

## **MENTAL HEALTH FORUMS**

### **Objectives:**

- For the Autonomous Communities to set up mechanisms and channels for user and family associations to take part in the planning, management and evaluation of mental health services, further promoting the health councils wherever these exist.
- To carry out actions regarding persons with mental disorders and their family members a community nature, based on: integral, personalised care, promoting the rights of persons with mental health problems and their families, guaranteeing the full exercise of their rights as citizens, oriented toward objectives of maximum integration, normalisation and participation.
- To make the situation of these persons known, to represent and defend their rights and to collaborate in the improvement and/or creation of healthcare and social resources necessary in each population.

**Target population:** Mental health managers and professionals, persons suffering from mental disorders and their family members.

**Scope:** Local Municipal Government and/or healthcare resources.

**Description:** The organisations which are to form part of the Mental Health Forums are very familiar with the territory and the social environment which frame the needs of persons with mental health problems and their families. They often intervene as interlocutors and/or access channels among the different bodies and the society. Coordination work within the geographical area, where each association is registered, aimed at participating in and/or creating spaces for thought, debate and sharing of information about mental health problems in general and the need for care in particular. Work is done to heighten awareness and motivate the municipalities to gain an in-depth knowledge of the actual status of matters connected with mental health-related situations within their area and be able to design an Action and Coordination Plan for dealing with the mental health problems within their area of influence. This is currently being progressively implemented throughout the entire region of Catalonia, with different experiences at the municipal and supra-municipal level.

**Evaluation:** The evaluation is currently under way, and the information on the results is detailed in the material prepared for the 2006 assembly, the 2005 FECAFAMM Report.

**Institution and center responsible for the program:** Federació Catalana d'Associacions de Familiars de Malats Mentals (FECAFAMM).

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### **Reference sources**

Federació Catalana d'Associacions de Familiars de Malats Mentals (FECAFAMM). Les Taules de Salut Mental, una eina de coordinació en el territori. In: Butlletí de la FECAFAMM. Barcelona. Butlletí N.º 0. Gener 2006 (page 1).