



**EUROPEAN MEETING OF GOOD PRACTICES
AND HUMAN RIGHTS IN MENTAL HEALTH,
A YOUNG LOOK**

**VALENCIA, SPAIN
11TH , 12TH , 13TH NOVEMBER 2019**



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

INTRODUCTION

This seminar is designed to facilitate the exchange of good practices and the creation of networks among professionals from European-level entities working in the field of mental health.

A first part of the seminar will consist of sessions where the key points of specific issues will be presented (to be determined). Actions carried out at the local level and success stories involving users, professionals and volunteers will be showed.

In a second part, several Mental Health centers on Valencian Community (Spain) will be visited where this type of actions are carried out.

A third part of the seminar will be an opportunity to discuss the possibilities for designing a broader European projects (Erasmus+, H2020,...).

We will also try to leave time to visit the most emblematic sites of the city of Valencia and present our culture.

The last day of seminar an event will take place for different entities to show the work done in their countries. Thus, the general public can know new initiatives and can take ideas to carry out with their beneficiaries (capacity 160 seats).

OBJECTIVES

- To encourage the exchange of good practices and implementation of new quality actions in the field of intervention for people with mental health problems.
- To contact and create networks between entities working in the field of mental health.
- To get better understanding about the possibility of carrying out projects within the Erasmus+ Program, H2020 and others.

SOME DISCUSSION TOPICS

- **Research project:** physical exercise, musictherapy, Integrated Neurocognitive Therapy (INT).
- Mental health **stigma**
- The challenge of the **labour inclusion** of people with severe mental disorders.
- Paradigm shift on **human rights** in mental health.
- **Adherence therapy** (AT) in patients with schizophrenia
- Recovery perspective in **community-based housing**
- **Machine Learning:** new therapeutic strategies for diagnosis and treatment of psychosis.
- **Suicide** and Mental Health
- **Open Dialogue**, ¿What can we do in our countries?

DATE AND VENUE

- Date: 11th, 12th, 13th November 2019.
- Duration: 3 days (+ 2 days travel)
- Venue: **National Reference Center for Psychosocial Care for People with Serious Mental Disorder (CREAP)**. ([+ INFO](#)). Valencia, Spain.

PROGRAMME

11th November, Monday

Morning	Participants arrival
15:30h.	Meeting point: PIO XII Apartments PLACE: Av. de Pius XII, 11, 46009 València SEE SECTION ACCOMODATION
16:00h.-16:45h.	Welcoming from Fundació Rey Ardid and introduction of seminar Presentation of the coordinator team and logistical aspects. Presentation of Fundació Rey Ardid, CREAP seminar content, objectives and methodology. <ul style="list-style-type: none">• Lucía Rincón Laplana, European Projects area• Yago Cebolla, Creap Director. PLACE: Carrer de Terrateig, 5, 46035 València, CREAP FORO 4
16:45-17:30h.	Presentation of the participants and their sending organizations Presentation of entities and main projects: Mission, Vision, Strategic lines of action, projects and interests. Each entity must bring a PowerPoint presentation in order to share their main activities and projects related to the seminar. (15mins each partner).
17:30h-18:30h.	COFFEE BREAK AND VISIT OF CREAP
18:30h.-20.00h.	Group Work: Team Building/ speed dating
20.00h. - 21:30h.	Welcome dinner.

12th November, Tuesday

- 09:00h. Meeting point: PIO XII Apartments
PLACE: Av. de Pius XII, 11, 46009 València
SEE SECTION ACCOMODATION
- 09:30h.-11:00h. Visit to Fundación SASM: COMMUNITY MENTAL HEALTH
Welcoming session: Introduction of work Methodology
Presentation of Fundación SASM Entity
Coffe break
Visit to different resources

PLACE: Camino Guardarany de, Avinguda de Les Cendroses, s/n, 46410 Sueca, Valencia
<http://fundacionsasm.org/>
- 11:30h.-13:30h. Visit to Proyecto Hombre: MENTAL HEALTH, DRUGS AND DISABILITIES
Presentation of Proyecto Hombre
Visit resources

PLACE: Calle del Padre Esteban Pernet, 1, 46014 Valencia
<http://www.proyectohombrevalencia.org/index.php>
- 13:30h. LUNCH AND NETWORKING.
- 16:00h.-17:30h. Group work. Brainstorm for possible common projects.
Four tables:
 - Research, moderated by Mr. Sergio Lacamara, knowledge management manager.
 - Labour inclusion, moderated by Ms. Lucia Estrugo, social education coordinator of Creap.
 - Suicide and stigma, moderated by Ms. Sara Lacomba, social integration coordinator
 - Human Rights, moderated by Ms. Virginia Perez, responsible of art therapy
- 17:30- 20:30h. Guided visit of Valencia
(http://www.new.tourismbrochures.net/visitvalencia/guias/tourist_guide_EN/)

Historical Center of Valencia: The Cathedral of Valencia in Plaza de la Virgen, LA LONJA (THE SILK EXCHANGE), Central Market, Santa Catalina Square and Church.
SEE SECTION ABOUT VALENCIA CITY
- 20:30h. NETWORKING DINNER

13th November, Wednesday (OPEN CONFERENCE)

09:00h.	Meeting point: PIO XII Apartments
09:30h.-10:00h.	Participants reception.
10:00h. -10:30h.	Presentation of the Conference “European Meeting of good practices and Human Rights in Mental Health, A young look” <ul style="list-style-type: none">• Institutional representatives• Yago Cebolla, director of Creap
10:30h.-10:45h.	Speaker 1. Mr. Sergio Lacamara Cano, knowledge management manager, Creap Research Projects.
10:45-11:15h.	Speaker 2. Ms. Karolina Dominguez, National Institute of Mental Health.
11:15h.-11:45h.	Speaker 3. Ms. Elena Parra and Ms. Alice Chicchi: Machine Learning, The Institute for research and innovation in bioengineering (i3b). Polytecnic University of Valencia.
11:45h.-12:15h.	COFEE BREAK AND NETWORKING.
12:15h.-13:45h.	Round table: five entities form different sectors. Presentation of good practices in Mental Health. <ul style="list-style-type: none">• Martin Vargas. President of Spanish Federation of Psychosocial Rehabilitation Associations.• Intras Foundation• Incliva, health research institute• Grunden SÖSK• Psichikos sveikatos iniciatyva
13:45- 13:55h.	Public comments and questions
13:55h.-14:15h	Conference Closure.
14:30h. -16:00h.	LUNCH AND NETWORKING.

- 16:00h. – 17:00h. Internal discuss about the possibilities for designing a broader European project (Erasmus+, H2020,..).
Moderated by Lucia Rincón, European Projects Area
- In the weeks prior to the seminar, participants will exchange information (email or Skype) about the activities carried out by each entity in order to work on a common projects.
 - During the networking sessions in the Seminar, the participants could have directly exchange information about the activities in order to look for common points to elaborate a common European projects.
 - To specify the following steps for the design and elaboration of a project proposal for the October deadlines.
- 17:00h. - 17:30h. Evaluation of seminar session
- 20:00h. NETWORKING- FAREWELL DINNER (optional)

FINANCIAL CONDITIONS

Travel, accommodation and subsistence costs will be funded according to Erasmus+ Programme.

Keep in mind that travel costs will be funded under the Erasmus+ distance calculator (http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm).

Travel, accommodation and subsistence costs will be funded according to Erasmus+ Programme.

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- Czech Republic: Maximum 275€ per participant.
- Sweden: Maximum 360€ per participant.
- Lithuania: Maximum 360€ per participant.
- Spain: Maximum 275€ per participant.

Please, take into account that each entity needs to book the plane/train/bus tickets as soon as possible in order to get better prices.

The partner, as Sending Organisation, must pay in advance the travel costs for the participants. Later, when FRRRA, as coordinator, receive the funds from National Agency (expected in September 2019), it will reimburse to each entity the travel costs, taking into account the payment conditions*. The reimbursement should be between coordinator entity and partner entities. The coordinator cannot reimburse directly to individual participants, each sending organisation should manage the travel for all participants from its own country.

***Payment conditions:** The coordinator and partners agree that whether they want receive the payments as soon as possible they must provide the necessary documents on time (before the deadline provided by the coordinator) in order to enable the coordinator to report the NA as soon as possible and receive the following payment that Fundación Rey Ardid will distribute among partners.

HOW TO GET TO VALENCIA

València is accessible by air, land and sea. It boasts travel links to many major Spanish and European cities. The airport, situated just 8 kilometres from the centre of València, has regular daily flights to popular domestic and international destinations. The city also has two main railway stations, the Estación del Norte, from which the local train network operates, and Joaquín Sorolla, offering AVE high-speed rail services to Madrid, Cuenca, Seville and Córdoba. ALVIA and EUROMED long-distance trains also depart from Joaquín Sorolla, providing connections to cities including Barcelona.

[+INFO.](#)

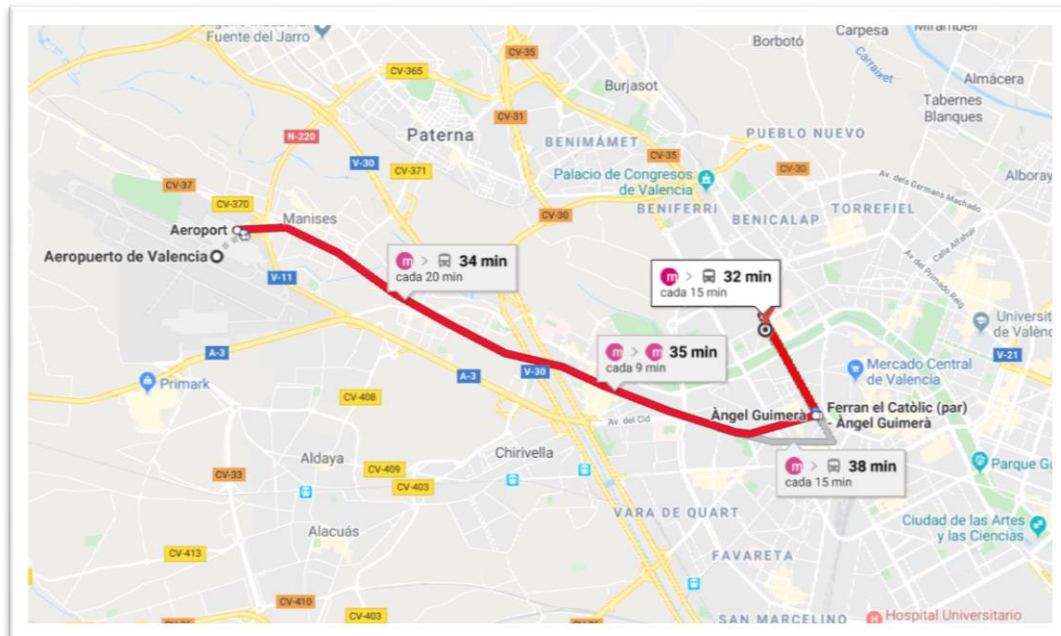
ACCOMMODATION

Erasmus+ Program will cover costs of accommodation, main meals and activities during days 11th, 12th and 13th. All the activities pointed in the Programme attached are covered. Due to this, we only can cover the accommodation costs for 4 nights maximum (10th, 11th, 12th, and 13th). Thus, your entity should cover the extra costs for participants if they stay in Spain more days (nights 9th or 14th November).

HOW TO GET TO APARTMENTS

AIRPORT

To go from the airport to the hotel there are several options we are going to make a public transportation. The duration of the trip is between 30 and 40 minutes.



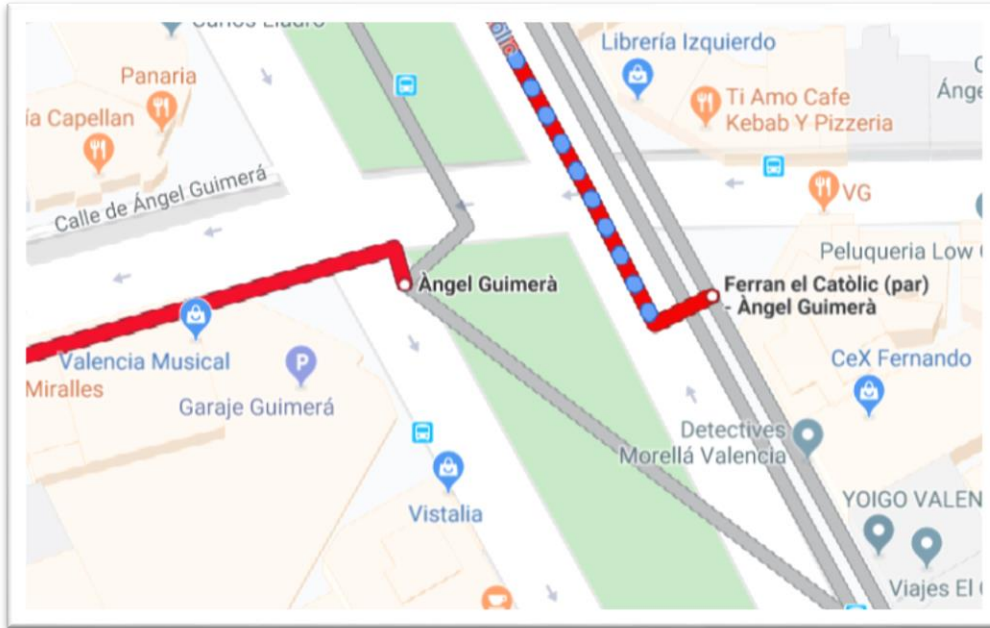
You go to the subway stop inside the airport and take the red line number 3 towards Rafelbunyol.

European meeting of good practices and human rights in mental health, a young look.



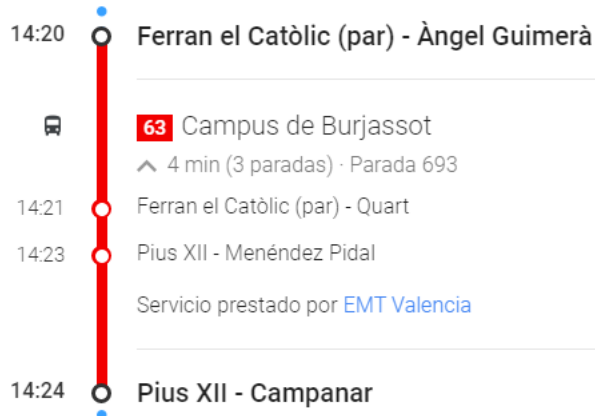
To the Angel Guimera Stop.

European meeting of good practices and human rights in mental health, a young look.

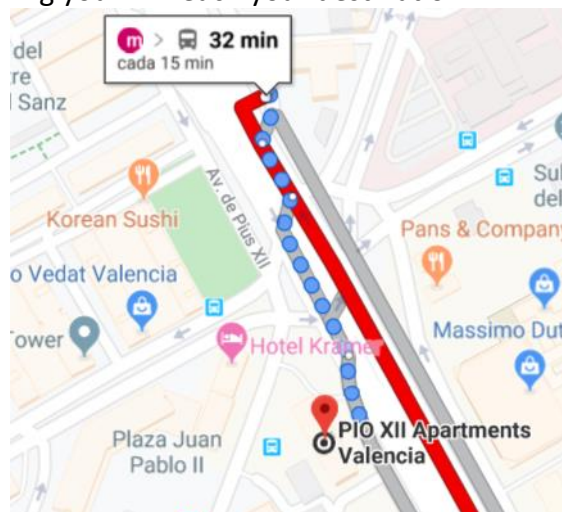


Once in Angel Guimera, you go out and cross the street to get to the bus stop.

You have to take bus 63 for 3 stops to Pio Xii street



And two minutes walking you will reach your destination



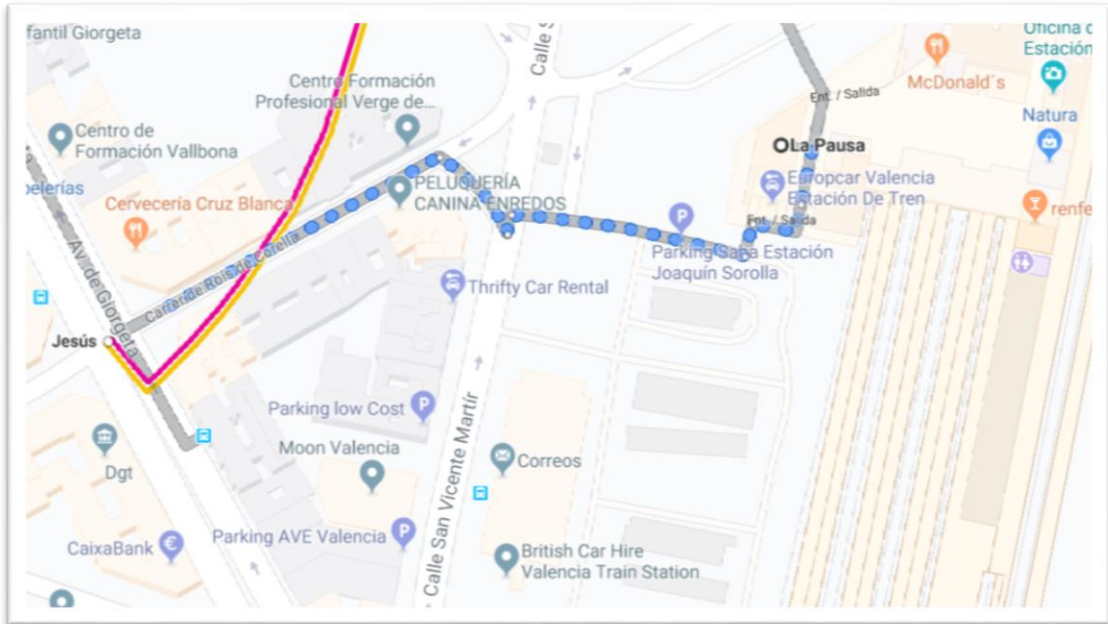
European meeting of good practices and human rights in mental health, a young look.

The last subway is at 23:30 o'clock but you can also go by taxi

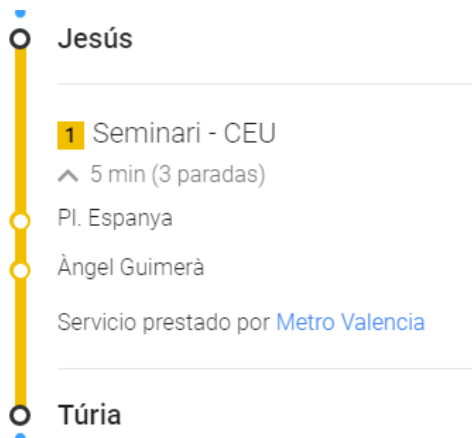
TRAIN

FROM JOAQUIN SOROLLA STATION

You have to leave the station and walk to the nearest metro station called Jesus and take the pink (number 2) or yellow line (number 1).



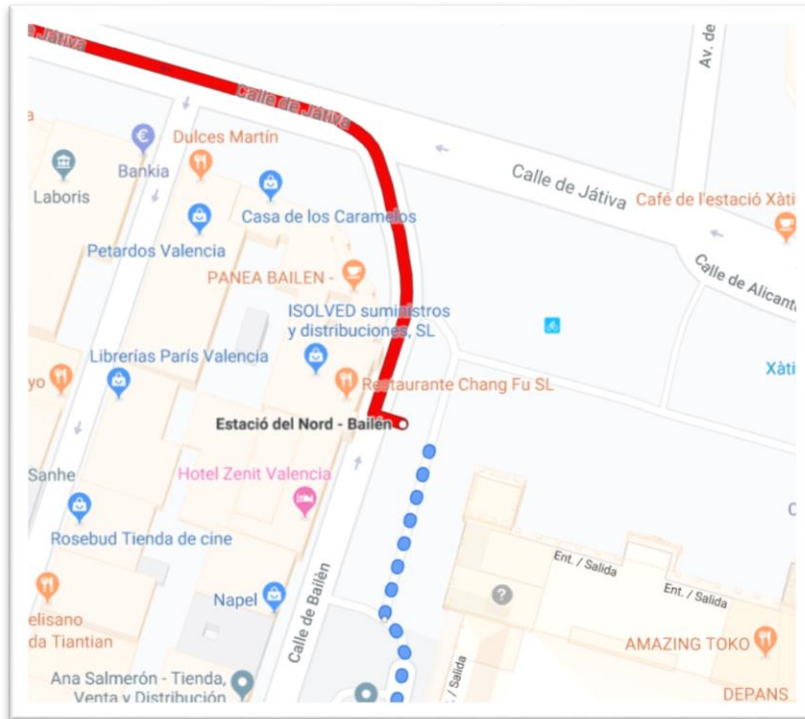
And use the subway for 3 stops to Turia stop



European meeting of good practices and human rights in mental health, a young look.

FROM NORTH STATION

If you stop at the north station, you just have to exit to bus stop 63, take the bus and stay there for 5 stops until Pio XII Campanar.



Estació del Nord - Bailén

63 Campus de Burjassot
▲ 5 min (5 paradas) - Parada 2309

- Jesús - Pare Jofré
- Ferran el Catòlic (par) - Àngel Guimerà
- Ferran el Catòlic (par) - Quart
- Pius XII - Menéndez Pidal

Servicio prestado por [EMT Valencia](#)

Pius XII - Campanar

APARTMENTS

Fundación Ramón Rey Ardid will arrange the accommodation and all meals during the seminar. **Pío XII Apartments** (<https://www.pioxiiapartments.com/en/>) are located next to the Turia riverbed, the green lung of the city. From here, you can enjoy a pleasant stroll into the old town, visit emblematic places of interest such as the cathedral or Plaza del Ayuntamiento (City Hall Square) and sample the delicious local cuisine.

Apartment of 32-36 m² with 1 double bed of 1,35 - 150 m or two singles beds of 0.90m (available under request). Private bathroom with shower or bath tub (available under request), hair dryer and soap dispenser. The living room has a sofa bed and flat TV. Kitchen is completely equipped, with glass-ceramic hob, microwave, fridge, washing machine, toaster, kettle, crockery and kitchenware.

Easy access



Valencia Airport

6 miles



Train station

2 miles



Metro station, bus stop and
taxi rank

Just a few yards from the
apartments

Av. Pio XII, 11 - 46009

Valencia, Spain

☎ (+34) 963 233 316

✉ repcion@pioxiiapartments.com

🕒 +34 666 437 145

INSURANCE AND MONEY

Please, remember to ask for your European Health Insurance Card. You are required to have your own health insurance, so you might want to think about taking out travel insurance for specific risks linked to travelling.



You will need to bring pocket money for personal expenses during free time. Erasmus+ Program will cover costs of accommodation, main meals and activities during days 11th, 12th and 13th. All the activities pointed in the Programme attached are covered.

MEALS

All meals inside the mobility activity will be covered by the project (Erasmus+ funding). It means that meals during 11th, 12th, and 13th will be covered. The rest of meals should be covered by each partner (with the “travel costs” budget).

ABOUT FUNDACIÓN RAMÓN REY ARDID

Foundation Ramón Rey Ardid is a non-profit organization that was created in 1991 to attend the need of people affected by mental illness. After more than 25 years of experience, our organization has grown and increased its social presence, by working with other collectives at risk of exclusion (elderly, migrants, young people in difficulty, etc.).

The main goals are to achieve full social integration, to cover their basic needs and to improve both their quality of life and their relatives. To achieve these goals we developed different actions: training, awareness, leisure and recreation, etc. FRRA has established diverse agreements with official bodies and private institutions to develop assistance, prevention, rehabilitation, socio-professional integration and training activities.

<https://www.reyardid.org/nueva/imagenes/documentos/473.pdf>

www.reyardid.org

About CREAP. National Reference Center for Psychosocial Care for People with Serious Mental Disorder.

Fundación Ramón Rey Ardid manages the center CREAP. The CREAP is a public center.

The State Reference Centers are configured as instruments of the General State Administration that, in the exercise of their powers, serve as a channel for collaboration between public and private resources for the promotion and improvement of the services of a specific sector of the State. People with mental illness, especially those with severe mental disorders, constitute a priority attention group for the State.

Due to these needs, it is how this national-level initiative of reference promoted by the Ministry of Health, Social Services and Equality through Imserso arises. With the aim of promoting in all the territories of the State the improvement of the quality and efficiency of the resources aimed at people with severe mental disorders and their families.

Objectives

- Collection, analysis and dissemination of data, information and knowledge about people with severe mental disorder (SMD). Promotion and development of studies and research on this group.
- Promotion, programming and delivery of training actions for professionals and caregivers.
- Development and validation of innovative programs and methods and intervention techniques in socio-health care for people with SMD.
- Promotion and development of good practices in prevention, promotion of personal autonomy and attention to people with SMD.
- Collaboration with families, groups and non-governmental organizations in the sector through information, advice, training and support actions.
- Promotion of quality improvement plans and development of common criteria for accreditation and evaluation of centers.
- Technical advice to administrations and public bodies, entities, professionals and interested in the care of people with mental disorders and their families caregivers.

[+INFO](#)



ABOUT VALENCIA CITY

Valencia is a vibrant, cosmopolitan city on the Mediterranean coast. Once the capital of its own kingdom, it is now a regional capital and Spain's third largest city. Surrounded by orange orchards and sandy beaches, the city enjoys year-round sunshine and has become a popular conference centre.

The city was founded by the Romans, taken by the Visigoths, and prospered under the Moors. Each civilisation has left its mark and the historic centre includes a 13th century cathedral (La Seo) with paintings by Goya, and a splendid gothic 15th century silk exchange (La Lonja). However, the city is looking to the future and is now home to one of Europe's most exciting urban development projects. Some 200m has been invested in building an immense and futuristic [Arts and Science Centre](#) (Ciutat de les Arts I les Ciències) near the port area.

[+INFO](#)



MONUMENTS

LA LONJA (THE SILK EXCHANGE)

The Lonja is an emblematic building of the city and one of the most famous civil gothic monuments in Europe. It was declared a National Historic and Artistic Monument in July 1931 and was made a World Heritage Site by UNESCO in December 1996.

The Lonja is located in the centre of the city - in front of the Central Market and the Temple of Santos Juanes - and occupies a rectangular area of 1.990 square metres. At the end of the 13th century, as a result of the prosperity in València at the time, the old Lonja became insufficient and it was decided to build a new Exchange.

The first stone was laid in 1492, although the construction was started a year later. Pere Compte, a Valencian engineer and architect, was the principal figure involved in its construction. There are three clearly defined sections and a garden or "orange patio".

The Columnario or Sala de Contratación is divided into three longitudinal and five transversal naves with eight columns that support the domed ceiling. Its height of 17.40 meters gives the columns a special sense of size and proportion. The Taula de Canvis, set up in 1407, was located in this room by the municipal council and gained great prestige for its solvency and banking operations. The Taula or Table used for the transactions, as well as the first Bill of Exchange written in Spain are kept in the València Municipal archive. The Torreón is the second section of the building while on the ground floor there is a small chapel dedicated to the Immaculate Conception. The two upper floors were used as a prison for those who reneged on their debts.

CATHEDRAL

Valencia Cathedral sits at the heart of the old town of Valencia - an area called El Carmen. The Cathedral links two of El Carmen's most iconic plazas - Plaza del la Reina and Plaza del Virgen. The Cathedral itself is an impressive structure that spans a variety of architecture styles, including baroque, Romanesque and gothic. Whether you are religious or not, it is worth making a trip to the Cathedral during your trip to Valencia. Audio guides come free with the entrance price and give you the opportunity to learn about the history of the Cathedral as you stroll around its intricate and impressive interior.

This page will provide you with a brief guide to the history of the Cathedral. It will also provide you practical information regarding the opening times, entrance prices, languages available on the audio guide and location of the cathedral.

CENTRAL MARKET

If you love food, then you will enjoy the fresh produce, their colour and flavour, and if you value richness, variety and quality in the kitchen, then the Central Market in Valencia is a paradise you cannot miss out on. It is an essential place to visit in the city, with an enormous collection of modernist architecture containing fresh produce from the Valencia orchard and all the flavour and aromas from the Mediterranean. Don't doubt about it, visit Central Market. Your senses will thank you!

It is the largest market with fresh produce in Europe and it stands out for its rich and varied cuisine. It is located in one of the most emblematic modernist buildings in the city. It is 8,000 m² and full of decorative references to the orchard and gardens in Valencia. Its structure, formed by iron columns, remind us of the Eiffel Tower; tile and stained glass make it an attractive architecture that is a must to see. When you visit it, you will not only love what you see, but also the colours, aromas, smells...it is full of Mediterranean life. It is a place where you can buy traditional products, yet it is also a space where more and more tourists visit.

This Valencia agora has more than 1200 stalls with fresh fruit and vegetables, especially oranges, tomatoes and beans. Meat, cheese, spices, nuts, spices fish, seafood are just some of the other products on offer, yet it is the live eels that seem to catch everyone's attention. If you do not want to buy anything, but you want to taste the food, you can stop at the Central Bar, the Central Market's traditional bar at the hands of chef Ricard Camarena, where you can have tapas, assorted dishes and sandwiches. Whether you want to buy products or enjoy the cuisine, the Central Market is a magical place.

THE CHURCH OF SANTA CATALINA

The Church of Santa Catalina is one of the oldest in the city. Its construction goes back to the days of the Reconquest. The eighteenth century Baroque tower housing the belfry is possibly the most notable element, standing out from the rest of the building. The church is composed of three naves with side chapels, crosspiece domes and the apse which includes a chapel. The beautiful and graceful tower offers one of the most picturesque sights in the city. Viewed from the elegant Calle de la Paz, one can admire the five storey construction crowned by a small dome-covered temple. The tower of Santa Catalina is a landmark in Valencia, as well as being the entrance to the popular Barrio del Mercat. Its hexagonal shape reminds us of the Miguelete (the tower adjacent to the Cathedral).

PARTNERS CONTACT DETAILS

ENTITY	COUNTRY	CONTACT	EMAIL
1. National Institute of Mental Health	Czech Republic	Karolina Dominguez	Karolina.dominguez@nudz.cz
2. Fundación INTRAS	Spain	Henar Conde	projd@intras.es
3. Grunden SÖSK	Sweden	Jessica Hultzen	jessica.projekt@gmail.com
4. Mental Health Initiative (Psichikos sveikatos iniciatyva)	Lithuania	Nijole Gostautaite Midttun	nigomi@hotmail.com

FUNDACIÓN RAMÓN REY ARDID (Coordinator)

- **Lucía Rincón Laplana**, lrincon@reyardid.org, (+34) 687 698 616
- **Sergio Lacamara**, slacamara@reyardid.org, (+34) 638 92 93 70

DOCUMENTATION FOR THE MEETING POINT

- Compilation of selected scientific articles for the meeting.
- Dossier epidemiological data on mental health and suicides.
- Corporate material about Fundación Ramón Rey Ardid and Creap.
- Contacts Guide
- Book of web addresses of relevant entities in mental health
- Last article published by the Creap