



EUFAMI
20 years

Shine
SUPPORTING PEOPLE AFFECTED BY MENTAL ILL HEALTH

A perfect vision for Mental Health 2020

A major European conference addressing the needs and issues
which Families and Carers encounter on a daily basis

Dublin, Ireland

Friday, 24th May 2013

*This conference is one of a number
of events which EUFAMI will be
hosting to mark its 20th Anniversary*

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20/20
VISION

EUFAMI is hosting a major European conference in Dublin, Ireland on Friday, 24th May 2013. It will be co-hosted by Shine, the national organisation dedicated to upholding the rights and addressing the needs of all those affected by mental ill health in Ireland. The conference will take place at the Radisson Blu Hotel, Dublin Airport, which is located approximately 700 metres from the passenger terminals at Dublin Airport. A complimentary 24 hour shuttle bus service runs between the passenger terminals and the hotel. There is ample car parking space available. (<http://www.radissonblu.ie/hotel-dublinairport>). The city centre is within a 20 minute journey by car or bus.



**Under the patronage of his Excellency,
Mr Michal D Higgins, President of Ireland**

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WELCOME

Hello and welcome to the second newsletter for the EUFAMI Dublin Conference which is scheduled to take place on the 24th May 2013. In this issue, we concentrate on the main details about the Congress – overview of the conference programme and how to register. We also highlight three of the conference speakers and include details of some events which will be taking place in Dublin around conference time.

BACKGROUND TO CONFERENCE

EUFAMI is holding this conference as part of a series of events to mark the association's 20th Anniversary.

EUFAMI was officially registered in 1992 as the European federation for families across Europe who are affected by mental illness. In the intervening 20 years since then, there have been many changes and developments in the field of mental illness, both from a treatment perspective as well as from public awareness. Without doubt, some of these changes have been of a positive nature; for example – the move away from treatment in large psychiatric hospital to care in the community, the introduction of governmental mental health strategies in many European countries, better awareness of mental ill health by the public and so on. But not all that has happened could be termed as positive - stigma and discrimination still very much exists in many countries, national health budgets are decreasing, especially the percentage allocated to mental health, - just two examples which spring to mind. Pressure on government spend has further increased in the immediate past number of years as a result of the downturn in the European economy. One direct result is the increasing number of distress stories emerging from every part of Europe, even from those countries which are sometime referred to as 'the developed countries'!

But what about the families of those people who are experiencing mental ill health? How have they fared over the past twenty years? Has their 'lot' improved? In 2011 at its Congress in Basel, EUFAMI posed this question in respect to community care and the answer it received from the delegates and speakers who attended the Congress was a very mixed one. So it is timely, on the occasion of the 20th Anniversary of the founding of EUFAMI to bring together a representative body of stakeholders, most especially the families, professionals and policy makes, to review the past number of years, in terms of families and attempt to project forward and provide ideas and thoughts on where mental health systems and the wider support environment should be heading. Hence the reasoning behind the title of our 2013 Dublin conference – *A perfect vision for mental health 2020*.

There are many issues which families face every day and which need to be discussed and addressed in the context of an attempt to highlight the situation and challenges which are encountered by families, who are in fact the main carers of their ill relatives, and to call for certain action which will alleviate or regularise their role in the care and treatment of their relatives as well as to improve their own situation in terms of personal health, etc. Some of the major issues which exist and which in many cases are never recognised for the severity or the negative effects on families and society at large – stigma and discrimination, depression – most of which is undiagnosed and untreated, co-morbidity and in particular those affected by alcohol and substance abuse, the financial burden of caring, isolation, homelessness – will be discussed at this conference. Many of these issues have a major effect on society both from the health and the economic perspectives and which are not being addressed in any serious manner. These are just some of the items which are expected to be discussed during the various breakout sessions and roundtable discussion at the conference.

WHO SHOULD ATTEND?

The conference will be of interest to all family members and persons with self experience, as well as all members of the medical and social services professions who practice or have an interest in the area

of community psychiatric services. The conference will be of particular interest to policy makers and service providers.

PROGRAMME

The programme for the Conference is made up of an opening plenary session, an interactive Roundtable discussion and a number of concurrent interactive afternoon breakout sessions. The conference will close with the release of the 'DUBLIN DECLARATION'.

A perfect vision for Mental Health 2020		
Radisson Blu Hotel, Dublin Airport, Dublin - Friday 24th May 2013		
08.30	09.30	Delegate Check in
09.30	10.00	Congress - Opening Addresses <i>Mr Bert Johnson, EUFAMI President</i> <i>Ms Claire Keogh, Chairperson of Shine</i> <i>Ms Kathleen Lynch, Irish Minister of State with responsibility for Mental Health</i>
10.00	10.45	Plenary Session - Families and Carers in Europe - moving forward towards 2020 <i>Dr Gráinne Fadden, Honorary Senior Research Fellow at the University of Birmingham and Director of the of Birmingham and Director of the Meriden Family Programme</i>
10.45	11.15	Coffee
11.15	11.30	Key Note Address <i>Dr Tonio Borg, EU Commissioner for Health and Consumer Affairs</i>
11.30	13.30	Roundtable Discussion - Families and their role in mental health - Various perspectives Chairperson - Robert Carley, Broadcaster Discussants - Ms Nessa Childers, MEP <i>Mr Simon Gelsthorpe, (UK), Clinical Psychologist and member of Prospect Development Centre</i> <i>Dr Dominic Fannon, Consultant Rehabilitation Psychiatrist, Mayo Mental Health Services, Ireland</i> <i>Mr Laurent Defromont, Lille Metropole Mental Health Trust, France</i> <i>Dr Pat Gibbons, Consultant Psychiatrist, Kildare Mental Health Services, Ireland</i> <i>Ms Catherine Bourke, Former chairperson of Shine, Ireland</i> <i>Professor Thomas Bock, Universitätsklinik Hamburg-Eppendorf, Germany</i> <i>Ms Connie Magro, Vice President of EUFAMI and Malta Mental Health Association</i> <i>Dr Eddie Molloy, Chairman of Mental Health Reform, Ireland</i>
13.30	14.30	Lunch
14.30	16.00	Concurrent Breakout sessions
Session 1	Topic	Content
	Empowering families and carers	Prospect - Mr Simon Gelsthorpe, (UK), Clinical Psychologist and member of Prospect Development Centre Advancing Recovery in Ireland - Dr Dominic Fannon, Consultant Rehabilitation Psychiatrist, Mayo Mental Health Services, Ireland
Session 2	Partnership in Practice	Eastern Lille community mental health services - Mr Laurent Defromont, Lille Metropole Mental Health Trust, France Partnership - an Irish perspective - Ms Catherine Bourke, Former chairperson of Shine, Ireland
	Communication and Quality information	Dialogue model of care - Professor Thomas Bock, Universitätsklinik Hamburg-Eppendorf, Germany Eolas - Dr Pat Gibbons, Consultant Psychiatrist, Kildare Mental Health Services, Ireland
Session 4	The impact of caring on families	<i>Ms Connie Magro, Vice President of EUFAMI and Malta Mental Health Association</i> <i>Dr Eddie Molloy, Chairman of Mental Health Reform, Ireland</i>
16.00	16.30	Conference closing session <i>Release of the DUBLIN DECLARATION</i>
19.00	22.30	Reception and Conference Dinner

CONFERENCE LANGUAGE

The Conference will be conducted through English.

!! You still have 15 days to avail of our Early bird registration for !!

EUFAMI's major European Conference

24th May 2013 in Dublin

“A Perfect Vision for Mental Health 2020”

The conference will address the needs and issues which families and carers encounter on a daily basis

Register before 15th April to benefit from a reduced registration fee

Visit www.eufami.org, download the registration form and email it to
Dublin2013_registration@eufami.org

EU COMMISSIONER FOR HEALTH AND CONSUMER AFFAIRS TO ADDRESS DELEGATES



The EU Commissioner for Health and Consumer Affairs, Dr Tonio Borg, has confirmed that he will attend the conference and will address the delegates. Dr. Tonio Borg has been appointed as the new EU Commissioner for Health and Consumer Policy. He left posts as Malta's Deputy Prime Minister, Foreign Minister and Leader of the House of Representatives to join the team of European Commission President José Manuel Barroso on 28th November 2012. Dr

Borg was nominated by the Maltese government following the resignation of John Dalli in October 2012. He is married with three children.

Dr Borg has been a Member of the Maltese Parliament since 1992, and was appointed to his first Ministerial post, responsible for Home Affairs, in 1995. Since then, his various portfolios have included justice, local government, environment, urban planning and state property management. In March 2004, he was elected Deputy Leader of Malta's Nationalist Party and subsequently appointed as Deputy Prime Minister and Minister of Foreign Affairs.

Dr Borg holds a Doctorate in Law from the University of Malta (1979). Between 1980 and 1995 he practised as a lawyer specialising in human rights cases. He has also lectured in public law at the University of Malta for over 20 years and served as a member of the European Committee for the Prevention of Torture. Dr Borg will address the delegates at 11.15 am.

SPEAKERS

In this issue, we are profiling three of the conference speakers. In future issues, we hope to profile other speakers.

Dr Gráinne Fadden

Consultant Clinical Psychologist, Birmingham and Solihull Mental Health NHS Trust, UK

Dr Gráinne Fadden is an Honorary Senior Research Fellow at the University of Birmingham and Director of the Meriden Family Programme. The



Programme has trained over 4500 people to work with families and been awarded joint-winner of the National Institute for Mental Health in England (NIMHE) 2003 Positive Practice Award for 'Modernising Mental Health Services', winner of the 'Social Care Award' (Midlands and East Region) in 2005 in the Health and Social Care Awards organised by the Department of Health, and winner of the Health Service Journal national award for Mental Health Innovation in 2008. In November 2009, Dr Fadden was awarded the prestigious Marsh Award which is a lifetime achievement award given by Rethink Mental Illness, the UK national mental health charity, for her outstanding contribution to mental health.

Dr Fadden has worked in the area of family work throughout her career; in clinical practice, research, training and more recently in relation to influencing organisational change to incorporate family work routinely into mental health services. She has also written extensively on the effects of mental health problems on families, the ways in which families can be supported, and on the training of mental health professionals to work with families, including books, book chapters and research articles. She has been involved in a number of EU funded research projects evaluating various aspects of the impact of mental health problems on families, and the development of services to families.

Dr Fadden links with the UK Department of Health on issues relating to families and carers and also works closely with a range of national bodies, including the Royal College of Psychiatrists, regarding these issues. Her international reputation has resulted in her delivering training in Europe and as far afield as Canada and Australia. Dr Fadden will be speaking in the Plenary Session at 10.00 am.

Simon Gelsthorpe

**Consultant Clinical Psychologist and Head of Psychological Therapies,
Bradford District Care Trust**



Simon has been a Clinical Psychologist in the NHS for over 25 years and has specialised in working clinically with people with psychosis and serious and complex mental health problems. He has always been committed to incorporating into services the views of service users and carers and was one of the co-founders of the Centre for Citizenship and Community Mental Health at the University of Bradford which had service user and carer involvement as a core principle.

As the Professional Head, Simon has always encouraged his staff to involve service users and carers in services and have also supported this type of involvement at the highest level in our organisation. He was one of the co-writers of the EUFAMI **Prospect** modules for Professionals and successfully had the Common Ground Module added to the overall project. Simon was instrumental in its writing and has gone on to promote and support **Prospect** in Poland and Sweden. In his own words, Simon has *'enjoyed and personally benefited from my involvement with EUFAMI and welcomes the opportunity to continue this and develop it further'*. Simon will be a discussant during the morning Roundtable Discussion and will also be a facilitator in Breakout Session on Empowering families and carers in the afternoon.

Connie Magro

**Vice-President of EUFAMI and founder member of Mental Health
Association (MHA) Malta**



By profession, Connie is a general and a psychiatric nurse. She is one of the founding members of the Mental Health Association (MHA) Malta. At present she holds the position of PRO. She has been and continues to be the driving force behind the MHA anti-stigma campaign in schools in Malta. She represented the nursing profession on several Boards.

For many years, Connie has taken part and read papers at national and international conferences. Most often, she presents papers on issues related to family caregivers of persons suffering from mental illness. Together with a friend and colleague, she produced and published a book in the Maltese language about the personal experience of family caregivers of mentally ill persons. Both

have now completed the English version in e-book format and are now working on a third book which will be a self-help tool for caregivers.

Connie was awarded the honour of *Ġieħ ir-Repubblika* by the President of Malta for her unstinting efforts to support the families of people with mental illness. It is a merit award for exceptional service to the country.

Currently, Connie heads one of the services of the St Jeanne Antide Foundation, a registered NGO that provides a range of community-based services to vulnerable and poor families. Entitled, LWIEN, the service headed by Connie provides family consultations in support of family caregivers of mentally ill persons, support groups and outreach visits with community social workers. Connie will be a discussant during the morning Roundtable Discussion and will also be a facilitator in Breakout Session on the Impact of caring on Families in the afternoon.

HOW TO REGISTER FOR THE CONFERENCE *in 2 easy steps*

1) Submitting the registration form

Registration is by online process and is being managed by EUFAMI. You can register by logging on to the EUFAMI website and clicking onto the Conference advertisement of the front page (www.eufami.org). Download the registration form, enter all the required details on the form and save it to your computer. Then email the saved registration form which you have saved to dublin2013_registration@eufami.org.

When you have submitted your registration form, an email will be sent to the email address which you entered on the form to acknowledge receipt of your form. Please also ensure that you transfer the appropriate delegate fee as set out below.

Registration will not be complete until your delegate fee has been received into the Conference Account.

2) Payment of Delegate Fee

Registration will not be complete until the registration fee has been transferred into the EUFAMI Conference Bank Account, details as follows. ***Please indicate your name and code DUB2013 when making your bank payment to allow ease of validation***

Payment conditions - by bank transfer of fee as indicated in registration system

Registration fees to be paid into EUFAMI bank account. **Please pay by bank transfer to ensure that EUFAMI receives the full amount of the relevant delegate fees:**

BNP Paribas Fortis Bank NV
Tervuursesteenweg 192
B-3001 Heverlee
Account Fortis Bank 001-3636530-76
International Reference number
IBAN: BE91 0013 6365 3076
BIC/SWIFT code: GEBABEBB

DELEGATE FEES

Anybody wishing to register and attend the conference must pay a small delegate fee. Full details of fees are contained in Annex 1 of this newsletter. **The first page of Annex 1 shows details of the fees which are applicable if you register before the 15th April (Early bird fees).**

The delegate fee will allow a registered delegate full access to the conference proceedings, speaker handouts and admittance for one to the conference dinner on the evening of Friday, 24th May.

EXHIBITION

An exhibition of EUFAMI member associations' work and literature will take place alongside the conference. This exhibition will take place in the area of the hotel where delegates will register for the conference. Also, it is expected that a number of our conference sponsors will display a collection of educational literature and other related documentation.

CONFERENCE DINNER

There will be a dinner for all delegates to the Congress on the evening of Friday, 24th May 2013. The cost of the dinner is included in the delegate fee. The dinner will take place in the main restaurant in the Radisson Blu Hotel, where the conference will take place. The dinner is scheduled to start at 19.00 with a drinks reception and there will be music throughout the evening. The EUFAMI office will be in contact with all registered delegates closer to the conference date to obtain any special dietary needs

ACCOMMODATION

A wide range of accommodation is on offer to delegates both at the conference hotel, the Radisson Blu, Dublin Airport and many other hotels located near to the airport. Details are contained in Annex 2 of this newsletter.

ABOUT DUBLIN

Dublin is the capital of Ireland and is located on the east coast of Ireland. There are many websites which will provide you with lots of information about Dublin – its history and culture. Examples of sites are www.dublin.ie/visitors.htm and www.visitdublin.com.

Currency

The currency of Ireland is the euro.

Time Zone

Dublin is aligned within the GMT time zone, which is one hour ahead of Central Europe Time. Daylight Saving Time will come into operation from the 31st March 2013.

Temperature

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High °C	7	7	10	11	15	17	19	19	17	13	10	8
Low °C	3	3	4	5	7	10	12	12	10	8	5	5

Some events on in Dublin at conference time



Marvels of Science: 'Books that changed the World

1st June 2012 – 30th June 2013

Marsh's Library

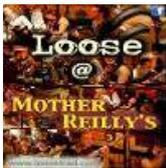
[Find Out More >>](#)



Chester Beatty: the Paintings
7th September 2012 – 31st August 2013
Chester Beatty Library
[Find Out More >>](#)



Shackleton Exhibition
11th September 2012 – 30th August 2014 11.00am - 5.00pm
Dun Laoghaire
[Find Out More >>](#)



Loose Trad Sessions
7th January 2013 – 23rd December 2013 9.00pm- 11.30pm
Uppercross House Hotel
[Find Out More >>](#)



Dublin Writers Festival
20th May 2013 – 26th May 2013
Dublin
[Find Out More >>](#)



Bealtaine 2013
1st May 2013 – 31st May 2013
Dublin
[Find Out More >>](#)



Dublin Dance Festival
14th May 2013 – 26th May 2013
Dublin
[Find Out More >>](#)



Dublin City Soul Festival
23rd May 2013 – 26th May 2013
Dublin
[Find Out More >>](#)

QUESTIONS

If you have any queries or require clarification on any matters related to the conference, please send your question to dublin2013_query@eufami.org

NEXT ISSUE

Issue number 3 of the Conference newsletter will be released in mid April and will contain more details about the programme and the various speakers.

*Finally, did you know that EUFAMI publishes a monthly electronic news sheet, @Bulletin, containing items which are of interest to its readers? If you would like to subscribe to this newsletter, simply send an email to bulletin@eufami.org with the word **subscribe** on the subject line.*

ANNEX 1 - Delegate Fees

Early Bird Registration Fees - until 15th April 2013

Family and Student Fees	
Country	€
Tier 1 (see list of countries below)	38
Tier 2 (see list of countries below)	25
Tier 3 (see list of countries below)	17

Full Fees	
Country	€
Tier 1 (see list of countries below)	130
Tier 2 (see list of countries below)	95
Tier 3 (see list of countries below)	65

Family and Student Fees apply to family members, carers, friends, persons with self experience and Students (limited places for Students)

Full fees apply to all other categories.

Tier 1 Countries	Tier 2 Countries	Tier 3 Countries
Andorra	Croatia	Albania
Austria	Czech Republic	Armenia
Belgium	Estonia	Belarus
Channel Islands	Hungary	Bosnia and Herzegovina
Cyprus	Latvia	Bulgaria
Denmark	Lithuania	Georgia
Faeroe Islands	Poland	Macedonia, The Former
Finland	Romania	Yugoslav Republic
France	Russia	Moldova
Germany	Slovak Republic	Serbia and Montenegro
Greece	Turkey	Ukraine
Greenland		
Iceland		
Ireland		
Isle of Man		
Israel		
Italy		
Liechtenstein		
Luxembourg		
Malta		
Monaco		
Netherlands		
Norway		
Portugal		
San Marino		
Slovenia		
Spain		
Sweden		
Switzerland		
United Kingdom		

For all other countries, fees for Tier 1 countries apply

Dublin 2013 Registration Fees

Family and Student Fees	
Country	€
Tier 1 (see list of countries below)	45
Tier 2 (see list of countries below)	30
Tier 3 (see list of countries below)	20

Full Fees	
Country	€
Tier 1 (see list of countries below)	150
Tier 2 (see list of countries below)	110
Tier 3 (see list of countries below)	75

Family and Student Fees apply to family members, carers, friends, persons with self experience and Students (limited places for Students)

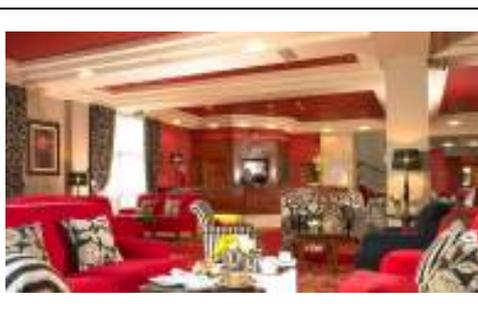
Full fees apply to all other categories.

Tier 1 Countries	Tier 2 Countries	Tier 3 Countries
Andorra	Croatia	Albania
Austria	Czech Republic	Armenia
Belgium	Estonia	Belarus
Channel Islands	Hungary	Bosnia and Herzegovina
Cyprus	Latvia	Bulgaria
Denmark	Lithuania	Georgia
Faeroe Islands	Poland	Macedonia, The Former
Finland	Romania	Yugoslav Republic
France	Russia	Moldova
Germany	Slovak Republic	Serbia and Montenegro
Greece	Turkey	Ukraine
Greenland		
Iceland		
Ireland		
Isle of Man		
Israel		
Italy		
Liechtenstein		
Luxembourg		
Malta		
Monaco		
Netherlands		
Norway		
Portugal		
San Marino		
Slovenia		
Spain		
Sweden		
Switzerland		
United Kingdom		

For all other countries, fees for Tier 1 countries apply

ANNEX 2 - Accommodation options for EUFAMI Conference May 2013

Hotels

	<p>Radisson Blu Hotel, Dublin Airport (The conference hotel)</p> <p>€89 bed and breakfast per room per night for single occupancy €99 bed & breakfast per room per night double/ twin occupancy Tel: +353 1 844 6000 Fax: +353 1 844 6001 Reservations: reservations.airport.dublin@radissonblu.com http://www.radissonblu.ie/hotel-dublinairport</p>
	<p>Clarion Hotel, Dublin Airport (within walking distance of conference venue)</p> <p>Room only rate: €79.00 per Superior Single, Twin or Double room per night Bed and breakfast nightly rate: €89.00 per Single room or €99.00 per Twin/Double room</p> <p>How to book a room for the conference</p> <ol style="list-style-type: none"> 1) Choose the following website address http://www.clarionhotelsireland.com/ 2) Chose Clarion Hotel Dublin Airport 3) Enter Promotion Code EUFAMI 4) Select the dates
	<p>Carlton Hotel, Dublin Airport, Old Airport Road, Cloghran, Dublin Airport, Co. Dublin, Ireland.</p> <p>Carlton Hotel Dublin offers free 24 hour shuttle bus transfers to the airport, free internet access and free parking during your stay. With room rates from €75</p> <p>Tel : 353 1 8667500 Email : info.dublin@carlton.ie http://www.carltondublinairport.com/</p>
	<p>Skylon Hotel, Upper Drumcondra Road, Drumcondra, Dublin 9</p> <p>The Best Western Dublin Skylon Hotel is a modern, luxurious 126 bedroom hotel boasting free Wi-Fi and all non-smoking bedrooms. Located a 10 minute car or bus journey from Dublin International Airport and five minutes from Dublin City Centre</p> <p>http://www.dublinskylonhotel.com/</p>
	<p>The Regency Hotel, Swords Road, Drumcondra, Dublin 9</p> <p>The Regency Hotel is located 3km north of Dublin City centre on the main route to Dublin's International Airport (6km)</p> <p>Tel: +353 1 8373544 Fax: +353 1 8367121 email: regency@regencyhotels.com http://www.regencyhotels.com/hotels/content.asp?PageID=37</p>

Bed and Breakfasts/ Guest Houses

	<p>Ashling House, 168 Drumcondra Rd Upper. Dublin 9</p> <p>Phone: +353-1-8370300 Email: ashlinghouse@gmail.com</p> <p>http://www.ashlinghouse.ie/</p>
	<p>Applewood B&B, 144 Upper Drumcondra Road, Dublin 9</p> <p>Tel: +353-1-837-8328 Fax: +353-1-857-1670 Email: apple@iol.ie</p> <p>http://applewood.ie/</p>
	<p>Abbington House, 30 St Annes Road, Drumcondra, Dublin 9</p> <p>Tel: +353-1-441415 E-mail: info@abbingtonhouseireland.com</p> <p>http://www.abbingtonhouseireland.com/</p>
	<p>Glenmore House, Airport Road, Nevinstown, Swords Co Dublin</p> <p>Tel +353 840 3610 email glenmorehse@eircom.net</p> <p>http://www.dublinairportbudgetbandb.com/</p>

Also **[check other hotel options on the following websites](#)**

<http://www.booking.com/>

<http://www.roomex.com/>