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The Prospect

Common Ground Module

designed for a multi-stakeholder group of Prospect Participants and aims to improve, facilitate, and increase three-way communication amongst these.
Approximately 4 hours of training

Session 1: Getting to know each other
Session 2: Introduction
Session 3: Communication - sending, transmission and receiving information
Session 4: Potential barriers to communication in mental health settings
Session 5: Ways to overcome some of these barriers
Session 6: Evaluation and Goodbyes



For more information visit:

www.eufami.org

and/or follow EUFAMI on:

EUFAMI: the European Federation of Associations of Families of People with Mental Illness
is a democratic, non-profit organisation with an ongoing commitment to improving care and welfare for people affected by mental ill health.

Since its founding in 1992, EUFAMI has dedicated itself to supporting and advocating on behalf of family members and carers in mental health across Europe. EUFAMI supports the rights of involved families and carers to be part of the process of service delivery. EUFAMI believes family members have a significant role to play in the recovery of people with mental illness. Over the thirty years of EUFAMI's existence, it has not only contributed to, but has also witnessed many positive changes in the quantity and quality of mental health services across Europe

EUFAMI works in a collaborative partnership with its members, external stakeholders and the Johnson & Johnson Foundation to implement Prospect.

EUFAMI

Published by EUFAMI

EUFAMI European Federation of Associations of Families of People with Mental Illness

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An innovative European training initiative which opens up fresh perspectives for individuals with direct experience of mental illness, whether they be people with lived-experience, their family and friends, or health and social care professionals.

- **Training Programme for Family and Friends**
- **Training Programme for People with Self-Experience**
- **Training Programme for Health and Social Care Professionals**
- **Common Ground Module**

Prospect is a **peer to peer** Training Experience based on participation and not information giving and receiving.



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The Prospect Training Programme

for Family and Friends

addresses the needs of family members and friends, enables them to gain confidence, improves their coping skills, supports regaining control, and improves their quality of life

Approximately 15-20 hours of training

Module 1: Coming together
Module 2: (What) We have learned about mental problems?
Module 3: Recognising the pressures
Module 4: Identifying/Acknowledging stress
Module 5: Loss and grief resolution
Module 6: Active coping skills
Module 7: Advanced coping skills
Module 8: Support mapping
Module 9: Change and goal setting
Module10: Conclusion and looking forward



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The Prospect Training Programme

for People with Lived-Experience

promotes recovery, enables greater community integration, and improves skills and work opportunities for people with self- experience of mental health problems.

Approximately 15 - 20 hours of training.

Module 1: Introduction Session
Module 2: Mental Health and the Community
Module 3: Recovery - The Lifeline
Module 4: Recovery - My Life Project
Module 5: Citizenship, Rights and Participation
Module 6: Mutual supposrt and Stigma
Module 7: Caregiver Support and Recovery
Module 8: My Own Personal Action Plan



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The Prospect Training Programme

for Health and Social Care Professionals

is aimed at a wide range of professionals who have contact with or work in the context of mental health care. In the modules, the participants will explore the issue of citizenship and how they can promote this within mental health services.

Approximately 5 - 7 hours of training.

Introduction Session
Module 1: Citizenship: who's in and who's out, disabling v promoting
Module 2: Professionals as 'Enablers' of Fuller Citizenship
Reminder/ Reflection Session
Module 3: Contradictions and Dilemmas: confronting the issues
Module 4: Action Planning
Module 5: Evaluation and Closure

