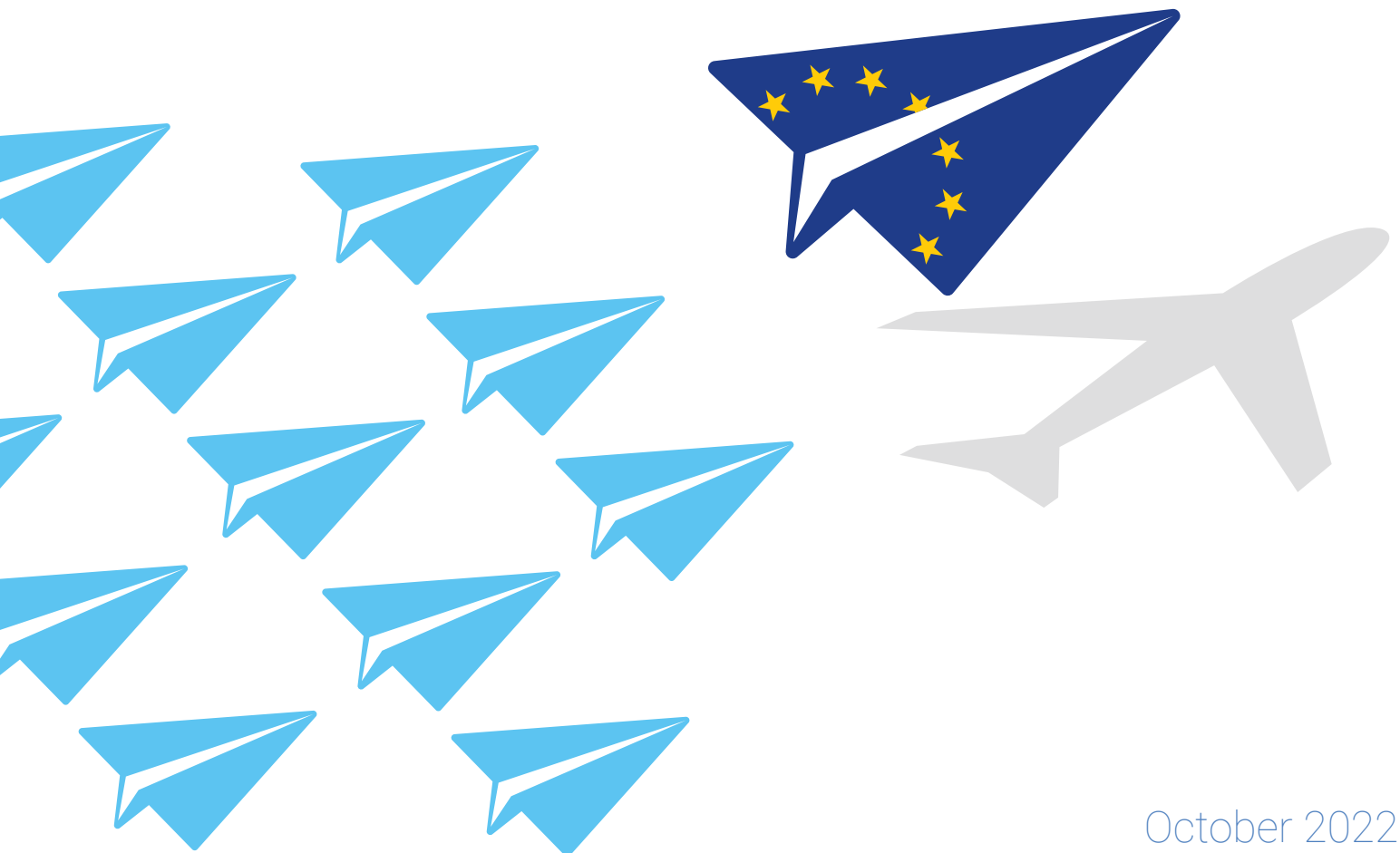


# European Projects Overview





# Table of contents

	Page
• Introduction	5
• IT4Anxiety	6
• Share4Carers	7
• PSICOCAP	8
• Empow'Them	9
• IncluPsy	10
• TuTo3 - PAT	11

---

All information about our European projects will soon be available on

**MentalNet.EU**



---

CNP St-Martin benefits, through the European Commission and AEF Europe, from an Erasmus+ Accreditation for the period 2022 - 2027.



**Co-funded by  
the European Union**

# Introduction

Saint-Martin's Neuro Psychiatric Centre has been involved in **European projects in Mental Health** for **more than 15 years**, as project leader or as a partner.

All of these projects have been precious **opportunities** to raise the participants **skill level** and to develop and promote **new working tools**.

They also have progressively contributed to the creation of a strong **international network** gathering health institutions, academic partners, researchers, health-focused companies and start-ups.

**Benefits** are numerous, humanly and intellectually driven by every stakeholder's motivation and expertise to **improve mental health care**.

By regularly promoting the projects results through communication events and publications, every partner modestly acts in the interest of **de-stigmatising mental illnesses**.

Because we are convinced that **any new partner can play its part** to projects to come, please **feel free to contact us** for any further information or any collaboration proposal.

## CONTACT

Jocelyn DELOYER  
European Project Coordinator  
Centre Neuro Psychiatrique St-Martin  
Namur, Belgium

[jocelyn.deloyer@saintmartin.ofc.be](mailto:jocelyn.deloyer@saintmartin.ofc.be)  
[www.cp-st-martin.be](http://www.cp-st-martin.be)

## Managing anxiety via innovative technologies for better mental health



From 26<sup>th</sup> September 2019  
to  
25<sup>th</sup> September 2023



- Agence pour la Coopération Scientifique Afrique Luxembourg – Luxembourg
- EPSM Lille Métropole Centre Collaborateur OMS pour la recherche et la formation en santé mentale de Lille – France
  - Centre National de Ressources et de Résiliences
  - Centre Ressource Régional de Psychiatrie du Sujet Agé
- Evangelisches Klinikum Bethel, Klinik für Psychiatrie und Psychotherapie – Germany
  - Bielefeld University
- Aardex Group – Belgium
- EMDR-VR / Psylaris – The Netherlands
- Spectre Biotech – France
- GAC – France
  - Knowsnco / In-spir
  - Eldom
- Haute Ecole de la Province de Namur – Belgium
- Namur-Europe-Wallonie asbl – Belgium
  - Bureau Economique de la Province de Namur
  - KIKK
- National Health Services Western Isles – UK
- Ulster University – UK
- Vrije Universiteit Amsterdam – The Netherlands
  - Sentimentics



Interreg North-West Europe



Lead partner :  
Centre Neuro Psychiatrique St-Martin  
Belgium

Subpartners :

- Haute Ecole Libre Mosane – Belgium
- Similes Wallonie – Belgium

## SUMMARY

The project focuses on the creation and implementation of **innovative solutions**, using **digital technology**, designed to **reduce the anxiety** of among others patients experiencing neurological disorders (e.g. Alzheimer's disease) or post-traumatic stress disorder.

- **Implementation of blended therapies within the mental health sector**  
There is growing evidence that technological solutions can expand and complement conventional medical protocols.
- **Co-creative solutions starting from the needs**  
The first work package concerns the identification of the needs through a qualitative study based on discussion groups bringing together health professionals and patients or their representatives. The study will also focus on the evaluation of innovative solutions already implemented in the care process. Hackathons are organized in several countries.
- **Testing and validation of innovative tools**  
The aim is to develop a framework for testing and validating tools with patients and start-ups. Support for 15 selected start-ups is also planned as part of this work package.
- **Sustainable implementation of the innovative tools**  
Several activities will be implemented with the aim to facilitate the introduction of innovative e-solutions in health establishments as the organisation of trainings for health professionals and future health professionals and the development of a job profile of eMental health referent.

### Associated partners :

- Gamian-Europe – Belgium
- Le Funambule asbl – Belgium
- Réseau Santé Namur – Belgique

## Sharing Good Practices for the Psychoeducation of Children of Parents with mental health problems in Europe



From 1<sup>st</sup> December 2019  
to  
31<sup>st</sup> July 2022



Erasmus+  
Strategic partnerships



Lead partner :  
Dynami Zois  
Greece



- Centre Neuro Psychiatrique St-Martin – Belgium
- Children of mentally ill parents – Associazione di Promozione Sociale – Italy
- Europese federation van familieverenigingen van psychiatrisch zieke personen IVZW – Belgium
- Fondazione Internazionale Don Luigi Di Liegro Onlus – Italy
- Gaziantep Universitesi – Turkey
- Greek Carers Network EPIONI – Greece

### SUMMARY

The ambition of the project Share4Carers, will be to produce **recommendations** that will contribute to **psychoeducation of children of parents with mental illness** by accelerating the adoption of National Psychoeducational Plans across the EU.

The goal is to draw the attention of the academic and the general public, as well as relevant state institutions.

### TOOLS

- **Meetings** between patients' organization, academics, clinicians and carers to promote psychoeducation and raise awareness about the **societal impact** of children of parents with mental health problems in Europe.
- The creation of a **project website**, with links to the partners' own websites, where all project outcomes will be uploaded and contact details will be made available.
- Organisation of **focus groups** by representatives of the partners aimed at familiarizing the participants with their work.
- Organisation of **round-table discussions** in order to enable the participants to share their perspectives on priorities that should be included in National Psychoeducational Plans.

## PSICOCAP

Integrated and comparative practices and statistics on disability and mental disability



1<sup>st</sup> January 2020  
to  
31<sup>st</sup> December 2022



Interreg France-Wallonie-Vlaanderen



Lead partner :  
Institut wallon de l'évaluation,  
de la prospective et de la  
statistique (IWEPS)  
Belgium



- Administration de l'Action Sociale, de la Santé et du Logement de la Province de Namur – Belgium
- Centre Neuro Psychiatrique St-Martin – Belgium
- Etablissement Public de Santé Mentale de la Marne – France
- Observatoire Régional de la Santé Grand Est – France
- Université de Reims Champagne-Ardenne – France

Associated partners:

- ARS Grand Est – France
- AVIQ – Belgium
- Centre Hospitalier Bélair – France
- Institut ALBATROS – Belgium
- Similes – Belgium

## SUMMARY

The PSICOCAP project is a Franco-Belgian project aiming to build a **cross-border instrument for observation and analysis of disability** in particular mental disability in order to disseminate the actions to be carried out by project leaders and local decision-makers.

PSICOCAP is an Interreg project (France-Wallonia-Vlaanderen) financed by the European Regional Development Fund and Wallonia.

### General idea of the project :

- To **better know, welcome and accompany** people suffering from a handicap and a mental handicap.
- To work on **inclusion and destigmatization**.
- To **train professionals** and people who accompany people with mental disabilities.

### This project aims 3 main **OBJECTIVES** :

- To develop knowledge and exchanges of **good practices** on both sides of the French-Belgian border on the topics of disability and mental handicap.
- To set up an **observatory of practices and data** on disability and its determinants, paying particular attention to mental disability : analysis of the actors, resources and modes of care and mapping of these.
- To develop **training for professionals** and reception staff.



## Who's calling the shots ? Citizen Empowerment in Mental Health : from the think tank to operational perspectives for user self-determination



1<sup>st</sup> September 2020  
to  
31<sup>st</sup> August 2023



- Association Francophone d'Education Comparée – France
- Center for Mental and Pedagogical Support Kepsipi – Greece
- Centre Neuro Psychiatrique St-Martin – Belgium
- Centre de Terapia Interfamiliar – Spain
- Fondation Trajets – Switzerland
- Kariateam – France
- Universitatea Aurel Vlaicu Din Arad – Romania



Erasmus+  
Strategic partnerships



Lead partner :  
Espoir 54  
France

### SUMMARY

The Empow'Them project is in line with the actions advocated by the UN Convention on the Rights of Persons with Disabilities because it aims to contribute to the **respect and dignity of mental health users** through professional practices that support their individual freedom.

### OBJECTIVES

Its objective is to **promote the emergence of self-determined behaviour in users** by improving the support skills of professionals active in the mental health field (carers, educators, support staff, etc.) and thus facilitate the expression of the will of people with mental disorders within institutions.

### TOOLS

Our intention is to take up this challenge and to design, through an innovative pedagogical engineering approach, **training** to enable professionals to efficiently respond to it. The project mobilizes 8 partners, from 6 different countries and with complementary expertise, in actions aimed at creating a specific training that will remain available in free access on a platform for a minimum of 3 years after the end of the project. The first step will be to draw up a guide for analysing practices in the form of a questionnaire based on a theoretical and conceptual base from the main scientific and professional databases. This questionnaire will be used to explore practices through semi-directive interviews conducted by user-professional pairs.

The challenge is to **keep the questioning process alive among all professionals**, especially newcomers, so that they can examine their practices and representations, without overloading the schedules with binding training in matters of staff mobilization.

Exchanging good practices for the social inclusion of people with mental health problems



1<sup>st</sup> December 2020  
to  
30<sup>th</sup> November 2022



- Centre Neuro Psychiatrique St-Martin – Belgium
- Espérance Hauts de Seine – France
- Fondazione Internazionale Don Luigi Di Liegro Onlus – Italy
- Greek Carers Network EPIONI – Greece
- Klinika za psihijatriju Vrapce – Croatia



Erasmus+  
Strategic partnerships



Lead partner :  
Luciole 92  
France

## SUMMARY

The general objective of the IncluPsy project is to **promote the social inclusion of people living with mental disorders**.

A **European guide to good practice** will be drawn up taking into account the specificities of the national contexts and may serve as a reference for all actors involved in the social inclusion of people living with mental disorders. This guide will be co-produced throughout the partnership thanks to the pooling of skills and perspectives of all partners, associated partners, and actors involved in the project.

## TOOLS

- **Training** will enable participants to develop their skills with the aim of reducing stigma and discrimination against people with mental health problems and promoting their social inclusion.
- An **intervention** by a professor at the kick-off meeting of the project in Paris in 2021.
- A **webinar** in January 2022 in conjunction with the Yale Psychiatry Department in the United States.
- Four **project meetings** will be held and will define the progress of the project. Think tanks will meet there and study visits to various partners and stakeholders will be made.

Cooperation partnerships in the field of vocational education and training



1<sup>st</sup> february 2022  
 to  
 31<sup>st</sup> november 2025



- EPSM Lille Métropole – France
- Association des mentors pairs aidants du Québec – Canada
- Peer And Team support ASBL – Belgium
- Universität ULM – Germany
- Universitatea Aurel Vlaicu Din Arad – Romania
- Espairs – France
- Inland Norway University of Applied Sciences – Norway
- Haute Ecole de la Province de Namur – Belgium
- First Person Mental Health Research Group – Spain



Erasmus+  
 Partnerships for cooperation



Lead partner :  
 Centre Neuro Psychiatrique St-Martin  
 Belgique

## SUMMARY

The partnership aims to contribute to the **professionalization of peer support work** in the field of mental health in Europe. The objectives of the project are :

- **Innovate** the caregiver-patient relationship **by integrating peer support** more structurally into the care pathway.
- **Stimulate the employment of peer helpers** by strengthening their professional profile and training.
- **Prepare professional teams** to welcome and integrate peer helpers into their practices : accompany the team throughout the integration process.
- **Encourage** innovation and the exchange of practices on these themes.

## TOOLS IMPLEMENTED BY THE PARTNERS

- A **competency framework** for peer helpers.
- A **standardized training profile** for peer helpers.
- **Training materials** for (future) mental health professionals.
- A **methodological framework** to support the integration of peer helpers into teams.
- A **MOOC**.
- The **inclusion** of the project's primary target group (mental health service users and peer helpers).

St-Martin Neuro Psychiatric Centre totally fits in with modern psychiatry and takes up the challenge of setting up a consistent Mental Health Care system in a close network with the various healthcare workers.

In this context, our hospital constantly reinforces its collaborations with the psychiatric departments of general hospitals around Namur, the first-line caregivers and various shelter and support structures (drug addiction, intellectual deficiency, etc).

Our Centre also actively takes part to the continuity of care through assisted housing programmes, psychiatric care houses, Mental Health workers, care homes, etc.

Through this network dynamics, CNP is involved in various innovative projects and confirms its commitment to the future of psychiatry : **providing specialised care that suits best to the patient needs.**



[cp-st-martin.be](http://cp-st-martin.be)

