



### INTRODUCTION TO THE PROJECT

“HelpEx: European Qualification of Ex-Patients in the Helping Process of Rehabilitation and Recovery” is a European partnership of 8 organizations in 6 European countries (DE, IT, FR, CZ, PL, ML), providing services and training in the field of mental health and rehabilitation and recovery services for addiction. Due to the significant prevalence of mental health problems and substance abuse problems among European citizens and the political demand for inclusion, strengthening patients' rights and empowering civil forces, the partnership develops a training curriculum for ex-patients/peers to become assistants in reha-bilitation and recovery services and a training curriculum for professionals working in that sector. The project started in 09/2019 and lasts until 08/2022. You can find information on the partners and the process on [www.help-ex.eu](http://www.help-ex.eu).

*Antoine de Saint-Exupéry  
"If you differ from me, my  
brother, far from hurting me,  
you enrich me"*

AT THE FIRST TRANSNATIONAL PROJECT MEETING IN MUNICH, DEC. 2019



### „FLASHLIGHT“ ON IOS

#### Module 5 of IO1: Management of challenges/crisis in the process of rehab/recovery

The module aims at following goals:

- Give participants knowledge tools and awareness on the concepts of recovery
- Put them in a position to experiment the positive value of their own previous experiences with difficulties and crisis
- Experiment the collaboration with professionals in critical situations
- Sharing of common languages and tools to face critical situations

Topics covered

- Medical and psychiatric aspects on the critical steps of rehab routes
- Description of the critical steps and recovery in psychiatry and in the management of addiction to substances
- Strategies for the management, overcoming and prevention of crisis and relapses
- Specific role of the pairs in the stabilization of the patients and in the consolidation of the route to awareness
- Elaborate the concept of recovery

### THOUGHTS OF ANDREA ASCARI (CEIS REGGIO EMILIA) ON DIAGNOSIS AND THE RISK OF LABELING

During the development of our project one topic sparked an passionate discussion: diagnosis.

Is it important to inform peers about the principles of diagnostic criteria? How? With which level of detail?

We agreed on working on the awareness of peers, but also of the professionals, who are not totally safe from incurring in the same risk, that diagnosis is not a label, a definitive judgment, a perfect predictor of behaviors, feelings it is just an indicator.

During our training we will pursue a positive approach based on the potentials, the strengths, the competencies of each individual. In a nutshell, we will promote the idea introduced by the WHO almost 20 years ago with the International Classification of Functioning: base your intervention and your support of what people CAN do, not on what they CANNOT; on skills and capacity rather than on diseases and disabilities.

### STATISTICS:

In Germany the health insurance company KKH noticed an increase of 80% of mental health problems in the first half of 2020 compared to the year before due to the Corona crisis. ([www.zeit.de](http://www.zeit.de))