



8th European
Family Congress

Vilnius, Lithuania
21st & 22nd June 2024

Conflict Recovery in Mental Health

Co-hosted by



Partners

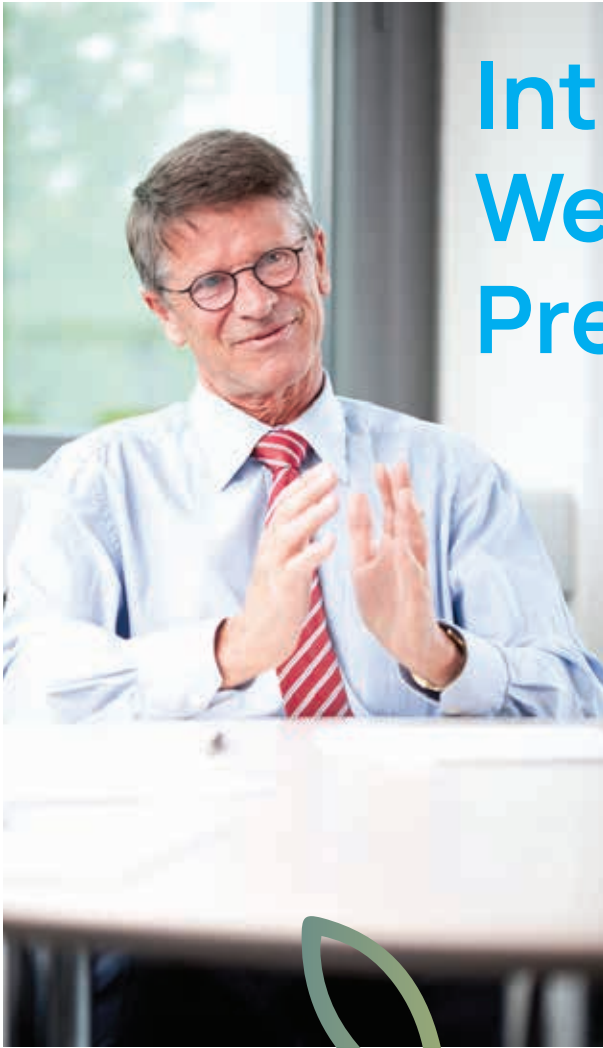


Go Vilnius

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Introduction and Welcome by President

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Dear Friends and Colleagues,

After a long period of many challenges and postponements due to the COVID-19 pandemic, and after a gradual departure from all the restrictions and limitations faced, I wish to offer a warm welcome to everyone attending and taking part in our 8th European Congress, on behalf of the EUFAMI Directors and Secretariat.

Over the past 32 years, our consortium has built up one of the largest family networks in Europe. Our focus has always been on the representation of all family members of persons affected by severe mental ill health at European level, paying special attention on having their rights and interests recognised and protected.

It is with great pleasure to hold this year's Congress in Vilnius, Lithuania in collaboration with LSPZGB. EUFAMI has once again chosen the beautiful city of Vilnius to hold its Congress, due to the major success of a previous Congress held here in 2009.

Heldeveryfour years, theEUFAMIFamilyCongress is the occasion for the EUFAMI member organisations to get together and actively participate in the discussions surrounding different topics, which are of real concern to all of us. From the Plenary



elcome

Sessions, all the way to the Workshops, there are plenty of opportunities to learn, contribute and exchange information.

During the course of two plenary sessions, four workshops and a roundtable discussion on the future outlook for such families across Europe, our goal will be to provide insight and raise awareness on challenges those families will face while trying to recover from the horror of a political, geographical or cultural conflict.

The different topics we have chosen to focus on contribute to enrich, from a family carer perspective, the discussions on helping families to recover from mental illness, Migration, Immigration and Mental Health, reducing coercion in mental health services and better communication through digital mental health services.

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 a 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.

We look forward to meeting you and to listening to your personal thoughts and feelings on each and every one of the topics proposed on this Congress and how EUFAMI can support these.

Lastly, we would like to extend our heartfelt gratitude to all the family members, people with lived-experience, and professionals who assisted us in bringing this Congress to fruition. We are also immensely thankful to the diligent efforts of the LSPZGB members, without whom this event would not have been possible. Special thanks are due to our project managers at concentris for their exceptional coordination and dedication throughout the planning process.

Urs Würsch

EUFAMI President

Vilnius, Lithuania
June 2024

Conflict 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

Background to the Congress



EUFAMI's four yearly Congresses aim to be major events in the lives of people across Europe who are concerned about mental illness. They do two things; they promote thought, discussion and action about subjects that really matter; and they enable us to come together informally to share experiences, renew friendships and contacts, and make new ones.

EUFAMI and LSPZGB will hold this major event in Vilnius, Lithuania on 21st and 22nd June 2024. The theme of the Congress is 'Conflict and Recovery in Mental Health' with an emphasis on 'Helping families recover from mental illness', 'Migration, Immigration and Mental Health - Cultural Issues', 'Reducing Coercion in Mental Health Services' and 'Better communication through digital mental health services'.

The support provided by families, friends, and caregivers of individuals grappling with mental illness holds immense significance, not only for

their loved ones but also for society at large. Their invaluable role merits recognition, and they deserve to have their voices heard and receive the care they need.

The theme of this year's Congress holds relevance for all individuals and groups affected by mental health conditions, including families, individuals with lived experience, as well as professionals in the medical and social fields who work with or have an interest in mental health issues.

The Congress is made up of plenary sessions and a number of concurrent interactive workshop sessions. The congress will provide delegates with many different insights and the opportunity to discuss and debate the various topics with leading experts from across all parts Europe and beyond.

We hope that you will find the Congress programme of interest and benefit to you and that you will find the opportunity to network and make new friends.



Congress Programme

21st June 2024

9:00 **Arrival & Registration**

10:30 **Congress - Opening Addresses**

Urs Wüsch – 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**

Session Chair: André Decraene – EUFAMI Vice-President

Melita Murko – Technical Officer, Mental Health Programme, WHO Regional Office for Europe

Jonas Ruškus – Professor at Vytautas Magnus University, Lithuania and Former Vice-Chair of the Committee on the Rights of Persons with Disabilities of the UN

12:30 **Lunch Break**

13:30 **Concurrent Workshops 1 & 2**

Helping families recover from mental illness – Led by Emmanuelle Rémond

Migration, Immigration and Mental Health – Led by Manuel Gatterer

15:30 **ECNP Symposium**

Gerry Dawson – ECNP Member

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

9:30 Arrival & Registration

10:00 Plenary Session 2

Session Chair : Miguel Duraes – EUFAMI Board Director

Silvana Galderisi – Professor of Psychiatry, University of Campania "Luigi Vanvitelli", Naples

Danute Gailienė – Professor of Clinical Psychology at Vilnius University, former Head of Department of Clinical Psychology, Ambassador of Clinical Psychology and Psychological Treatment of EACLPT

11:00 Concurrent Workshops 3 & 4

Reducing Coercion in Mental Health Services – Led by Friedrich Leidinger

Better Communication through Digital Mental Health Services – Led by Kevin Jones

13:00 Lunch Break

14:00 PROSPECT Launch

15:00 Congress Declaration & Closing Ceremony

Brief round-up of proceedings by Åsa Konradsson-Geuken (EUFAMI Treasurer)

Reading by André Decraene

Closing Remarks by Urs Würsch

15:30 Departure



Biographical Notes

Plenary Speakers Biographical Information



Melita Murko

Melita works as a Technical Officer in the Mental Health Flagship team at the WHO Regional Office for Europe. She is a psychologist from Bosnia and Herzegovina with over 20 years of experience in the field of mental health at the national, regional and international level. The largest inter-country projects she has coordinated include the Mental Health Project for South-eastern Europe, implemented under the Stability Pact's Social Cohesion Initiative from 2002-2008, the WHO European Declaration Better health, better lives: children and young people with intellectual disabilities and their families, endorsed by the Regional Committee in Azerbaijan in 2011, and the ongoing implementation of the WHO QualityRights initiative in the European Region. She is currently working on the EU-funded project Addressing mental health challenges, which is implemented in the 27 EU Member States, Iceland, and Norway.



Jonas Ruškus

Jonas Ruškus is a Professor at the Department of Social Work at Vytautas Magnus University in Kaunas, Lithuania. He is also a member expert of the Committee on the Rights of People with Disabilities of the United Nations (CRPD) for the term of 2019 – 2022. Domains of his professional activities are disability and human rights, education, and social work. Jonas Ruškus is a board member of Lithuanian Human Rights Centre, Kaunas l'Arche Community, Teach for All programme, Kaunas Jesuit Gymnasium, also member of Social Work Council of Lithuania. He gave lectures and was intern at the universities of Belgium, Finland, the USA, Portugal, Sweden, France, England and Canada. He was a supervisor of research projects, also he is the author of books and articles at academic journals and public media in the areas of education and social work. Most of his academic work, including research papers are on the issues of discrimination of the specific social groups, including persons with disabilities, women victims of human trafficking and prostitution, ex-prisoners and juvenile, as well as on their empowerment and development of their human rights.



Silvana Galderisi

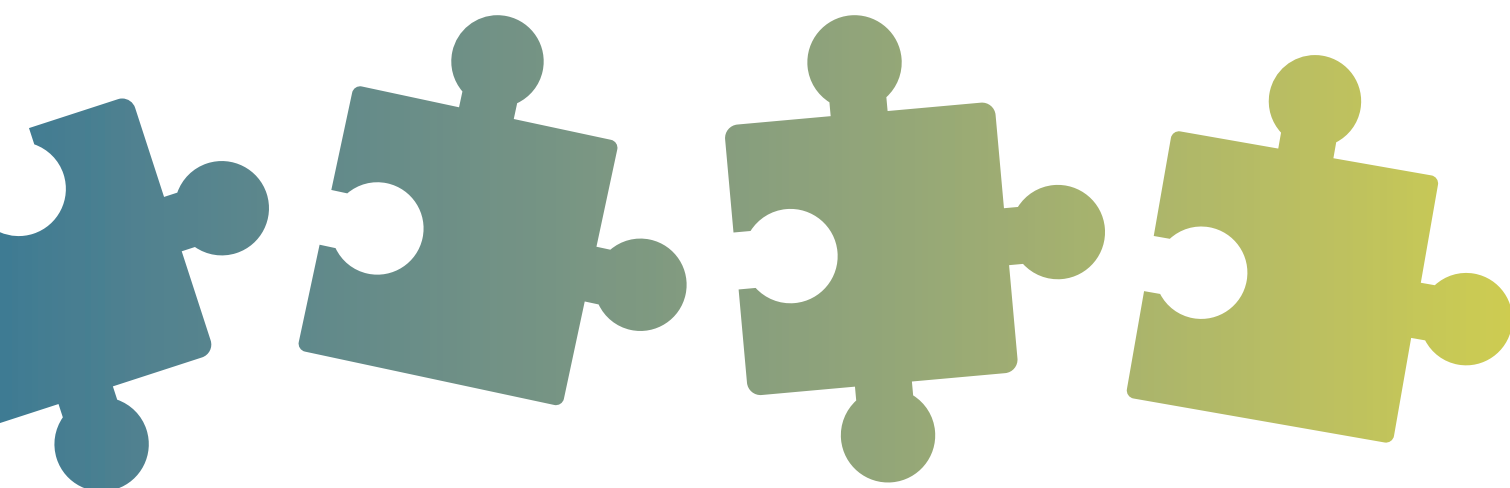
Silvana Galderisi, MD, PhD, Full Professor of Psychiatry, is Chair of the Department of Excellence of Mental and Physical Health and Preventive Medicine of the University of Campania Luigi Vanvitelli and Director of the Emergency Unit of the same Department. EPA Past-President and President of the Italian Society for Psychopathology, she is also Honorary Member and Fellow of the WPA, Chair of the WPA Standing Committee on Ethics and Review, Chair and Founding Member of the European Group for Research in Schizophrenia. Author of more than 400 publications, she is, among others, Editor in chief of Schizophrenia Bulletin Open.

Her research focuses on schizophrenia pathophysiology, treatment and outcomes, with particular reference to negative symptoms and cognition and their impact on psychosocial outcomes. In 2023, she won the EPA Constance Pascal – Helen Boyle Prize.



Danute Gailiene

Dr. habil. Danutė Gailienė – is Professor of Clinical Psychology at the Faculty of Philosophy University of Vilnius. She initiated very first studies on suicidology and psychotraumatology in Lithuania, especially on traumatizing effects of long-term political repression and intergenerational transmission of trauma and resilience. Author of many books and scientific articles. winner of various awards - Order for Merits to Lithuania (2017), National Science Award (2022), the title of Ambassador of Clinical Psychology and Psychological Treatment of EACLIPT (2022) a.o.



Biographical Notes

EUFAMI Workshop Hosts & ECNP Contributors



Emmanuelle Rémond

After a career as a publisher and journalist for youth and education, Emmanuelle Rémond joined as a family caregiver UNAFAM, the French national union of families and friends of people with mental illness, a recognized public-interest organisation with 99 delegations throughout France. She currently has two mandates. As a departmental delegate for UNAFAM in Paris, she leads a network of 60 volunteers involved in three types of mission: welcoming and training family caregivers, representing psychiatric users in health and medical-social establishments, and advocating for an inclusive community through housing, employment and cultural activities. Emmanuelle Rémond is also a director of EUFAMI, with a particular focus on the PROSPECT psycho-education programme, implemented in 13 countries including France. She is one of the trained facilitators of the programme. She is married with three grown up sons.



Manuel Gatterer

Manuel Gatterer was born in 1983, in Bressanone, Italy. He is a patient of psychiatric treatment due to the untimely death by suicide of his mother in 1990 and a challenging family situation when he was a child. After thorough psychiatric and psychotherapeutic treatments as well as pivotal help from his family members, he now offers his help, especially to less privileged people. Mr. Gatterer holds degrees in applied linguistics (University of Vienna, University of Malta) and is a formally trained peer counselor (EX-IN Genesungsbegleiter) with 8 years of work experience. He is currently responsible for the language development of 35 children with migratory background in 4 elementary schools and for the peer counseling of 12 psychiatric patients in the hospital of Brunico, Italy. Mr. Gatterer considers EUFAMI as a crucial body communicating between grass-root organisations and high-level political, medical and pharmaceutical stakeholders. Manuel has been a EUFAMI Board Director since 2021.



Friedrich Leidinger

Friedrich Leidinger was born in 1954 in Herford, Germany. From 1980 to 2019 he worked as a psychiatrist at different posts in mental health care. Since 1984 he belongs to a working group of people who investigate the history of crimes against humanity of German psychiatry during World War II, which were denied for long. After 20 years of professional activity, he took care of his cousin who had been diagnosed with schizophrenia, and learned to help somebody, respecting his will not to be treated as a patient and maintaining

personal autonomy. He is author of some articles about history and ethical issues of psychiatry. Together with Manuel Gatterer, he wrote a chapter on coercion for the handbook: Ethics in Psychiatry. The European Contribution. Ed.: Hanfried Helmchen, Norman Sartorius, Yakov Gather (to be published in 2024). He is a member of the German family member organisation BApK and has been a EUFAMI Board Director since 2018.



Kevin Jones

Kevin Jones served as Secretary General at EUFAMI from 2005 to 2015 and is currently a Board member of EUFAMI. He has also served as Treasurer at EUFAMI. Prior to taking up the position of Secretary General with EUFAMI, Kevin worked in a number of high profile international Information Technology and Communication companies. He was Chairperson of Shine (the Irish member association and founding member of EUFAMI) until the end of 2019. Kevin serves as a Lay member of the Mental Health Tribunals in Ireland. He is a former member and Chairperson of REFOCUS - the College of Psychiatry of Ireland Service User & Family Member/Carers Forum. Kevin also served as Chairperson of Nandri.org, an Irish voluntary organisation whose objective is to help empower mothers from the lower castes in the Tamil region of India to realise self-sufficiency and independence. Previous health related positions include - Chairperson of the Board of Beaumont Hospital, which is one of Ireland's largest publicly funded hospitals, with a bed count of around 550; Member of the Irish Health and Social Care Professionals Council; Organiser with ACROSS Ireland, a voluntary organisation for persons with physical disabilities; Board member of Children in Hospital Ireland.



Gerry Dawson

Gerry Dawson is experienced in the discovery and development of novel drugs for CNS disorders. Prior to co-founding P1vital, Gerry was Senior Director at Merck's Neuroscience Research Centre, UK. In this role Gerry developed new Experimental Medicine methods, to make rapid and cost-effective Go/No Go decisions in early drug development. More recently Gerry has co-founded a second company, P1vital Products LTD (PPL) which is developing digital healthcare products for use in industry and primary care for the treatment and management of depression. He has also led efforts to redesign the treatment pathway for depression in primary care supported by grant funding of €5M from EU and UK programs. Gerry has been a member of executive committee of the European College of Neuropsychopharmacology (ECNP) since 2017 and co-chair's its Experimental Medicine Network. He has authored or co-authored over 150 scientific publications in the field of psychology, neuroscience and health technology.



Congress Details

Location of Congress Venue EUFAMI and LSPZGB's 8th European Family Congress will take place in Vilnius, Lithuania on 21st and 22nd 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 21st and Saturday 22nd June are included in the registration fee. The lunch venue will be well signposted for delegates.

Congress Dinner On the evening of 21st 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.

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.

Social and Cultural – Things to See

There are a variety of attractions throughout Vilnius. For accessibility and opening hours look online. Below are just some which you may be interested in visiting.

The Gediminas Castle Tower

The Gediminas Castle Tower, situated on a hill overlooking Vilnius, Lithuania, is a historic symbol of the city's resilience and grandeur. Originally built in the 13th century by Grand Duke Gediminas, it served as a defensive fortress and royal residence. Today, the tower stands as a prominent landmark and offers breathtaking panoramic views of Vilnius Old Town and beyond. Visitors can explore the tower's exhibitions on Vilnius' history, ascend its winding staircases, and soak in the captivating vistas from its observation decks. The Gediminas Castle Tower remains a testament of Vilnius' rich heritage and enduring spirit.

For further information, opening hours and ticket prices: <https://www.govilnius.lt/>

Vilnius Old Town

Vilnius Old Town, a UNESCO World Heritage site, is a captivating labyrinth of narrow cobblestone streets, Gothic churches, and Baroque architecture. Dating back to the Middle Ages, it boasts iconic landmarks such as Vilnius Cathedral, Gediminas Castle Tower, and the Gate of Dawn with its revered miraculous icon of the Virgin Mary. The Old Town's vibrant atmosphere is complemented by charming cafes, artisan shops, and bustling markets. Visitors can immerse themselves in the city's rich history by exploring its museums, galleries, and historic sites, making Vilnius Old Town a must-visit destination.

for culture enthusiasts and history buffs alike.

For further information: <https://www.govilnius.lt/>

Užupis

Užupis, nestled in Vilnius Old Town, is a unique and bohemian neighborhood known for its artistic flair and independent spirit. Declared the “Republic of Užupis” in 1997, it celebrates creativity, freedom, and diversity. The area features colorful street art, quirky sculptures, and galleries showcasing local talent. Visitors can explore its winding streets, adorned with whimsical signs declaring the neighborhood’s “laws,” and discover hidden courtyards and cozy cafes. Užupis hosts cultural events, festivals, and the annual Užupis Day celebration on April 1st, embodying its ethos of inclusivity and self-expression, making it a must-visit destination for travelers seeking offbeat charm.

For further information: <https://www.govilnius.lt/>

Paupys Market

Vilnius Paupys Market, located in the historic Paupys district, is a bustling marketplace offering a diverse array of goods and local products. Opened in 2017, it has quickly become a popular destination for locals and visitors alike. The market features stalls selling fresh produce, artisanal crafts, clothing, antiques, and more. Visitors can explore the vibrant atmosphere, sample delicious street food, and interact with local vendors. Paupys Market also hosts cultural events, live music performances, and workshops, adding to its dynamic appeal. It’s a must-visit spot for experiencing the lively spirit and diverse offerings of Vilnius’ local market scene.

For further information: <https://www.govilnius.lt/>



EUFAMI Aims and Objectives

Mission

EUFAMI's mission is to represent all family members of persons affected by severe mental illness at European level so that their rights and interests are protected and promoted.

Vision

EUFAMI's vision is that people affected by mental illness and their families should be at all times afforded equal rights, entitlements and opportunities that are available to any other member of civil society and should be empowered to participate in the community in which they live.

The central role and rights of family members in the care and treatment of people with mental illness should be fully acknowledged and provided for throughout Europe.

Values

- Family carers should be acknowledged as equal partners with professional staff and the person with mental illness in decisions relating to the planning and delivery of treatment and care
- Systems of mental health care should be adequate to enable family members of people with mental illness to choose whether to be their carers or not
- People with mental illness should be cared for in an appropriate environment and provided with all necessary health and social services
- The needs of carers themselves for support and understanding should be recognised and fully provided for
- It is the human right of all people with mental illness to share as fully as they can in the opportunities, enjoyments and responsibilities of everyday living

Aims & Objectives

- To be recognised and involved as the leading European authority and advocate for families of people with mental illness
- To support member associations in their efforts to improve standards of treatment, care and quality of life of people with mental illness and their family carers and friends
- To help member associations combine their efforts at regional and European levels and to reach out to more family associations
- To lobby European policy makers to support legislation providing mental health and social care services as a human right in each member state
- To campaign for adequate resources to be provided for these services for people with mental illness and their family carers
- To identify examples of good practice in the field of mental illness and communicate them appropriately throughout Europe
- To promote further research into the causes and management of mental illness and its treatment.
- To campaign for changes in public attitudes so as to help remove stigma and discrimination against people with mental illness and their family carers
- To develop and strengthen partnerships between EUFAMI and mental healthcare professionals and other organisations having similar purposes and objectives



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