



Global Initiative on Psychiatry - Sofia

Changing paradigm in the context of art. 12 of the UNCRC

*Searching solution for people with mental health
issues*



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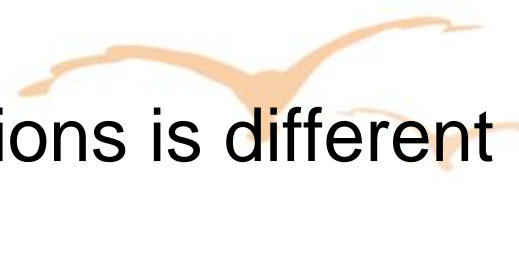
Mission

Every person in the world should have the opportunity to realize his or her full potential as a human being, notwithstanding personal vulnerabilities or life circumstances...





Axis

- Everyone, regardless whether she or he has disability and how serious it can be has desires, preferences and will
 - The capacity of making decisions during psychiatric crisis varies with the different people
 - The capacity of making decisions depends on the support and the context in which we do live
 - The capacity of making decisions is different with the different people
- 



Partners in the process

- Bulgaria center no-for-profit law
- National organization of mental health service users
- Bulgarian association of people with intellectual disabilities





Aims at the project

- To examine the possible solutions for people with mental health problems for their right to make decisions.
- To develop decision making capacity among a pilot group
- To create mechanisms for SDM





Scope of the project

- The discussions started already in 2012, official start of the project in 2013
- In the cities of Sofia and Blagoevgrad
- With pilot group of 10 people at each location





The process

- Consultations to outline the scope of support measures
- Designing desired job profiles for facilitators, hiring and training staff
- Determining the criteria and inclusion of clients
- Evaluation
- Preparation for the support
- Implementation of support measures





Who is the project for

People who have difficulties of making decisions in

- certain situations (during mental health crisis) or
- in certain arias of their life`s (managing property)





Who needs supported decision making?

- Someone else makes decisions for him/her (irrespective of whether there is a legal basis for this)
- There is a risk someone else to make decisions for him/her





The clients:

- are in a serious protracted conflict with their environment or manifest a tendency for conflict (provocative) behavior;
- In the presence of a certain character and course of psychosocial problems: *serious symptoms of major impact on psychosocial functioning, recurring crises with a noticeable deterioration in the functioning and incomplete remissions between them lasting and deep damage to cognitive and psychosocial functioning*





Goal of the support measures

- To support the people to compensate the deficit of decision making capacity
- To help person to create alone safety mechanism to prevent making decisions that are contrary to his ow preferences ad will
- To develop support capacity in the immediate environment of the person





Support measures

- Peer support group
- Consultation of trained specialist
- Social service
- Mentor (personal advisor)
- Advanced directives
- Building support networks
- Crisis facilitation





Results

- On supported persons` level
- On support persons` level
- On professionals` level
- Organizations and environment





Supported persons

- Control on medical treatment
- Some share they have control on their life's
- Understand consequences of the guardianship and are looking for support when risk occurs
- More than half declare they managed to make a concrete decision that was difficult to them before
- Less hospitalizations, less relapses
- More intensive social life
- Increased QoL
- Improved relationship with the community





Support persons

- Relieve, can share responsibilities
- Understand consequences of the guardianship
- Develop capacity to effectively support people
- Searching for support
- Improved relationships





Professionals and environment

- Increased capacity of the professionals
- Changed understanding of its own role in providing support
- Change of attitudes towards people with mental health problem and their capacity to make decisions
- Changed organizational culture, type of services and their intensity





Challenges

- Lack of resources in the community
- Lack of capacity among the key stakeholders
- No legal framework yet
- Institutionalism
- Project run initiative
- Guardianship





*“Nothing is more powerful than an idea
whose time has come”*

Victor Hugo





Thank you for your attention!

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