
EPAPSY:

Scientific Association for Regional Development and Mental Health



LEONARDO DA VINCI Programme II PHASE 2000-2006

Il progetto è stato finanziato con il sostegno della Comunità Europea.
Il contenuto del presente progetto non riflette necessariamente
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e non impegna in alcun modo la loro responsabilità.

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Scientific Association for Regional Development and Mental Health

- **EPAPSY** is a **non governmental organization** (NGO) that has the responsibility of founding and operating mental health services (housing units, mobile units, day centre) in the context of the “Psychargos” programme.
- It is funded by the EU as well as by national funds (the Ministry of Health) and it operates under the supervision of the Ministry of Health, but functions under private law as a public body



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- A hostel for chronic, ex institutionalized, psychiatric patients in Chalkis (9 persons)
 - A community apartment for chronic, ex institutionalized, psychiatric patients in Chalkis
 - Vocational Rehabilitation Unit (Cleaning Service) that provides job to persons with special psychosocial needs.
 - Residential Home for the Psychiatric Patients with intellectual disabilities in Chalkis.
 - Residential Home for the Psychiatric Patients with intellectual disabilities in Eretria
 - Residential Home for the Elderly Psychiatric Patients in Penteli (Athens)
 - Residential Home for the Elderly Psychiatric Patients in Trikala
 - Residential Home for the Elderly Psychiatric Patients in Lamia
 - Residential Home for the Elderly Psychiatric Patients in Leivadia
 - Mental Health Mobile Unit of North East Cyclades (based on the island of Syros)
 - Mental Health Mobile Unit of West Cyclades (based on the island of Milos)
 - Mental Health Day Center (Athens)
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- **Epapsy is the first NGO in Greece to acquire a certified quality assurance system of operation according to the international model of ISO9001:2000.**



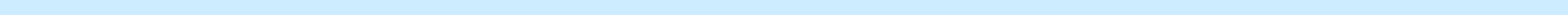


■ Our Approach

- Setting direction, aims and objectives.
- Planning how progress will be made or a goal achieved.
- Organising available resources so that the goal can be economically achieved in the planned way.
- Controlling the process.
- Setting and improving organisational standards.

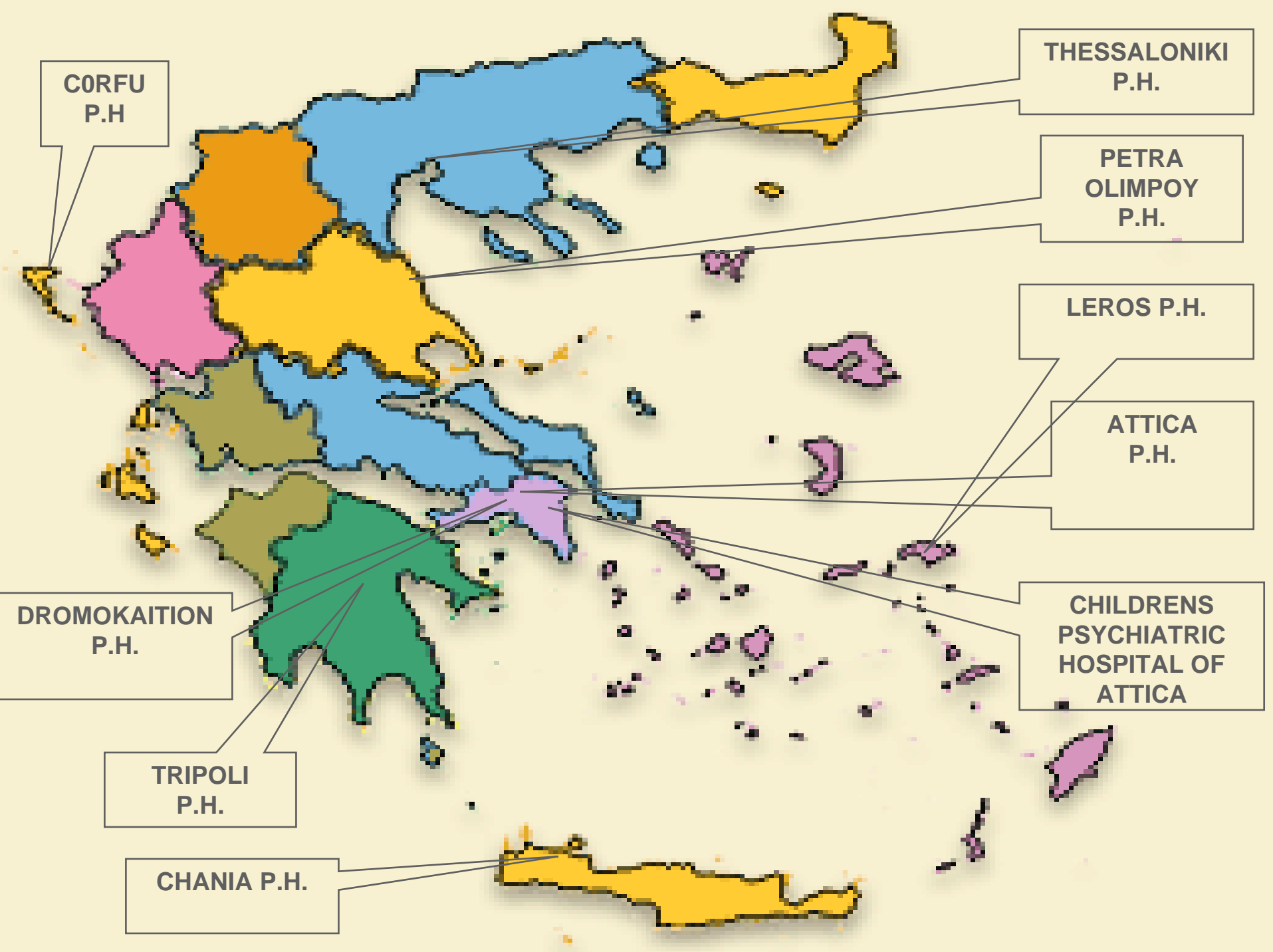
THE MENTAL HEALTH SYSTEM REFORM

THE “PSYCHARGOS” PROGRAM



MILESTONES OF CHILD PSYCHIATRY IN GREECE

- ❖ In Greece the term Child Psychiatry also includes adolescents (until the age of 18). This medical specialty is relatively new in Greece. In fact, its first autonomous functioning efforts started in the '50s.
 - ❖ Up to 1981, Psychiatry and Neurology constituted a single specialty. Anyone having completed his/her residency could afterwards also work with children and adolescents, as well as with adults.
 - ❖ In Greece, the various mental health professionals, like teachers for children with special needs, social workers, psychologists and psychiatrists had an early start in their good and harmonious collaboration.
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**CORFU
P.H.**

**THESSALONIKI
P.H.**

**PETRA
OLIMPOY
P.H.**

LEROS P.H.

**ATTICA
P.H.**

**CHILDRENS
PSYCHIATRIC
HOSPITAL OF
ATTICA**

**DROMOKAITION
P.H.**

**TRIPOLI
P.H.**

CHANIA P.H.

MILESTONES OF CHILD PSYCHIATRY IN GREECE

- ❖ The first school for children with special needs was founded in Athens in 1937. From this point onwards, the teachers working in special education defined their job as “therapeutic education”.
 - ❖ The evolution of child psychiatric services followed the foundation and development of services for mentally retarded children, children with cerebral palsy, as well as children with disorders of the organic psychosis spectrum.
 - ❖ Consequently, closed type institutions as well as asylums were created, based on an erroneous view of the purpose of child psychiatry.
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THE SYSTEM OF MENTAL HEALTH CARE IN GREECE UNTIL 1980

- ❑ A few mental health centers existed in Athens and Thessaloniki, offering mainly psychotherapeutic and consultative services, but they did not operate on a community basis.
- ❑ There has always been an uneven distribution of funds and human resources in Greece. In 1978, the cost of each general hospital bed per year was 10.252 US \$, while the equivalent figure for each psychiatric bed was 2059 US \$, a fivefold difference (Stefanis & Madianos, 1981). This resulted in understaffed services and badly maintained facilities while no resources were available for the development of community care.

THE SYSTEM OF MENTAL HEALTH CARE IN GREECE UNTIL 1980

- ❑ The most important characteristic of the system was its highly centralized services, paralleling the centralization of the rest of health care. Most in-patient facilities (63.5% of beds) were located either in Athens or in Thessaloniki, although those areas only account for the 40% of the population (Stefanis & Madianos, 1981)
 - ❑ No catchment areas were defined and most of the inpatient facilities were old style mental hospitals with only a few psychiatric departments in general hospitals.
 - ❑ The consequent discontinuity of care meant that the inpatient facilities could not play an effective role in reintegrating psychiatric patients, especially the long-stay, into the community.
-

In summary, a highly centralized structure, as well as inadequate primary care and rehabilitation facilities characterized the mental health care system in Greece. The organization of the mental health hospitals was anachronistic and failed to serve the needs of the population. Most institutions were placed in Athens and Thessaloniki, while those in other areas served mainly as “warehouses” of chronic mental patients.

THE REFORM OF MENTAL HEALTH SERVICES IN GREECE

GENERAL OBJECTIVES

I) National Policy

2001-2006

- 1. Closing of 5 Psychiatric Hospitals (Corfu, Petra Olympou, Child Psychiatric Hospital of Attica, Tripoli, Chania) out of a total number of 9 that exist in the country. Transfer of Care and Services provided in General Hospitals and Community-based Services.**
- 2. Reduction of the Capacity (number of beds) of the remaining 4 Psychiatric Hospitals (Mental Hospital of Attica, Dromokaition Hospital of Attica, Thessaloniki Mental Hospital, Leros Mental Hospital) at a level of 50% of their initial capacity.**

2007-2015

- 1. Closing of the remaining 4 Psychiatric Hospitals**

Actions regarding especially the Attica Psychiatric Hospital

2001-2006

- a. Reduction of the hospital's capacity at 450-500 beds**
 - b. Closing down (full replacement of the services provided by General Hospitals and Community-based services)**
-

GENERAL OBJECTIVES

II) Means for the Implementation of the National Policy

1. Psychiatric Hospital Resources (Human Resources, Economical Resources, know-how)
 2. Non-Governmental Organizations (NGO's) Resources with Governmental Backing Up
 3. Engagement of the staff recently hired in Psychiatric and General Hospitals so that they become involved in the implementation of the National Planning of the Mental Health Reform
 4. Allocation of the National Funds and the Funds provided by the Programs co-founded with the E.U.
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GENERAL OBJECTIVES

III) Processes for the Implementation of the National Policy

The Ministry of Health & Welfare has issued ministerial directives defining what should be done at all administrative levels, regions, time periods and by which participating agent

IV) Processes Regarding the Attica Psychiatric Hospital especially

According to the latter arrangements, during the period 2002-2003, the Attica Psychiatric Hospital will admit to a de-institutionalization process and transfer in community based residential facilities about 350 chronic patients. The transfer will be based on the Hospital's own means and the support of NGOs and will take place in the context of a broader planning concerning the sectorization of the Mental Health Services of Attica (Athens Broad Area)

THE 'PSYCHARGOS' PROGRAMME

*A TEN YEAR REFORM
PLANNING*

TEN YEARS PROGRAMME 'PSYCHARGOS'

Community Mental Health Units	1984	2002*	2006**	2010**
Psychiatric Units in General Hospitals ⁽¹⁾	4	21 +10 ⁽²⁾	34	69
Psychiatric Units for Children in General Hospitals	1	2	5	6
Mental Health Centers	6	22	34	52
Child Guidance Clinics	8	20	32	51

*Existing facilities

**Scheduled facilities

(1) After 2006 these units will include acute patients units, short term hospitalisation units, crisis centers and short term stay hostels

(2) Psychiatric Units functioning as outpatient clinics and reference centers

TEN YEARS PROGRAMME 'PSYCHARGOS'

Community Mental Health Units	1984	2002	2006	2010
Prevocational Rehabilitation Workshops	-	70	76	96
Psychosocial Rehabilitation Units				
A. Hostels	1	72	172	172
B. Residential Facilities	2	11	161	161
Γ. Sheltered Apartments	-	106	195	230
Mental Health Mobile Units	2	4	21	31

TEN YEARS PROGRAMME 'PSYCHARGOS'

Community Mental Health Units	1984	2002	2006	2010
Day Centers	1	4	22	28
Special Units for People with Autistic Disorders	-	3	8	21
Intervention Units for Drug Users	-	-	11	32
Crisis Centers for People with drinking problems	-	-	6	15

THE FINANCING OF THE 'PSYCHARGOS' PROGRAMME

Financing investment costs and commencement of operation cost

Operational programme 'Health and Welfare'	211.3 Million Euro	28.8%
National Public Investment Programme	73.4 Million Euro	10.0%
National Budget	317 Million Euro	43.2%
Social Insurance	132.1 Million Euro	18.0%
Total	733.8 Million Euro	

MAIN AXES AND PRINCIPLES OF THE HELLENIC MENTAL HEALTH POLICY

2000-2010

- 1. Sectorization**
- 2. Deinstitutionalization – Community psychiatry.**
- 3. Implementation of psychiatric and children psychiatric clinics in General and Pediatric Hospitals.**
- 4. Development of community mental health facilities within the sectors.**
- 5. Development of social firms and programs of prevocational and vocational rehabilitation.**
- 6. Continuous Training of mental health professionals.**

Τύπος Δομής / Υπηρεσίας	Δομές σε λειτουργία έως 2000	Δομές σε λειτουργία 2001-2002 Α' Φάση "Ψυχαργός"	Β' Φάση Ψυχαργός 2002 - σήμερα		Σύνολο δομών σε λειτουργία έως σήμερα	Σύνολο δομών που προβλέπονταν στο "Ψυχαργός" 2001 - 2010	Υπόλοιπο δομών που αναμένεται να τεθεί σε λειτουργία έως 2010
			Δομές που προβλέπονταν	Δομές σε λειτουργία έως σήμερα			
(α)	(β)	(γ)	(δ)	(ε)	(στ=α+β+ε)	(ζ)	(η=ζ-στ)
Ξενώνες	43	49	42	10	102	170	68
Οικοτροφεία	7	6	109	63	76	130	54
Προστατευόμενα Διαμερίσματα	94	-	119	73	167	213	46
Ψυχιατρικά Νοσοκομεία	9	-	-5	-1	8	-5	4
Ψυχιατρικά Τμήματα Γεν. Νοσοκομείων	19	-	50	2	21	56	35
Παιδοψ/κά Τμήματα Γεν. Νοσοκομείων	2	-	5	1	3	6	3
Ψυχιατρ. Τμ. Εφήβων Γεν. Νοσοκομείων	1	-	4	-	1	9	8
Ξενώνες Βραχείας Παραμονής Γεν. Νοσ.	3	-	31	1	4	55	51
Κέντρα Ψυχικής Υγείας	21	-	52	4	25	80	55
Ιατροπαιδαγωγικά Κέντρα	6	-	51	-	6	73	67
Κινητές Μονάδες Ψυχικής Υγείας	3	-	19	3	6	40	34
Κέντρα Ημέρας / Νοσοκομεία Ημέρας	-	-	29	14	14	42	28
Ολοκληρωμένα Κέντρα για τον Αυτισμό	-	-	19	1	1	19	18
Κέντρα αντιμετώπισης νόσου Alzheimer	-	-	7	2	2	7	5
Κέντρα κρίσης για αντιμετώπιση ουσιών	-	-	21	-	21	35	35
Κέντρα κρίσης αντιμετώπιση αλκοολισμού	-	-	9	-	9	15	15
Κοινωνικοί Συνεταιρισμοί (Κοι.Σ.Π.Ε.)	-	-	55	6		55	49

Mental Health Atlas

2 0 0 5

Αριθμός ψυχιατρικών κλινών/10000 πληθυσμού	8,7
Αριθμός ψυχιατρικών κλινών σε ψυχιατρικά νοσοκομεία/10000 πληθυσμού	4,3
Αριθμός ψυχιατρικών κλινών σε γενικά νοσοκομεία/10000 πληθυσμού	0,3
Αριθμός ψυχιατρικών κλινών σε άλλο πλαίσιο/10000 πληθυσμού	4,1
Αριθμός ψυχιάτρων/100000 πληθυσμού	15
Αριθμός ψυχιατρικών νοσηλευτών/100000 πληθυσμού	3
Αριθμός κοινωνικών λειτουργών/100000 πληθυσμού	56



- **THE FUTURE OF WORK IN MENTAL HEALTH:**
 - **Sessions with patients**
 - **Training**
 - **Meetings**
 - **Network procedures**
 - **Staff selection**
 - **Staff development**
 - **Staff Appraisal**
 - **Preparation**
 - **Research, Results and feedback**
 - **Monitoring of the whole procedure**

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- **Thank you for your time**
- **Wishes for a fruitful collaboration**

N. Symeonides

G. Chadoulis

