



**8th European Family Congress**

**Vilnius, Lithuania**

**21<sup>st</sup> and 22<sup>nd</sup> June 2024**

## **Conflict and Recovery in Mental Health**

Helping Families to Recover from Mental illness

Migration and Immigration and Mental Health – Cultural issues

Reducing Coercion in Mental Health Services

Better communication through Digital Mental Health Service

Co-hosted by



Sponsored by



## Invitation Letter by the President

On behalf of the European Federation of Associations of Families of People with Mental Illness (EUFAMI), it is my distinct pleasure to extend a warm invitation to you to attend the upcoming EUFAMI Congress in the picturesque city of Vilnius, Lithuania. The Congress will be co-hosted by our Lithuanian member Lietuvos Sutrikusios Psichikos Žmonių Globos Bendrija (Lithuanian Association for the Care of People with Mental Illness – LSPZGB).

The Congress, scheduled to take place from 21<sup>st</sup> to 22<sup>nd</sup> June 2024, promises to be an enlightening and enriching experience for all participants. As you gather in this historic city, nestled amidst the stunning landscapes of Lithuania, you will have the opportunity to engage in meaningful discussions, exchange insights, and forge valuable connections with fellow delegates from across Europe and beyond. Together we will embark on a journey of collaboration, innovation, and solidarity as we strive to advance mental health support and advocacy efforts.

The Congress programme is designed to be dynamic and inclusive, featuring two plenary sessions and four diverse workshops on each day. Our goal will be to provide insight and raise awareness on challenges families face while trying to recover from the horror of a political, geographical or cultural conflict and displacement. In extension, we will explore how Europe has been severely affected by the Covid-19 pandemic, which caused major upset to society and also health traumas and death to many people.

Additionally, the reduction of coercive treatment in mental health services will be extensively discussed, as EUFAMI supports that reducing coercion in mental health services fosters trust, dignity, and autonomy. Through person-centred approaches, advocacy for alternatives to involuntary treatment, and promoting collaborative decision-making, we can create environments that prioritise individual rights and well-being, leading to more effective and compassionate care.

Lastly, digital mental health services enhance communication by offering accessible platforms for support and therapy. The services leverage technology to provide accessible and convenient support to families of people affected by mental ill health and people with lived-experience. With a wide range of tools and interventions, they play a crucial role in promoting mental wellness and resilience.

The second day of the Congress will provide us with an opportunity to find out more about EUFAMI's flagship project PROSPECT, with a presentation on its objectives and results so far. Over the past two decades PROSPECT has brought together family members, people with lived experience, and also health care professionals into sharing their experiences on the way to recovery.

Alongside these activities, we will be given the opportunity once again to share our views amongst friends, acquaintances and family, while building new relationships based upon our common understandings, needs and interests. Furthermore, EUFAMI will be given the opportunity to listen to what our partners have to tell us about their hopes and expectations.

Your participation in the EUFAMI Congress is invaluable, as it enables us to harness the collective expertise and passion of our diverse community to drive positive change in mental health and support systems.

We encourage you to mark your calendars, make your travel arrangements, and join us in Vilnius for what promises to be a transformative Congress experience. Together, let us continue our collective efforts to advance mental health awareness and support for families across Europe.

We extend our gratitude to the LSPZGB members and also our sponsors, whose contributions were instrumental in making this event a reality. Without their support, the successful execution of this event would not have been achievable.

Urs Würsch

EUFAMI President

# Preliminary details to assist you in your preparations:

## Registration

### Early Bird Registration (by 31<sup>st</sup> March 2024)

Family and Student Fees	
Country	€
Tier 1 *	77
Tier 2 *	55
Tier 3 *	38

Full Fees	
Country	€
Tier 1 *	255
Tier 2 *	191
Tier 3 *	128

### Regular Registration (from 31<sup>st</sup> March 2024)

Family and Student Fees	
Country	€
Tier 1 *	90
Tier 2 *	65
Tier 3 *	45

Full Fees	
Country	€
Tier 1 *	300
Tier 2 *	225
Tier 3 *	150

**\*\*\* REGISTER HERE \*\*\***

*\*information on Tier Countries can be found on the registration webpage*

## Congress Venue

The Congress will be held at [Radisson Blu Hotel Lietuva](#), conveniently located in the heart of Vilnius.

**Radisson Blu Hotel Lietuva**  
Konstitucijos pr. 20  
09308 Vilnius, Litauen  
Tel: +370 5 272 6272

## Accommodation

We have reserved a limited number of rooms at the Radisson Blu Hotel Lietuva (please see above for details). Please use [this link](#) for an online reservation with the Radisson Blu Hotel Lietuva. Make sure the code **EUFAMI** is evident when booking to avail from this advance reservation. Delegates will be attended to on a first-come, first-served basis.

If you find yourself stuck, here's a list of alternative recommended hotels near the Congress Venue:

1. [Hotel Novotel Vilnius Centre](#) (4\*)
2. [Hotel Congress Avenue](#) (4\*)
3. [Hotel Vilnia](#) (4\*)
4. [Hotel Shakepeare Boutique](#) (4\*)
5. [Hotel Artis Centrum Hotels](#) (4\*)
6. [Hotel Amberton Cathedral Square](#) (4\*)
7. [Hotel Artagonist](#) (4\*)
8. [Hotel Kempinski Hotel Cathedral Square](#) (4\*)
9. [Ibis Vilnius Centre](#) (3\*)
10. [Hotel Panorama](#) (3\*)
11. [Art City Inn](#) (3\*)
12. [Corner Hotel](#) (3\*)

## Programme Highlights

The Congress agenda will feature a diverse array of plenary sessions, workshops, exhibition, and keynote presentations covering a wide spectrum of topics related to mental health and family support. Please see below for a first draft of the programme and stay tuned for updates on our distinguished speakers and session topics.

## Networking opportunities

The Congress provides an ideal platform for networking and collaboration. Take advantage of the numerous networking breaks and social events to connect with peers, share experiences, and foster new partnerships.

# Draft Congress Programme

21st June 2024

- 9:00**            **Registration**
- 10:30**            **Congress - Opening Addresses**
- Urs Würsch** – EUFAMI President  
                    **Vaidotas Nikžentaitis** – LSPZGB Chair  
                    **Arūnas Dulkys** – Minister of Health, Lithuania  
                    **Monika Navickiene** – Minister of Social Security and Labour, Lithuania
- 11:30**            **Plenary Session 1**
- Melita Murko** – Technical Officer, Mental Health Programme, WHO  
                    Regional Office for Europe  
                    **Jonas Ruškus** – Professor at Vytautas Magnus University, Former Vice-  
                    Chair of the Committee on the Rights of Persons with Disabilities of the UN  
                    Kaunas District Municipality, Kauno, Lithuania
- 12:30**            **Lunch Break**
- 13:30**            **Concurrent Workshops**
1. Helping families recover from mental illness – Led by Emmanuelle Rémond
  2. Migration, Immigration and Mental Health – Led by Manuel Gatterer
  3. Reducing Coercion in Mental Health Services – Led by Friedrich Leidinger
  4. Better Communication through Digital Mental Health Services – Led by Kevin Jones
- 15:30**            **ECNP Symposium**
- 16:00**            **Coffee/Tea Break**
- 16:30**            **EUFAMI Annual General Meeting**
- EUFAMI Member Organisations only
- 20:00**            **Congress Dinner at the Radisson Blu Restaurant**

## 22nd June 2024

<b>9:30</b>	<b>Arrival</b>
<b>10:00</b>	<b>Plenary Session 2 Keynote Address</b> <b>Silvana Galderisi</b> – Professor of Psychiatry, University of Campania "Luigi Vanvitelli", Naples <b>Danute Gailienė</b> – Professor of Clinical Psychology at Vilnius University, former Head of Department of Clinical Psychology, Ambassador of Clinical Psychology and Psychological Treatment of EACLIP
<b>11:00</b>	<b>Concurrent Workshops</b> Same as Day 1
<b>13:00</b>	<b>Lunch Break</b>
<b>14:00</b>	<b>PROSPECT Launch</b>
<b>15:00</b>	<b>Congress Declaration &amp; Closing Ceremony</b>
<b>15:30</b>	<b>Departure</b>

# Congress Details

## Location of Congress Venue

EUFAMI and LSPZGB's 8th European Family Congress will take place in Vilnius, Lithuania on 21<sup>st</sup> and 22<sup>nd</sup> June 2024. It will be held in the Radisson Blu Hotel Lietuva, located at **Konstitucijos pr. 20, 09308 Vilnius, Litauen.**

## Official Congress Language

The official language of the Congress is English. Simultaneous translation from English to Lithuanian will also be available.

## Badges

Your personal badge, which you will receive at the Congress registration desk, is your entrance to all Congress sessions. Please, remember to wear your badge at all times.

## Meals

Lunch as well as tea/coffee breaks on Friday 21<sup>st</sup> and Saturday 22<sup>nd</sup> June are included in the registration fee. The lunch venue will be well signposted for delegates.

## Congress Dinner

On the evening of 21<sup>st</sup> June, after the first day of the Congress, a buffet dinner will be held for the delegates at the Radisson Blu Hotel Lietuva restaurant.

## EUFAMI Member Literature

A number of EUFAMI member associations will bring their own literature to the Congress for the information of other delegates attending the Congress. This literature will be located on tables in and around the lobby area.



# Vilnius

## Some useful Information

### Location

Located in the heart of the Baltic region, Vilnius, the capital of Lithuania, is renowned for its rich history, stunning architecture, and vibrant cultural scene. The UNESCO-listed Old Town, with its cobblestone streets and medieval buildings, offers a glimpse into the city's past, while modern attractions such as Gediminas Avenue showcase its dynamic present. Vilnius is also known for its green spaces, including parks and lakes, perfect for leisurely strolls or outdoor activities. With its central location in Europe, Vilnius serves as a gateway to the Baltic States, making it an ideal destination for both business and leisure travelers.

### Time Zone

Vilnius operates in the Eastern European Time (EET) zone, which is two hours ahead of Coordinated Universal Time (UTC+2). During daylight saving time, Vilnius switches to Eastern European Summer Time (EEST) advancing the clock by an additional hour (UTC+3).

### Climate

In June, Vilnius experiences mild and pleasant weather, with average temperatures ranging from 13°C to 21°C. Days are long and often sunny, with occasional rainfall.

### Currency

The currency of Lithuania is the Euro (EUR).

## Transportation from Vilnius Airport to Congress Venue (Radisson Blu Hotel Lietuva)

To reach the Radisson Blu Hotel Lietuva from Vilnius Airport, you have several options:

1. Taxi: Taxis are available outside the airport terminal. The journey to the hotel takes about 15-20 minutes, depending on traffic, and costs approx. 10-15 euros.
2. Airport Shuttle: Some hotels offer airport shuttle services. Check with Radisson Blu Hotel Lietuva if they provide this service and arrange for pick-up in advance.
3. Public Transport: Take bus No. 88 or No. 3G from Vilnius Airport to the city centre (Vilnius bus or trains station). From there, you can either walk (approximately 20') or take a taxi to the hotel.
4. Car rental: Renting a car from Vilnius Airport allows flexibility in reaching your destination, The hotel offers parking facilities for guests.

Choose the option that best suits your preferences and budget for a convenient journey to the congress venue.