



ANNUAL REPORT

THE CARe NETWORK 2023

Annual report The CARE Network 2023

The CARE Network for Recovery and Inclusion is an international non-profit network which serves professionals, service users and organizations to promote the transition from institutional to community-based and recovery-oriented care. The CARE Network is active in the field of mental health care, psychosocial and vocational rehabilitation of persons with mental health vulnerability. We connect practice, research, and education. The CARE Network has been established in 2011. Members are individual persons (professionals, consumers, activists), services, consumer organisations, national associations, educational and research institutes. At the moment the CARE Network has members in 16 different countries. In CARE Academy we develop and offer courses based on co-production. The courses are created together by people with various backgrounds including people with lived experience with mental health challenges. Also the Board of Advisors consists of people with their own lived experience.

JOINED MENTAL HEALTH EUROPE (MHE)

In 2023 we became members of MHE. Jean Pierre Wilken visited MHE office in Brussels. We are looking forward to attending in person the General Assembly of MHE in 2024.

CONTACTS WITH OUR MEMBERS

Over the year, we were in contact with majority of our members. It is evident that online contacts need to be supported by in person meetings at least from time to time.

In May Jean Pierre Wilken visited our members in Vilnius, Lithuania in Vasaros Mental Health Centre and in November he was joined by Jana Pluhaříková Pomajzlová and Pavel Říčan while travelling to Romania where they met our members in TREPTE Psychosocial Center and Ana Aslan National Institute of Gerontology and Geriatrics in Bucharest. We were in contact with our friends especially with Nino Makhashvili from Georgia through Pavel Říčan`s work trips to the country. We were aiming to support our colleagues in Armenia and participated in preparation of an extensive mental health project, which unfortunately was not supported.



WEBSITE AND SOCIAL MEDIA

We kept our website and managed to do some amendments and updates. We have focused on LinkedIn and Facebook as priority social media we want to improve, and we have retained these media active. The twitter account we have stopped to use. Gašper Krstulović helped with tuning the CARE Network website in direction towards a more united design of the posts and information. A systematic upgrade and mobile

version of the web is planned in framework of the ERASMUS+ project in 2024. Also, within the project we managed to hire a communication officer who would take care of our social media.

THE CARE ACADEMY

The online CARE Practitioner course was carried out in 2023 by our team of experienced CARE trainers. The training was completed in January 2024, and we have gained a lot of important experiences in finetuning the online blended CARE training we want to use in Erasmus + project.

The work to set up requirements to be fulfilled by practitioners, coaches and trainers accredited in CARE model started. We have established a working group on this topic, we have compared the training proposals in 4 countries and prepared a basic draft for the Train the Trainer training description. We will continue in the Erasmus + training.

We have negotiated the possibility to organise a webinar for Russian speaking audience, after several meetings we have prepared a rich program on the topic of “loss”. Unfortunately, there was not the capacity to carry out the webinar in 2023 but it is well prepared in case we want to carry it out in 2024.

The Summer school in the Czech Republic was offered as an event on the web page and via social media, with some of the members of the CARE Network we have discussed the possibility of coming. Finally, there was only the Czech Republic represented, but it was a very creative and inspiring meeting with piloting new “Recovery game” we have developed at Domov na cestě. In 2024 we plan again to open an invitation to international audience.



PROJECTS AND OTHER ACTIVITIES

We were successful with our application in ERASMUS+. The project Mental Health Care Recovery Education just started in November, and we are looking forward to creating and piloting 4 educational modules, enlarging the scientific base of CARE model and make our organisation strengthened and more visible.

We joined meetings of Mental Health and Psychosocial Support Technical Working Group - an important coordinating body of activities in mental health field in Ukraine. Pavel Říčan attended the 1-st Mental Health Forum organized by WHO in Kyiv in October. We also established contacts with Mental Health for Ukraine project <https://www.mh4u.in.ua/>.

PEOPLE

Chairman of the board: Jean Pierre Wilken

Head trainer: Jana Pluhaříková Pomajzlová

General coordinator: Pavel Říčan

Communication: Gašper Krstulović

Administrator: Cees van der Zant

Board of Advisors: Dirk den Hollander, Jochen Van den Steen, Aster Tooma, Ada Stojanovic Babic, Gulzhan Amageldinova

In 2023 Jochen van den Steen from Belgium joined the Board of Advisors.

Stichting The CARE Network

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