

# "Peer workers perspective: Human rights in mental health and the importance of the role of peer workers in mental health care"

## #peers&HHRR

*This webinar is focused on promoting, protecting and upholding the human rights of persons with mental health problems. It is organized by RECOVER-E, a Horizon 2020 project on the implementation and evaluation of multidisciplinary community mental health teams (CMHTs) consisting of a psychiatrist, a psychologist, a nurse, a social worker and a peer worker, in five sites, in five countries: Croatia, Montenegro, Romania, North Macedonia and Bulgaria.*

*This webinar focuses on the pioneering role of peer workers in these project sites. Anyone, from users, to mental health care professionals, policy makers, advocacy organisations, researchers and more can join this webinar. The overall goal of the RECOVER-E project is to contribute to the implementation of and research on evidence on community-based service delivery model for recovery-oriented care at the five sites.*

## recover-e Webinar

October 14, 2021



### 10:00 Welcome - What's Recover-E?

Dr. Laura Shields-Zeeman, Trimbos Institute  
Coordinator of the Project

### 10:05 Human Rights & Persons with mental health problems

Moderator: Nina Bos, Trimbos Institute,  
Project Manager. Recover-E

#### Speakers:

- Representative from the European Federation of Psychologists' Associations, Dr. Nora Sveaass & Polli Hagenaars - members EFPA Board of Human Rights & Psychology
- Representative from European Psychiatric Association, Dr. Jan Wise - Member of Committee on Ethical Issues

### 10:30 "The EU Convention on Human Rights"

Representative from Special Psychiatric Hospital  
Dobrota, Kotor, Montenegro, Dr. Aleksandr Tomcuk

#### ■ "Peer Workers & UN Convention"

Representative from Fundación Mundo Bipolar, Spain,  
Guadalupe Morales

Discussion and Q&A

### 11:10 Break

### 11:15 Community Mental Health Teams in Recover-E. The Role of peer workers

Moderator: Felix Bolinski  
Project Manager. Recover-E

#### Speakers:

- Experience of Peer Workers from CMHT in different sites  
Zana Sevo, Kotor Montenegro  
Valentin Valtchev, Sofia, Bulgaria
- Experience in CMHT in 3 sites  
Representative from University Clinic of Psychiatry,  
Dr. Stojan Bajraktarov, Skopje, North Macedonia  
Representative Milana Zarkovic, Psychologist, Kotor,  
Representative from National Centre of Public Health and  
Analyses, Dr. Vladimir Nakov, Sofia, Bulgaria

Discussion and Q&A

### 12:25 Conclusions & Closing

Dr. Laura Shields-Zeeman, Trimbos Institute  
Coordinator of the Project

### 12:30 End

Register in advance

**RECOVER-E** LaRge-scale implementation of COmmunity based mental health care for people with seVere and Enduring mental ill health in EuRopE.  
<https://www.recover-e.eu>



This project has received funding from the European Union's Horizon 2020 research and innovation programme under Grant Agreement 779362

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**Laura Shields-Zeeman**

Is the Project Leader of the RECOVER-E project and Head of the Department of Mental Health Prevention and the WHO Collaborating Centre for Mental Health Services and Interventions across the life course at the Netherlands Institute for Mental Health and Addiction in Utrecht, the Netherlands. She has trained in clinical psychology and has a Master's in Public Health and a PhD in Public Mental Health. She has managed national and international projects in mental health and public health and has expertise in the domains of public mental health, community mental health, and social determinants of health.



**Polli Hagenaars**

Is a licensed primary health psychologist, and trainer for diversity policy with her own institute -C5- in Amsterdam, NL. She was the first convenor and still is an active member of the Board Human Rights and Psychology of the European Federation of Psychologists Associations (EFPA); she co-organized the expert meeting "Human Rights Education for Psychologists", together with the EFPA, the EIUC and the European Agency for Fundamental Rights (FRA). She is co-editor of the Special Issue "Human Rights and Psychology" (European Psychologist, 2019) and of the textbook "Human Rights Education for Psychologists" (Routledge, 2020). She is co-founder and co-chair of the Global Network of Psychologists for Human Rights (2020).



**Stojan Bajraktarov**

Is a Associated Professor. Msc, PhD, psychiatrist. Msc. in Public Health, 2011. PhD, 2017. Current position: Medical director at the University Clinic of psychiatry Skopje. 1996, Madrid WPA World Congress: Young Psychiatric Researcher ward. 1996-97 short-term dynamical psychotherapy, Institute for Mental Health in Belgrade. 1997-1998: WHO. One-year postgraduate course: post-traumatic stress and trauma. 2000-2008: WHO Program Manager, Mental Health Program. Since 2012: National Mental Health Coordinator, Southeast Europe Health Network. Since 2017: President of the National Commission for Mental Health. 2014-2021: World Psychiatric Organization, Zone 9 Representative. Since 2018: Principal investigator and senior researcher at two EC Horizon 2020 projects. Author and co-author of over 70 scientific papers, and co-author of psychiatry textbook at the Medical Faculty Stip, University "Goce Delcev". He is the author and co-author of 7 books in the area of community mental health.



**Guadalupe Morales**

Is the director of Fundación Mundo Bipolar, a non-profit national NGO of people with lived experience. It fights against stigma and discrimination, based on the UN Convention of the Rights of Persons with Disabilities. Mrs. Morales had held teaching positions at universities in Spain and the USA. She is currently a professor teaching, Human Rights in mental health for the Masters Universitat Jaume I in Valencia, Spain, at Universidade NOVA, Lisbon, International Learning Program. Partner in the project, Recover-E. Has trained professionals and peer workers to be part of Community Mental Health Teams, in five Eastern countries. Mrs. Morales is also Deputy Chair of ENUSP. European Network of (Ex-) Users and Survivors of Psychiatry. Represents service users at the World Association for Psychosocial Rehabilitation (WAPR), Member of: Women's Committee European Disability Forum (EDF), Advisory Boards of World Psychiatric Association (WPA) and Commissioner of Lancet Commission on Stigma and Discrimination in Mental Health.



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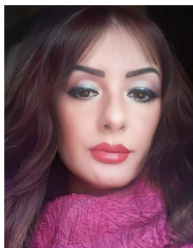
**Vladimir Nakov**

Is a Assistant Professor, psychiatrist, Head of the Mental Health Department at the National Center of Public Health and Analyses, Sofia, Bulgaria. He studied medicine at the Medical University – Pleven. Since 1998 he has worked at several psychiatric hospitals as a psychiatrist. In 2002 he completed his specialization in psychiatry. In January 2015 he earned his PhD with a thesis on social medicine. Since 2007 he has been working in the field of mental health promotion and prevention of mental disorders, especially of suicide prevention in Bulgaria. He is the author of over 50 publications in academic journals and of a monograph on suicides in Bulgaria. Dr. Nakov is a governmental expert on dementia since 2018, member of the European Psychiatric Association (EPA) Section of Suicidology and Suicide Prevention, and representative for Bulgaria. He is also one of the founders of the Mental Health Association of South-Eastern Europe.



**Nora Sveaass**

Is a professor emerita at the Department of Psychology, University of Oslo, Norway. She worked clinically with refugees, and conducted research on family therapy with traumatized refugee families, rehabilitation of victims of torture and on transitional justice. Sveaass has written books and journal articles on psychology, forced migration and human rights, and on gender-based violence in conflict. Sveaass is initiator of the Mental Health and Human Rights Info, an NGO providing information on health and human rights. Was a member of EFPA's Board Human Rights & Psychology. Served as chair of the Human Rights Committee for the Norwegian Psychological Association (1998–2019), member of UN Committee Against Torture (2005–2013) and currently member of the UN Subcommittee on the Prevention of Torture. In 2009 she was awarded the Amnesty International award (Norway), and the University of Oslo's Human Rights Prize in 2018. In 2019 she was awarded The Royal Norwegian Order of Saint Olav for her work on human rights.



**Zana Sevo**

Born and raised in Croatia, in Zadar. Experienced associate in the FACT team, Peer worker at the Special Hospital for Psychiatry in Kotor. Graduated from "High School in Economics" in 1995. She emigrated to Belgrade, Serbia and later to Montenegro, due to war. She has had mental health problems since 2005.



**Aleksandar Tomcuk**

Psychiatrist, Head of the Center for Mental Health Promotion and International Cooperation of the Special Hospital for Psychiatry in Kotor, Montenegro. President of the National Mental Health Commission of the Ministry of Health of Montenegro and the National Focal Point WHO for Mental Health for Montenegro. Assistant editor of the national journal "Psychiatry". Member of the international editorial board of the journal "Clinical Psychiatry, Psychology and Border Disciplines". Engrami of the Clinic for Psychiatry KCS and the Association of Psychiatrists of Serbia. Representative in respect of Montenegro in Council of Europe in Committee for the Prevention of Torture and Inhuman or Degrading Treatment or Punishment (CPT)

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**Valentin Valtchev**

Valtchev left Bulgaria when he was 13 years old. His father and him went to France where they lived about 14 years. He had taken his graduation in Psychology in Strasbourg. After that they moved to the south of France in Aix en provence, where Valtchev studied Tourism. Then made his last training in Paris where he was hired by a tour operator. He lived about 2 years in Paris and after, returned to Bulgaria. In 2013 Valtchev was diagnosed with paranoid schizophrenia. Since then, he visits a center for people who have mental diseases. In 2019 through the EU project Recover-E, Valtchev became a Peer Worker in the Community Mental Health Team (CMHT) in Sofia. Bulgaria.



**Dr Jan Wise**

Is a NHS Consultant in Adult Psychiatry working in a busy inner city area, providing of long term care for over 200 patients with severe and enduring mental illnesses, where multiple diagnoses are common. Honours include Fellow of the Royal College of Psychiatrists, International Distinguished Fellow of the American Psychiatric Association, Honorary Member of the World Psychiatric Association, Board Member of the EPA, and the BMA Association Medal for sustained and meritorious service. As Chair of the BMA's Medico-Legal Committee I liaise with the Ministries of Health & Justice. Dr. Wise has been a member of the BMA, WPA, and EPA Medical Ethics Committees.



**Milana Zarkovic**

Is a Psychologist. Born in Pljevlja, Montenegro, mother of one child. Graduated from the Faculty of Philosophy in Novi Sad, Department of Psychology. Permanently employed at the Dobrota Special Psychiatric Hospital in Kotor. President of the Council for the Protection of the Rights of Mentally Ill Persons at the Dobrota Special Hospital for Psychiatry. Participated in many seminars and projects and co-authored several papers in the field of mental health. Associate in projects: "Prevention of peer violence in the Municipality of Kotor". Municipality of Kotor 2018; "Kotor recognizes the importance of marking important dates". Municipality of Kotor September 2018 - February 2019. Additional training: Training in Transactional Analysis; Drug Addiction Education; Training in Assertive behavior and Communication Skills.



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