



mentally

Together for better mental healthcare

Conference on Improving European Mental Healthcare: From research and co-creation with stakeholders to developing practical tools

Date: [September 5-6, 2019](#)

Location: [Theartemis Palace Hotel, Rethymnon \(Greece\)](#)

The MentALLY project is a European pilot project that places particular emphasis on the role of stigma within primary and specialized mental healthcare. During this conference we will present our research results (focus groups with health professionals & clients, an analysis of the public debate on mental healthcare). We will discuss the potential implications these results might have for improving European mental healthcare. Furthermore, we will launch a freely available Massive Open Online Course (MOOC) for health professionals with a focus on reflective practice (tackling stigma) and models for co-constructed problem assessment with clients. We also welcome an inspiring key note lecture from Jim White. He will reflect on the following questions:

- What does good mental health care need and how do we prevent people from suffering mentally?
- How do we address mental health issues as a health professional without inducing stigma?
- How do we cater the needs of vulnerable groups (people with low SES, ethnic minorities,...)?

Registration link:

<https://eventmanager.ugent.be/MentallyClosingConference>



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PROGRAMME

Thursday, 5th of September 2019

- 18:00-19:00 Welcome by hosts, officials from Mental Healthcare Organization & members of the Ministry of Health Council on Health
- 19:00-21:00 **Opening reception**

Friday, 6th of September 2019

- 08:00-09:00 **Walk-in and registration**
- 09:00-09:45 Welcome | presentation by prefecture of Crete, rector of University of Crete and MentALLY project leader
- 09:45-10:00 Words from the European Commission | presentation by *Stefan Schreck*
- 10:00-11:00 Keynote: 'Getting beneath the tip of the iceberg: developing multi-level, multi-purpose interventions for common mental health problems.' | presentation by *Jim White* (+Q&A)
- 11:00-11:30 **Coffee break**
- 11:30-12:00 Introducing the project | presentation by *Alexis Dewaele*
- 12:00-12:30 Project results I: how do people experience mental healthcare? | presentation by *Malin Axelsson*
- 12:30-13:30 **Lunch**
- 13:30-14:00 Project results II: how do health professionals experience mental healthcare? | presentation by *Sofia Triliva*

MentALLY is a pilot project* which has received funding from the European Parliament.

*Pilot Projects is an initiative "of an experimental nature designed to test the feasibility of an action and its usefulness" and permits appropriations for it to be entered in the EU budget for more than two consecutive financial years.





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- 14:00-14:30 Project results III: how do media report on mental health issues? | presentation by *Kris Rutten*
- 14:30-15:30 Parallel working groups I | Striving towards consensus in mental healthcare
- Topic 1: Stigma in mental healthcare
- Topic 2: Collaboration in mental healthcare
- Topic 3: Shared decision making in mental healthcare
- 15:30-16:30 Parallel working groups II | Striving towards consensus in mental healthcare
- Topic 1: Stigma in mental healthcare
- Topic 2: Collaboration in mental healthcare
- Topic 3: Shared decision making in mental healthcare
- 16:30-17:30 A MOOC on Evidence-Based Psychotherapeutic Practice | presentation by *Alexis Dewaele, Laura Van Beveren, Paul Rijnders and Reitske Meganck*
- 17:30-17:45 Closing words