulos participates as a partner in the Project co-financed by the European Union **CHILD front - Child-friendly justice in the courts of Greece and Cyprus**, which is coordinated by the Themistocles and Dimitris Tsatsos Foundation – Centre for European Constitutional Law, in collaboration with the Society of Social Psychiatry P. Sakellaropoulos, the Cyprus Family Planning Association, the organisation Save the Children Italy and the Center for the Study of Democracy from Bulgaria; with the active support of the Hellenic Ministry of Justice, the Hellenic National School of the Judiciary and the Cyprus School of the Judiciary.

The project aims to promote the effective and coherent implementation of European child-friendly justice policy and legislation. The project focuses on Greece and Cyprus, the two Member States with the lowest score in the EU (2020 Justice Scoreboard) in terms of child-friendly justice, with the participation of partners from Bulgaria and Italy. To successfully achieve the goals, the CHILD Front project includes multilateral exchanges of good practices and interdisciplinary cross-border training of 8 trainers and 235 judges and public prosecutors.

Implementation: Central Office

Εταίροι: Εταιρία Κοινωνικής Ψυχιατρικής Π. Σακελλαρόπουλος, Κυπριακός Σύνδεσμος Οικογενειακού Προγραμματισμού, Save the Children (Ιταλία), Centre for the Study of Democracy (Βουλγαρία)

Duration: 01/2022 – 12/2023

For more information please visit: <https://childfront.eu/>



National strategic reference framework programmes

In 2022, the NSRF Programmes 2014-2020 implemented by the SSP P. Sakkellaropoulos continued in the context of the Sectoral Planning for the Development of Mental Health Units of the Ministry of Health, Directorate of Mental 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 2022, the Programme offered services to a total of 199 beneficiaries and implemented 4,285 therapeutic procedures. The project is due to be completed in September 2023.


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.

In 2022, the Programme offered services to a total of 67 beneficiaries and carried out 1,328 therapeutic procedures.*

*The figures refer to the months of Jan. – Sept. 2022 due to completion of the Programme.



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 local communities with the aim of raising awareness and informing the public on mental health issues, the social integration of people with psychosocial problems and combating the stigma associated with mental disorders.

In 2022, a total of 637 community sensitisation activities were implemented which include activities in collaboration with schools and local bodies, activities in the field of art and culture, activities to protect people with psychosocial problems, as well as awareness-raising activities in collaboration with the local community.

2022 Community Sensitisation Activities	
Type of Intervention	Number of Activities
Sensitisation activities at schools	224
Art & Culture Events	82
Rights promotion activities for people with psychosocial problems	30
Collaboration with local bodies and organisations	281
Total	637

Highlights 2022



10-13/11/2022

Presentation of the "Living & Learning Together" Programme for preventing mental health disorders and strengthening mental health resilience in the school community at the 3rd Panhellenic School Psychology Conference held in Thessaloniki



Playgrounds

in villages of Fokida in collaboration with local organisations, the local government and the associations of parents. Playgrounds are activities for children which aim to promote free expression and creativity and above all the cultivation of team spirit, mutual support and cooperation.



Carnival 2022

Snapshots from the festivities



October 2022

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



5-9/11/2022

Participation in the 1st Mental Health Week of the Region of Eastern Macedonia Thrace held in the Regional Units of Evros and Rodopi



Performance

"Don't ask the sky" at the presentation of the book by F. Kangelaris





2/10/2022

Participation at the annual race
against breast cancer Race for
the Cure organised by Alma Zois



20 & 21/09/2022

The football team of the SSP P. Sakellaropoulos participated for the 2nd year at the Panhellenic Football Championship for Mental Health organised by KSDEO EDRA in collaboration with EPO and won the 3rd position.



04/06/2022

Participation of the basketball team of the SSP P. Sakellaropoulos KALLITHEA BULLS at the 5th Panhellenic Basketball Tournament for Mental Health Service Beneficiaries "Three Points against Stigma" organised by EPAPSY.



Snapshots from the meetings of the Applied Programmes for Movement, Art & Therapy of Attica





11/05/2022
Best Buddies
Friendship Bells 2022 -
"Friendship is a Gift"



4-7/10/2022

Educational Visit to Zagorochoria for the
"Environmental Adaptation" Programme
of the organisation IASIS with the support
of the ARGO Federation



Erasmus+ Closing Event
of the Programme
"Accommodating a Travel-
ling Life: A journey back
home supporting peers".





4th Forum Panayiotis Sakellaropoulos

"Social Psychiatry & Mental Health Dialogues"

Psychiatric reform. Back to the Future.

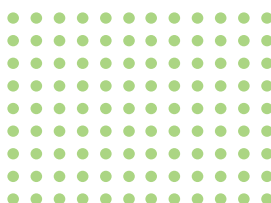
The Society of Social Psychiatry P. Sakellaropoulos, organised the **4th Forum Panayiotis Sakellaropoulos – Social Psychiatry & Mental Health Dialogues**, which took place on Wednesday, November 2, 2022, at the Serafion of the Municipality of Athens and on Saturday, November 5 and Sunday, November 6, at Panteion University of Social and Political Sciences, in collaboration with the Department of Psychology of the University.

The Forum is an annual event, which aims to bring together the scientific community to develop an open dialogue on the country's mental health issues. It is dedicated to the memory of Professor of Psychiatry - Child Psychiatry Panayiotis Sakellaropoulos and is based on the desire of senior and younger mental health professionals to honor his work, which had always been focused on the future.

The title of this year's Forum was **"Psychiatric reform. Back to the Future."** and the aim was to develop an open discussion and exchange of views, regarding the evolution of the Psychiatric Reform, 40 years after the establishment of the Society of Social Psychiatry P. Sakellaropoulos.

The basic position of the organisers of the Forum is that today more than ever the reinterpretation of the incomplete psychiatric reform is necessary. This year's event title "Back to the Future" of the Psychiatric Reform, underlines the fact that is imperative to reconnect with the latter's original vision. A future, paraphrasing Panayiotis Sakellaropoulos, where the mental health services provided may not be able to change the diagnosis, but they will change the fate of the people who receive them.

During the First Part of the event, which took place on Wednesday, November 2, 2022, a three-hour discussion was held in the Serafion of the Municipality of Athens, with the aim of developing an open dialogue between Public health sector and private non-profit sector older and younger mental health professionals, on the course and evolution of the Psychiatric Reform, 40 years after its inception. The dialogue was coordinated by the journalists Maria Dede, Yiannis Papadopoulos and Ioanna Sotirchou. All of the participants in the dialogue agreed that the vision for the completion of the Psychiatric Reform remains alive and relevant and concerns the availability of high quality mental health services for anyone who needs them, and the social inclusion and equal treatment of people with psychosocial problems. In the last 40 years many steps have undoubtedly been taken towards realising this vision, but more needs to be done.



On Saturday, November 5, the Second Part of the Forum took place at Panteion University of Social and Political Sciences. Through a review of the Psychiatric Reform, we had the opportunity to simultaneously celebrate the birthday of the Society of Social Psychiatry P. Sakellaropoulos and the 40 years of offering services to people and communities, through tributes and activities, and the sharing of memories and emotions.

At the closing of the Forum on Sunday, November 6th, as a continuation of the Psychoanalytic Seminar which was undertaken by Professor P. Sakellaropoulos and for decades offered training to mental health experts on the basic principles of Psychoanalytic theory and Practice, we talked about the Psychoanalytic Prism, which was his innovative term. In this Third Part of the Forum, respected representatives of the psychoanalytic culture in all its manifestations who have served the public sector, whether clinically or educationally, exchanged thoughts and reflections on the prospects of psychoanalytic thinking in the community, in public care and in education.

Anniversary Forums on the occasion of the 40 years since the establishment of the SSP P. Sakellaropoulos, were organised in the month of November in the other geographical areas in which the SSP P. Sakellaropoulos offers its services.

November 9th 2022, Cultural Centre of Amfissa

The Anniversary Forum held in Fokida was entitled: **"40 years of services in the Prefecture of Fokida"**. During the event, there was a review of the 40 years of the SSP P. Sakellaropoulos in the Prefecture of Fokida, the role of the community and of the key persons involved, and the cooperating organisations.

In this meeting we highlighted the importance of synergy, collective work, the investment in people, the realisation that each one of us is part of this journey. In this context, we co-shaped the future of services in our area, by listening to the new needs arising among the local population.



November 25th 2022, Alexandroupolis

The Anniversary Forum in Alexandroupolis was entitled: **"Coming from the Future, Honoring the Precious Past"** and the central theme was the development and evolution of the Psychiatric Reform, according to the work and vision of P. Sakellaropoulos. The event was open to the public, and provided a valuable opportunity for sharing experiences and dialogue with the Community. The aim was both to remember the past and talk about this with both older and younger mental health professionals and the public, and exchange views, and promote networking and interconnection. The space where the Forum was held was filled with people, emotions and memories!

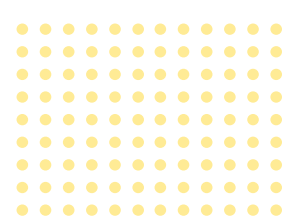


November 28th 2022, Lamia - Studio Project Photography

The anniversary forum in Lamia was entitled: **"A Journey to the Psychiatric Reform - Open Dialogues with the Community"**, and the main objective was to create an open discussion and exchange of views, regarding the development of mental health and well-being, interconnection, networking, cooperation, active and equal participation of vulnerable social groups.

The fruitful and constructive dialogue that was developed, based on the the concepts of inter-connection, solidarity and social impact, contributed to highlighting both the good practices and the needs that exist for the holistic treatment of the psychosocial problems of vulnerable social groups, emphasising new services and innovative perspectives in our region. The continuity and the future will be co-shaped to develop networks whose services, may not be able to change the diagnosis, but will change the fate of people.





OCTOBER 10 2022

World Mental Health Day

Campaign "All feelings are OK"

In order to celebrate the **World Mental Health Day 2022**, the **Society of Social Psychiatry P. Sakellaropoulos** created a campaign targeting a young audience, with a central message: **"All Feelings are OK!"**. In the campaign spot, the protagonists are the well-known emojis, which are used by young people in the context of their day-to-day digital communication.

The script of the spot was based on the message that we should not only show the emotions that we think others consider acceptable, as all emotions need their space. By accepting and acknowledging our emotions, we will be able to manage them better.

As part of the celebration of World Mental Health Day, public awareness activities were carried out in all Prefectures in which the SSP P. Sakellaropoulos operates (Attiki, Fthiotida, Fokida and Evros-Rodopi).





Programme

Living and Learning Together Programme

Sensitisation, Prevention and Enhancement

of Psychological Resilience in School Communities 2022

The Society of Social Psychiatry P. Sakellariopoulos places great emphasis on the prevention of mental health disorders in the child and adolescent population through the development of the Programme **"Living and Learning Together - Sensitisation, Prevention and Enhancement of Psychological Resilience in School Communities"** which is implemented in collaboration with school units in the prefectures of Attica, Evros-Rodopi, Fthiotida and Fokida, with the approval of the **Ministry of Education** and the **Institute of Educational Policy**. The shift to prevention and early psychological intervention services with a holistic philosophy that includes supportive, protective factors, such as strengthening mental resilience, is imperative for the school community.

In 2022 the "Living and Learning Together" Programme involved **78 school units** with activities for the prevention, empowerment, advocacy and enhancing mental health resilience for **2.258 children** and adolescents, **478 teachers** and **780 parents**. It is a multidimensional programme that includes actions of prevention, awareness, education and psychoeducation, crisis intervention and promotion of mental health.

In 2022 the Programme received a major distinction as a good practice that is aligned with the principles of the **Mental Health and Wellbeing Strategic Action Plan of the European Organisation Mental Health Europe**. The Programme participated as a good practice at Mental Health Europe's online event **European Capacity Building: Supporting the Mental Health & Wellbeing of Young People in Formal Education - Sharing good practices in Europe (November 29th 2022)**, while at the same time it was posted in the library of good practices on its platform **HPP Thematic Network "Mental Health in all Policies"**.



Rights Protection
Empowerment Activities
Self-Advocacy

New Empowerment, Advocacy and Recovery Office

The SSP P.Sakellaropoulos prioritises the protection of the rights of people with psychosocial problems and (self)advocacy.

This is reflected in:

- the Organisation's Statute
- the Organisation's Strategy and Strategic Objectives
- the Programmes it implements
- in the creation of the Central Office of Empowerment, Advocacy and Recovery

The **Office of Empowerment, Advocacy and Recovery** started its operation on 23/9/2022. It is connected to the **Activities & Programmes Sector** of our beneficiaries and to the **Strategic Objective 3 "Development of advocacy interventions, empowerment and inclusion of the users of the services provided"**.

The goal of the Office is the equal inclusion of the people who receive support and care from the SSP P. Sakellaropoulos in all the functions of the organisation, in social and professional life.

The objectives/fields of the Office's activities include:

- Provision of skills development programmes aimed at the holistic and personalised coverage of needs
- Systematic training in self-management and self-advocacy
- Protection of individual and social rights and support for equal access to services and benefits
- Creation of an institutional framework for the participation of mental health users in decision-making:
 - representation in decision-making bodies
 - participation in therapeutic procedures
 - participation in the planning, organisation and evaluation of the services provided
 - participation in education and research
- Application of the Recovery and Peer-Support models
- Support of self-representation at a national and regional level and representation of mental health users and their associations by more people.



EEA GRANTS / Active citizens fund

Erasing Stigma. Upon our Word.

In 2022, the two-year Program Erasing Stigma. Upon our Word. was completed. Its main objectives were to strengthen the advocacy in favor of people with psychosocial difficulties as well as to 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.

In order to demonstrate the effects of stigmatising public and media discourse on mental health and to promote (self)advocacy and the defense of the rights of affected individuals, in 2022 a systematic effort was made to train media professionals, and design lobbying activities for relevant public bodies and at the same time placing emphasis on the empowerment and participation of Civil Society.

The results of the Programme during its two-year implementation include:

■ **Desk research** conducted on the basis of archival material of media publications and television broadcasts of the recent past. The research findings were used as a basis for the project's educational material and campaign.

■ **Creation of educational materials and awareness-raising tools which include:**

- **Two awareness-raising campaigns.**
The first entitled "Labels are not meant for people" for the general public and the second entitled: "Print the news, not the stigma" for journalists.
- **Four Guides**

- **Three recommendation texts** with accompanying institutional interventions aimed at destigmatisation, protection of basic rights, (self) advocacy, changes in codes of conduct and the use of appropriate terms in public documents
- **Educational material** which was used for the implementation of seven seminars for special audiences, with a total of 218 trainees
- **Targeted campaign to promote advocacy** in relation to the stigmatising discourse. Our campaign was reproduced by 46 media outlets. Mobilisation of Civil Society organizations.
- **Publicity activities:** 12 articles / broadcasts / interviews in electronic media, radio, television, publication of 5 Press Releases, 261 posts on Facebook / Twitter and website and 5 videos on YouTube.

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/>



Publicity – Communication Activities



9.300
followers



1.324
followers



3.477
users*



29
Press Releases



12
Interviews



36
Articles

*between Sept. – Dec. 2022 due to website re-design



October 10, 2022

World Mental Health Day

Awareness-raising campaign for World Mental Health Day, entitled **"All Feelings are OK"**. In order to raise awareness on a variety of mental health issues, a number of television interviews were given by mental health professional of the SSP P. Sakellaropoulos



October 2022

World Mental Health Day

EMEIS TV Show on OPEN Channel



October 2022

World Mental Health Day

Perimetros TV Show on ERT3 Channel



October 2022

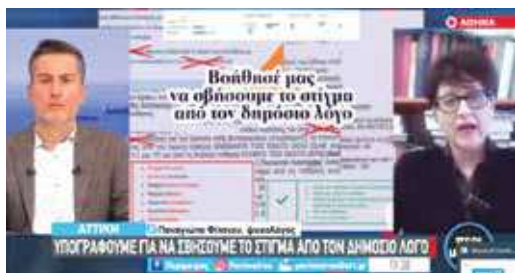
World Mental Health Day

Star Central Greece Channel – Central News



June 2022 Community Sensitisation

Central News Bulletin of THRACE NET TV Channel



February 2022 Erasing Stigma. Upon our Word.

PERIMETROS TV Show on ERT3 Chanell



February 2022 World Cancer Day

Star Central Greece Channel – Central News



November 2022 4th Forum Panayiotis Sakellaropoulos

Breathing Lessons Online Radio Show

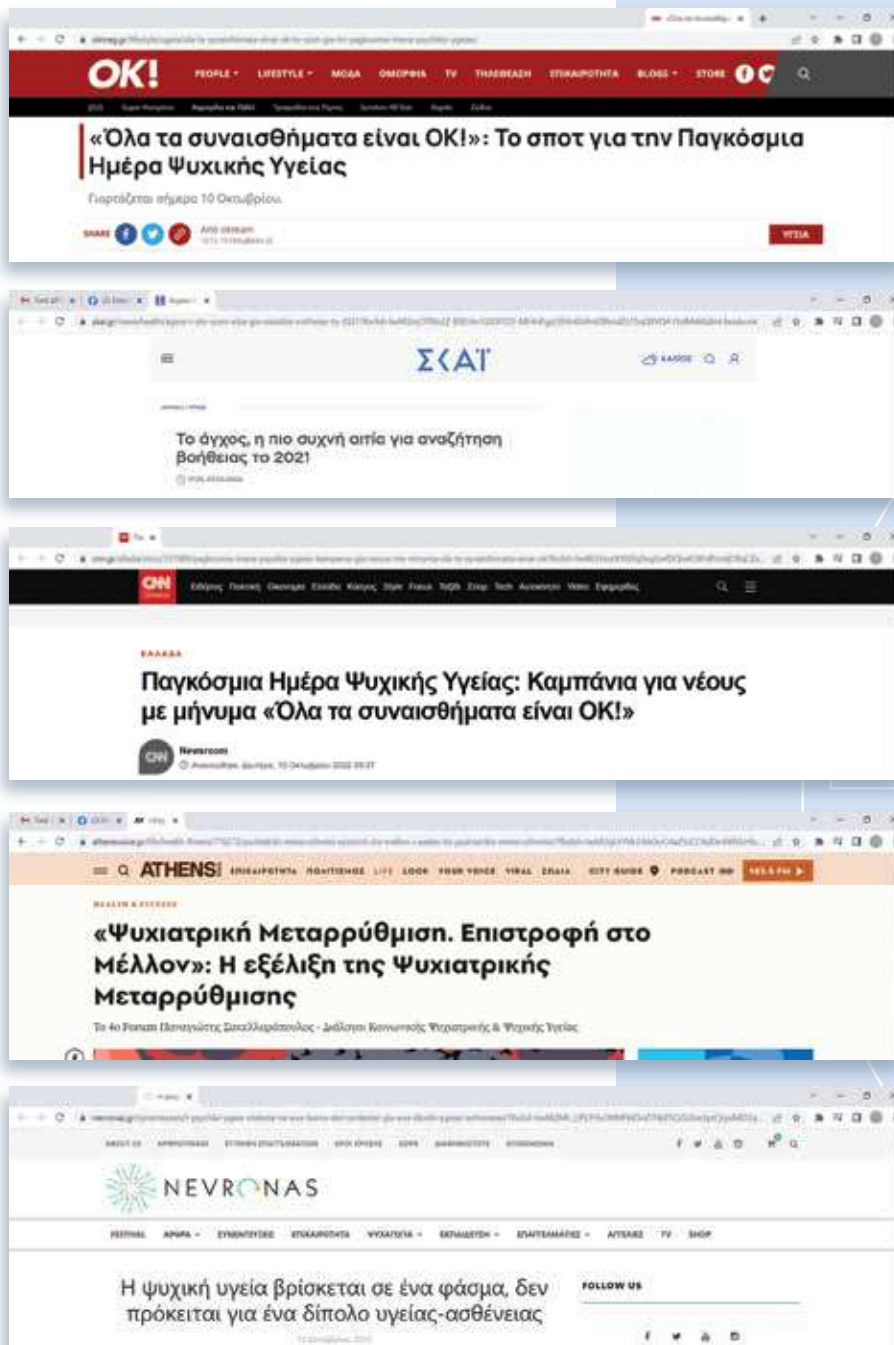


February 2022 World Cancer Day

Radio Show "The Stigma of the Day"



Publications in electronic and printed media





Research Education & Training



Research

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

The magnitude of the consequences of the unprecedented health crisis of Covid-19 at an individual, social and psychological level, especially for vulnerable groups, such as the mental health service users, who are exposed to greater risks from the adverse effects of the pandemic, led the SSP P. Sakellaropoulos to design and complete a nationwide survey entitled: Research for strengthening the resilience of mental health service users during the COVID-19 pandemic by the Society of Social Psychiatry P. Sakellaropoulos.

Dr. Vassiliki Yotsidi, Assistant Professor of Clinical Psychology at Panteion University of Social and Political Sciences is the scientific supervisor and coordinator of the research team which includes mental health professionals of the SSP P. Sakellaropoulos with long-term experience in the design and provision of community mental health services, at the prefectures Attica, Fokida, Fthiotida, and Evros – Rodopi.

The purpose of the research study was, on the one hand, to cover the existing research gap, contributing substantially to the clinical work in our country, especially at the level of policies and wider planning, with specific proposals and intervention tools for individuals and groups who have increased needs for psychological and psychiatric support in times of crisis and, on the other hand, to further enrich the knowledge obtained from previous research (Yotsidi et al., 2018).

The research design of the study, which lasted 2 years, included both quantitative and qualitative methodology, in order to combine quantitative measurable indicators for all participants with more subjective-qualitative indicators, which are considered necessary when studying clinical populations and/or related novel socio-psychological phenomena, as observed during the pandemic.

In 2022, the second phase was completed, in which mental health service users completed an online, anonymous and voluntary survey. The results of the research effort demonstrate the need for continuous optimisation of the provided mental health services, so that they promote personal empowerment and effectively adapt to the demands and challenges of each specific period, thus reducing the short-term and long-term costs effects of crisis events.

The methodology, the results and the conclusions obtained were presented by the partners of the SSP P. Sakellaropoulos in 3 pan-European and international conferences:

-  **30th Panhellenic Congress of Psychiatry**
Thessaloniki • May 26-29, 2022
-  **9th European Conference SPR**
Rome • September 22-24, 2022,
Rome (Italy), Chapter Meeting of the European Chapter of the Society for Psychotherapy Research (EU-SPR)
-  **18th Panhellenic Conference of Psychological Research ELPSE**
October 5-9, 2022 • Athens, Panteio University of Social and Political Sciences



Employee Training

In-Service Training

Staff training, is one the main priorities of the SSP P. Sakellaropoulos, and continued to play a leading role in 2022. The employees had the opportunity to participate in 4 educational activities organised at central levels and 15 activities at a Unit level. A key aim of the training is to strengthen the psychoanalytical thinking of the staff and in this context a cycle of 4 lectures on: **"Coupling Psychoanalysis and Social Psychiatry"** were organised.

Training is a priority not only for the Organisation's staff but also for the beneficiaries.

In 2022, the beneficiaries of the Psychosocial Rehabilitation Units participated in

- 15 educational meetings on the use of Computers,
- 19 educational meetings on painting,
- 12 educational meetings on photography and
- 10 psychoeducation meetings on health issues.

A beneficiary of the Psychosocial Rehabilitation Units of Thrace had the opportunity to participate in an educational trip to Zagorochoria where he attended an educational seminar on dealing with Climate Change.

Training by Third Parties

In order to strengthen the skills of the staff and improve the quality of the services provided, 18 employees of the Organisation were given the opportunity to participate in training related to the administration of the multiphase MMPI tool. The training was organised and carried out by ISON Psychometrica.

10 employees holding managerial positions had the opportunity to participate in a 3-day experiential introduction to the dynamics of psychoanalytical groups, coordinated by Mr. Michalis Petrou, Clinical Psychologist, Psychoanalyst.

Within the framework of the **European Erasmus+ Programme European Best Practices in Psychologically Informed Environments and Trauma Informed Care**. Three employees participated at the Transnational Meeting in Cork, Ireland.

Within the framework of the **Erasmus+ KA1 "ACCEUEDU" Program Access and management of European funding for adult education bodies active in the field of mental health**, a five-day training workshop was held in Nicosia with the participation of two employees of the SSP P. Sakellaropoulos.

The **SUCCESS project** gave the opportunity to an employee to participate at a know-how exchange trip to Zagreb.

Finally, four employees of the **"Living and Learning Together"** Programme team, participated in a 3-day training programme entitled ERASE-S organised by the Special Education Department of the University of Thessaly in collaboration with Dr. Rony Berger, Bob Shapell School of Social Work, Tel Aviv University and related to the management of trauma.

Training offered to Collaborating Organisations

Alongside the training provided by the SSP P. Sakellaropoulos to its employees and members, priority is also placed on the provision of training for collaborating organisations and professionals in matters related to mental health. In 2022 a training seminar for teachers and mental health specialists on the topic of trauma management, was organized in collaboration with KEDASY Rethymno. This is a 15-hour training carried out online which will be completed in 2023.

As part of the programme **"Erasing Stigma. Upon our Word."** 8 educational meetings were organised for postgraduate students of the Media Department and the Clinical Psychology Department of the University of Athens, police officers from the Departments and Offices of Racist Violence and the Journalists' Association ESIEA, on the topic of dealing with stigma in journalistic discourse and the adoption of inclusive language.

Within the framework of the European **Erasmus+ Stage of Mind (SoM)** programme whose main objective is the access of people with psychosocial problems to the field of musical theater, training was provided to 15 recipients of mental health services of respective institutions.

During the implementation of the European **Erasmus+ Accommodating a Travelling Life: A Journey Back Home Supporting Peers**, programme 2 training seminars were held providing training to 13 professionals working with the homeless and 13 recipients – peer supporters.

The **Erasmus+ Breakthrough for Resilience: People, Places and Communities /Discovering Resilience: People, Places and Communities** programme carried out 2 workshops in relation to the categories **Communities** and **Places**. 14 representatives of agencies participated in the two workshops.

Participation in Conferences

For 2022, the SSP P. Sakellaropoulos strengthened its participation at scientific conferences including:

- **The 30th Panhellenic Congress of Psychiatry, May 26-29, 2022, Thessaloniki** with the organisation of a round table, three oral announcements and seven posted announcements.
- **3rd Panhellenic Conference of School Psychology November 10-13, 2022, Thessaloniki**, with the organisation of a workshop, a round table and 2 oral presentations
- **18th Panhellenic Conference of Psychological Research October 5-9, 2022, Athens**, presenting a paper entitled "The post-traumatic growth and well-being of mental health service users during the COVID-19 pandemic: The role of basic psychological needs".
- **9th European Conference Society of Psychotherapy Research, 20-24 September 2022, Rome**, oral announcement.

Collaboration with Educational Institutions

In 2022, the cooperation with university institutions in Greece and abroad continued, including the University of Ioannina, the Democritus University of Thrace and the Universiteit Leiden (The Netherlands) in the field of postgraduate education. Other undergraduate and postgraduate activities were carried out in collaboration with Panteion University of Social and Political Sciences, the Faculty of Philosophy, the Department of Psychology and Mass Media of the University of Athens, the Department of Psychology of the University of Crete, as well as the Department of Social Management - Social Work Department of the Democritus University of Thrace and the University of Western Attica.

In 2022, the SSP P. Sakellaropoulos offered student internships to 5 postgraduate students and 34 undergraduate students.

At the same time, the SSP P. Sakellaropoulos expanded its network by signing a new collaboration agreement with the **Art and Psychotherapy Center** offering internship positions for their final year trainees.

The result of these collaborations is the operation of 4 therapeutic groups coordinated by 7 trainee therapists.

Volunteering

In 2022, an important effort was made to create a new framework for the reception and management of volunteers, with the aim of better supporting them and utilising their skills, based on the needs of the SSP P. Sakellaropoulos and the wishes of the volunteers themselves.

An online system was created to record the needs of volunteers and the reception of requests.

A joint online introductory training was organised for all the volunteers of the Organisation, the aim of which was to get to know the Philosophy, Principles and Values of the SSP P. Sakellaropoulos, to receive information about our work methodology and our services to the community, as well as their specific responsibilities. **In 2022, 35 volunteers of various specialties provided voluntary work.**

Cooperation Agreement with Group Psychoanalysis Societies

The Society of Social Psychiatry P. Sakellaropoulos, continued in 2022 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 Group Network of Group Analysts and the Institute of Group Analysis "S.H. Foulkes".

The aim of this initiative is for the SSP P. Sakellaropoulos to give the opportunity to young training analysts of these societies, a clinical space where they will be able to advance their training and also familiarise themselves with the clinical and community practices of our organisation. It is

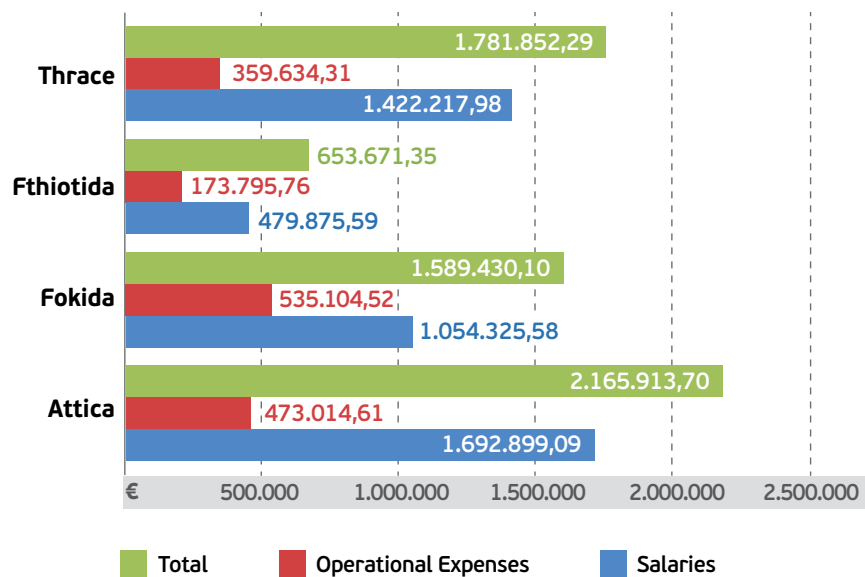
a very important agreement, as such institutional collaborations with educational institutions enrich the operation of our Units on many different levels. In addition, they open up new partnership opportunities regarding common clinical pursuits and highlight the importance of cooperation and networking among mental health providers.

In 2022, at the Day Center for people with psychosocial problems, 3 therapeutic groups were held, coordinated by 5 trainee therapists, while at the same time, at the Day Center for Psychological Support of Cancer Patients, a cooperation began with two new trainee therapists.

Budget 2022

Ministry of Health Units' Funding	€6.190.867
Other Projects	€429.458
Total	€6.620.325

2022 Financial Review



2022 Funding Sources

Ministry of Health Funding	€4.858.134,54
National Organisation for Healthcare Services (EOPYY)	€624.125,93
Erasmus+ Programmes	€242.423,18
NSRF Programmes	€143.030,00
Donations	€2.888,88
Total	€5.870.602,53



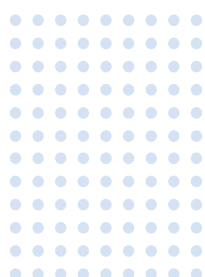
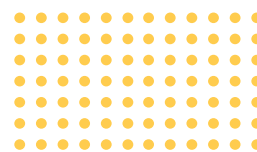
A few words about...

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 to 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



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