



- April 2012-

## MEMBER OF THE MONTH

### APAMP

Associazione Parenti e Amici di Malati Psicici  
 Verband Angehöriger und Freunde psychisch Kranker  
 (*Association of relatives and friends of people with mental illness*)

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APAMP is a regional association of families and friends of people affected by mental illness based in Bolzano (South Tyrol). Co-founder of EUFAMI, among other activities APAMP wants to present here the organization each year of holidays to the sea and to the mountains for people affected by mental illness in order to:

- Offer a possibility of organized holidays otherwise not covered by public services and agencies
- Give respite opportunities to family members and carers

Contact: [www.auto-aiuto.it](http://www.auto-aiuto.it) , [www.selbsthilfe.it](http://www.selbsthilfe.it)



For more information, please look at the web site [www.eufami.org](http://www.eufami.org) or contact EUFAMI at [info@eufami.org](mailto:info@eufami.org)

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**Do you wish your organisation to become the next “member of the month”?**  
 Get your pens ready and send us your text and photographs as soon as possible!! Please send details to Rita at the office on [project.admin.office@eufami.org](mailto:project.admin.office@eufami.org).



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## Action Plan for the EU health workforce adopted as part of the Commission Communication for a job rich recovery in Europe

On the 18<sup>th</sup> April, the EU Commission adopted a Communication "Towards a job rich recovery" which sets out a range of measures to encourage employment and strengthen economic growth in Europe. It also identifies healthcare as one of three key sectors with a high employment potential and includes an Action Plan for the EU health workforce - Healthcare is highly labour intensive and one of the largest sectors in the EU, accounting for about 17 million or 8% of all jobs in the EU. Despite the economic downturn, the sector continues to grow and, with an ageing population and the rising demand for healthcare, will remain a key driver for jobs with an estimated 8 million job openings between 2010 and 2020.

However, the sector faces major challenges at a time of severe budget constraints, including health workforce shortages and skill mismatches in many countries. The Action Plan aims to assist Member States to tackle these challenges and sets out actions to foster European cooperation and share good practice to help improve health workforce planning and forecasting, to anticipate future skills needs, to improve the recruitment and retention of health professionals while mitigating the negative effects of migration on health systems. See [http://ec.europa.eu/dgs/health\\_consumer/docs/swd\\_ap\\_eu\\_healthcare\\_workforce\\_en.pdf](http://ec.europa.eu/dgs/health_consumer/docs/swd_ap_eu_healthcare_workforce_en.pdf).

## European Commission invests in online tools for prevention of depression

The April eHealth newsletter of the European Commission focused on a mental health project entitled OPTIMI – Online Predictive Tools for Intervention in Mental Illness. This project, which was launched in January 2010 and will end in December 2012, has received a total budget of €5.2 million (including €3.7 million EU funding). The overall objective of OPTIMI is to contribute to the prevention of depression through two goals - the development of new tools to monitor coping in individuals exposed to high levels of stress and the development of online interventions to improve coping, reducing the risk that poor coping will lead to depression.



OPTIMI has developed technology-based tools to monitor subjects' physiological and cognitive state in their usual environment. At the end of 2011, OPTIMI successfully conducted three trials with 95 participants in Switzerland, Spain and China: these trials allowed OPTIMI to develop software which helps predicting users' risk of depression. In about 85% of cases, the predictions matched the clinician's evaluation. The next phase of the project is the focus on prevention. Between April and May 2012, small-scale trials will be launched to measure how far two existing systems of computerised Cognitive and Behavioural Therapy can help participants exposed to chronic or acute stress. Partners in this project include the University of Zurich, Universitätsklinikum Freiburg, Universidad Politecnica Valencia, ETH Zurich and the University of Bristol.

## How to harness the patient movement more effectively? Seeking your opinion

PatientView is asking health campaigners whether they would like to take part in a short, 8-question survey on patient group activities. The survey results should hopefully describe the effectiveness of the patient movement, country by country. The results will be published in the summer issue of PatientView Quarterly (a regular publication dedicated to covering issues of importance to the health advocacy community). Everyone who completes the survey will be sent a copy of this summer issue (if they wish to receive it). Log onto <https://www.surveymonkey.com/s/group-activities> to participate in the survey. The survey's closing date is Thursday, 31st May 2012.

## News from South America

A meeting of users, families and volunteers from NGO'S, which took place in Buenos Aires in the second half of 2011, issued a very important document titled 'Consenso de Buenos Aires' (Consensus of Buenos Aires). Amongst the issues contained in the declaration, delegates called for the integration of the whole community, which include families, into the recovery process of persons with mental health problems and the need to redistribute resources into the community and the recruitment of new resources for community services – see <http://www.redfuv.org.ar>



## Important dates for EUFAMI Members

Member Training Day, Friday, 25<sup>th</sup> May  
EGM and GM, Saturday, 26<sup>th</sup> May

Both days' activities will take place in Leuven, Belgium. If you have not already registered, please do so by contacting Rita Geerts at [project.admin.office@eufami.org](mailto:project.admin.office@eufami.org)

## Prospect – EUFAMI's Training Programme

*Prospect, EUFAMI's Training Initiative, is currently being used by people in over 14 European countries. Prospect is a very unique peer to peer programme and was developed by EUFAMI members from many countries. If you would like to get further information, contact Rita Geerts on [project.admin.office@eufami.org](mailto:project.admin.office@eufami.org).*



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For more information, please look at the web site [www.eufami.org](http://www.eufami.org) or contact EUFAMI at [info@eufami.org](mailto:info@eufami.org)

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