







European PROgramme for Mental health Exchanges, Networking and Skills

Cross-border conference: Innovative care structures – sustainable concepts for mental health in rural areas

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EU-PROMENS is funded by the European Commission through the EU4Health initiative







EU4Health

EU4Health represents an unprecedented level of financial commitment to improve and foster health in Europe

EU4Health Programme - a vision for a healthier Union



EU4Health programme 2021-2027 – a vision for a healthier European
Union - European Commission



Background information



European Commission Comprehensive approach to mental health: holistic approach to mental health, based on three guiding principles

- ✓ Adequate and effective prevention
- ✓ Access to high quality and affordable mental healthcare and treatment
- ✓ Reintegration into society during recovery

The comprehensive approach:

- ✓ Address key policy sectors beyond the public health sector
- ✓ Aims to put tools in place to drive change
- ✓ Supports Member States in their efforts to achieve the WHO targets for NCDs by 2025 and SDG by 2030



EU-PROMENS implements one of the 20 Commission flagships under this Comprehensive approach.

EU-PROMENS Consortium



GFA Consulting Group GmbH Germany (group leader), **Trimbos Institute** from Netherlands and **Mental Health Europe** from Belgium have joined forces to collaboratively implement the EU-PROMENS project







www. gfa-group.de



www.trimbos.nl



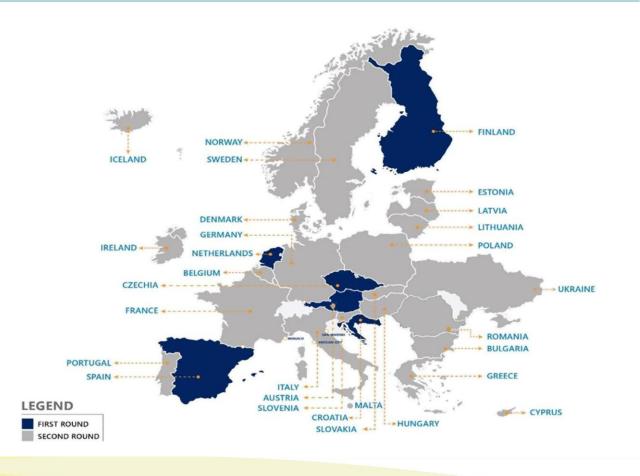
www.mentalhealtheurope.org



EU-PROMENS Goal



The European Programme for Mental health Exchanges Networking and Skills has the goal to enhance the capacity of professionals across the 27 EU Member States, Norway, Iceland, and Ukraine, in the field of mental health targeting professionals with various professional backgrounds to foster multisectoral collaboration and is implemented between January 2024 and December 2026.



About EU-PROMENS



Main Objectives

- Enhance and improve the capacities of professionals across Europe working in the field of mental health.
- Promote a prevention-oriented and comprehensive approach to mental health as a public health priority across all life stages and diverse settings.
- Foster multidisciplinary collaboration across sectors, including health, education, social care, and justice.
- Support professionals working with groups in vulnerable situations through tailored, evidence-based capacity building.

EU-PROMENS main activities



Multidisciplinary Training Programme:

Design and implementation of a mental health training programme in 6 EU-PROMENS hubs and expand to the remaining 24 countries.

Exchange Programme:

Design and implement professional exchanges in 6 EU-PROMENS hubs to share best practices and foster collaborative care approaches.

Development of a
Toolkit: Create a
European blueprint for
multidisciplinary mental
health capacity-building
with practical,
evidence-based
recommendations.

Target groups



Health Professionals:

Medical and allied health workers such as general practitioners, nurses Social Work Professionals:

Practitioners working in social care settings

Justice Sector Workers:

Professionals in justice systems, juvenile detention centres, and law enforcement

Non- Clinical Mental
Health
Professionals: Peer
support workers,
community
volunteers, and
others

Mental Health Professionals:

Psychiatrists, psychologists, counsellors, and therapists **Education Workers:**

Teachers, school counsellors, and educational administrators

Cross-Sectoral Professionals:

Individuals working in interdisciplinary community settings



International training programme

Aim of the multidisciplinary training programme



AIMS:

- 1. Equip diverse professionals with the competencies needed for effective cross-sector collaboration.
- 2. Foster a shared understanding of mental health across disciplines.
- 3. Enhance teamwork and communication among professionals.
- 4. Build capacity for integrated, person-centred care.
- 5. Address mental health challenges in a holistic way.

OUTCOME:

Create a cohesive network of professionals capable of delivering comprehensive, person-centred mental health prevention and care, ultimately improving outcomes for individuals and communities.

Cross-Sectoral Mental Health Competencies Framework



III. Multidisciplinary Team
Collaboration
Competencies

- Required for professionals working within dedicated mental health teams.
- Emphasizes teamwork, coordination, and integrated care approaches

II. Intersectoral Mental Health Collaboration & Communication Competencies

- Essential for professionals in sectors impacting mental health (e.g., education, social services, healthcare).
- Focuses on effective communication and collaboration in mental health contexts.

I. Foundational Mental Health Competencies

- Relevant for all professionals, even if they do not specialise in mental health.
- Covers basic knowledge and skills to support mental wellbeing.

Mental Health Cross-Sectoral Competency Framework



Mental Health Literacy: understand mental health

concepts and factors contributing to mental health issues.

Mental Health Problems and

Risk Assessment: signs of mental health issues, risks related to self-harm and suicide.

Evidence-Informed Impact:

psychoeducation, psychological support, mental health promotion, activities to reduce stigma.

Culture and Diversity

Awareness: sensitivity to cultural, age and gender diversity.

Self-Care and Care of Colleagues: self-care to prevent burnout and

support colleagues by addressing psychosocial risks at work.

Foundational Helping Skills:

communication, active listening, empathy, de-escalation skills, confidentiality, building rapport.

I.Foundational Mental Health Competencies

Supporting Recovery: attitude towards individuals with mental health issues, supporting them to exercise self-determination, and grow through personal experiences.

Mental Health Cross-Sectoral Competency Framework



Referrals and Navigating Services: assist individuals in navigating complex care systems.

Collaboration Across Sectors: work effectively with diverse professionals and agencies, ensuring a person-centred and cooperative approach to mental health care.

Navigating Support and Care Systems: understanding the roles of various sectors in mental health care, the local care system, how to access services.

II.Intersectoral Mental Health Collaboration/ Communication Competencies

Service Development Support:

collaboration among care providers, share best practices, improvements in mental health prevention and care.

Mental Health Cross-Sectoral Competency Framework



Shared Decision-Making: collaboratively plan prevention and support actions.

Reflection: engage in team reflection, identifying areas for improvement.

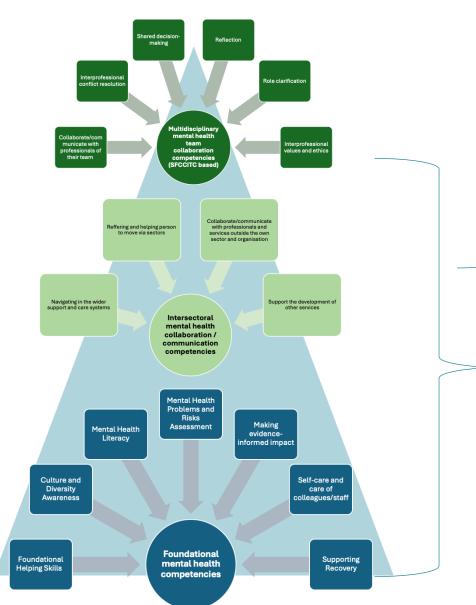
Conflict Resolution: address conflicts within teams effectively, listening openly, reaching agreed solutions.

Role Clarification: articulate their roles within the team, understand others' roles.

Intra-Team Communication: timely and specific information exchange within teams. III.
Multidisciplinary
Mental Health
Team Collaboration
Competencies

Interprofessional Values and Ethics: respect team members, create safe spaces for advocacy, and integrate organisational and professional values into team discussions.

Trainings focus



Advanced modules – 4 modules focusing on Multidisciplinary mental health team collaboration and Selfcare and resilience

Core modules – 8 modules focusing on Foundational mental health competencies and Intersectoral Mental health collaboration / communication

Training dates in Germany

- the Training will start in Germany in April 2026
- in total we will have five trainings with around 20 participants in each session. This means
 - 5 core trainings and
 - 5 advanced trainings
- and one of them is for sure online.
- please have a look to the webpage beginning of 2026 to see the exact dates and locations.
- www.eu-promens.eu



International Exchange Visits

International Exchange Programme

Objective

Facilitate cross-border knowledge sharing and collaboration for international professionals

Target audience

Health professionals, educators, social workers, prison staff.

Design

- Shadowing peer professionals in their daily work/practice / visiting good practices.
- Meetings with stakeholders at local, regional, and national levels.
- National workshops organised in hybrid format to discuss lessons learned from the study visits.

EU-PROMENS HUBs





Zagreb, Croatia: Zagreb School of Medicine

Helsinki, Finland: Valo-Valmennus

Prague, Czech Republic: National Institute of Mental Health

Linz, Austria: Pro Mente Upper Austria

's-Hertogenbosch, Netherlands: Foundation Reinier van Arkel

Barcelona, Spain: Sant Joan de Déu

International Exchange Programme

Rollout

- 75 study visits per hub, divided into 3 groups of 25 people per 2-week stay, per 2 rounds (approximately one year apart)
- In total 150 participants per hub and 900 visits in total
- Next possibilitie Barcelona/Spain

•	Group 1	9.2.2026 – 20.2.2026
•	Group 2	9.3.2026 - 20.3.2026
•	Group 3	4.5.2026 - 15.5.2026

National Workshops

- Organised in each participating country to seek feedback on programme development and implementation
- Hybrid format with 20 representatives per workshop



Toolkit

EU-PROMENS toolkit

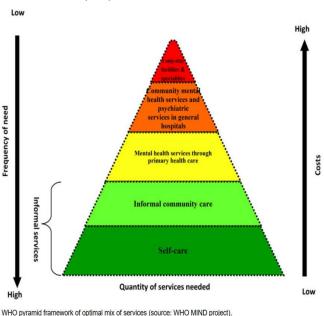
Objective of the toolkit

The European blueprint will incorporate the material developed for the training programme to provide national authorities with the necessary tools for implementation at national level.

Structure

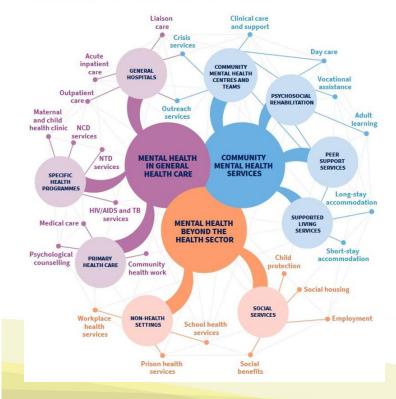
- In Part A, we provide the **theoretical superstructure alongside the official parts**. The **quality assurance criteria** will be described and structured in accordance with the WHO mental health pyramid.
- In Part B, we provide the **results of scientific studies and expert surveys**. In addition, **service provision types and service providers clusters** are listed. Furthermore, we will **recommend** and describe a group of experts whose task it is to analyse the situation and derive an agenda for development needs from these country reports.

> Finalisation expected for middle 2026



EU-PROMENS

Model network of community-based mental health services



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<u>EU-PROMENS Event Updates</u> <u>EU-PROMENS - YouTube</u>











Thank you

for your time and support!