

# 14 de Mayo

## Auditorium

## Accesory Room

9:00-09:45

### Welcome & Introduction (30 mins)

**Overview of mental health teams in Europe and new challenges. Objectives of Meeting**  
**Rene Keet**, Advisor International Collaboration, Community Mental Health Service GGZ Noord-Holland-Noord, Chair of the European Community Mental Health Service providers network (EUCOMS)

### Portuguese Mental Health Reform update

**Miguel Kabeitz**, National Coordinator of Mental Health Policies (CNFSM), Psychiatry Professor at Nova Medical School (NMS), Director of NMS Mental Health Department

### CMHT implementation in Portugal and challenges in rural and remote areas

**Joaquim Gago**, Member of National Coordination of Mental Health Policies, Psychiatry Professor at Nova Medical School, Responsible for the training and implementation of CMHT in Portugal by the CNFSM

### 15 years of Modelo reticular: Challenges, Pitfalls and advances.

**Manuel Franco-Martin**, Full professor of the Salamanca University (Psychopathology and mental Health), Head of mental health and psychiatry Department of the Zamora Hospital, Director of the Research Group of Institute of Biomedicine of Salamanca (IBSAL).

### The Orange Declaration on rural and remote mental health

**Luis Salvador**, Professor of Camberra University, Subdirector of Health Research Institute, Australia.

9:45-10:45

### The New Rural Landscape: Impact on health care infrastructure and mental health services

Chair: **Luis Ortiz**, Director of Institute of Biomedical Research of Salamanca.

### Ageing and Demographic challenges in the border between Spain and Portugal.

**Luis Hortalano Minguez**, Full professor of Geography in the Salamanca University.

### Demography and Mental Health

**Paula Santana**, Full professor of Coimbra University

### Peer Support Workers in Mental Health from a Human Rights and Community Care Perspective

10:45-12:00

### Community Mental Health in Rural Settings. Challenges and New models of care.

Chair: **Fernando Uribe**, Coordinator of the Mental Health Strategy in Castilla and Leon, Spain.

### Transforming Rural Mental Health: Local Evidence to tackle a global crisis

**Luis Salvador**, Professor of Camberra University, Subdirector of Health Research Institute, Australia.

### Rural support in Mental Health in Zamora. Reticular Model for promoting collaboration between primary care and mental health.

**Maria Almaraz**, GP of the Primary Care Center of Puebla de Sanabria, Zamora (Spain), **Juan Garcia Mellado**, Mental Health Network of Zamora (Spain), **Daniel Garcia-Sangrador**, Mental Health Nurse of Mental Health Network of Zamora (Spain)

### Mental Health interventions and Outreach in Community

**Dulce Maia**, Head of Psychiatry Department in the ULS, de Trás-Os-Montes e Alto Douro.

### International declaration on rural mental health research: 10 guiding principles and standards

**Hazel Dalton**, Senior Research Fellow of Rural Public Health (Health Services) at the Rural Health Research Institute at Charles Sturt University in Orange, NSW, Australia

### Implementing the FACT model in Luxembourg – From an idea to first lessons learned

**Jean-Paul Steinmetz**, PhD, Psychologist, Administrator of 23haUnit s.s.b.L. – Therapeutic Unit in Extrahospital Psychiatry – Luxembourg.

### Seminar: the role of mental health nurses in community-based mental health care with recovery-oriented care, and a focus on peer experts and lived experience

**Annemieke and Rob Van de Kamp**, Professional trainers for nurse practitioners in mental health service, GGZ Noord-Holland Noord.

12:00-12:30

Coffe Break.

12:30-14:00

### Other Prescriptions working in community care. Beyond pharmacology and case management.

#### Cultural Prescription

**Paulo Barbosa**, ULS Baixo Alentejo, Portugal, Expert in art and recovery

#### Art Farm

**Hanneke Van der Voekem**, Head of GGZ NHH Academie at GGZ Noord-Holland-Noord

#### Social Prescription

**Social prescription: An integrative vision for sustainable social engineering**

**Hugo Emanuel Fernandes Vaz**, Social Worker, ULSNE (Portugal)

**Magic-based intervention for improving emotions and social skills.**

**Miguel de Lucas**, Psychologist, Expert in communication and social skills interventions.

14:00-14:15

Welcome Official Ceremony. Local authorities and introduction to Zamora.

14:00-15:00

Lunch

15:00 - 16:30

### Big Challenges in Community care in Rural Mental Health.

### Task Force: Role of Mental Health Nurses, the education of the education pathways and the development of nurse practitioners

### Bridging the divide: exploring the relationship between mental and physical health in rural areas

**Saran-Anne Muñoz**, Head of Programme for Rural Health Research and Evaluation at NIES National Centre for Remote and Rural Health and Care, Professor of University of Highlands and Islands, Inverness Highland, Scotland, UK

### Create new CMHTs in challenging regions

**Maria Antónia Mateus Zamora**, Head of Psychiatry Department in the ULS de Castelo Branco, Portugal  
**EQUICARES: Community-Driven Innovation for Equitable Mental Health Access – Perspectives from Spain and the EUCOMS Network**

**Marta Lima-Serrano**, Catedrática de Universidad, Escuela Enfermería, U. Sevilla, Fundación para la Gestión de la investigación en salud de Sevilla (FISEVI <https://fisevi.com>)  
**Ionela Petrea**, Senior international Mental Health Expert in Insight International (<https://insightinternational.nl/>), Board Director, co-initiator and founding member of EUCOMS.

### Implementing the FACT model in Luxembourg – From an idea to first lessons learned

**Jean-Paul Steinmetz**, PhD, Psychologist, Administrator of 23haUnit s.s.b.L. – Therapeutic Unit in Extrahospital Psychiatry, Luxembourg.

16:30-17:00

Coffe Break.

### New Challenges for mental health care: migration, disasters.

17:00-18:30

### Accessibility to mental health after disasters.

**Trey Andrews**, Associate Professor Psychology, Ethnic Studies (Latin Studies), Co-Director, Minority Health Disparities Initiative, Director, iniciativa HABLA, University of Nebraska-Lincoln, USA.

### New influxes from emigrant population in rural areas and mental health challenges

**Maria Mousinho and Mafalda Corvacho**, Mental Health Network of Beja – ULS Baixo Alentejo, Portugal

**Mental Health Teams in war areas or dangerous areas: case of Ukraine.**

**Taya Symochko**, Regional coordinator of the Ukraine mental health program in Zakarpattia, Ukraine.

**Ivan Kutchak**, Expert on mental health in primary care and Mental Health Gap trainer.

### Mental Health Services articulation from Portugal and Spain in border area

Chair: **Conceição Cardoso**, Head of Psychiatry Department in the ULS Nordeste – Bragança, Portugal

### Mental Health unmet needs of people living in the border. Strategies for solving them

**Manuel Franco-Martin**, Full professor of the Salamanca University (Psychopathology and mental Health), Head of mental health and psychiatry Department of the Zamora Hospital, Spain

### Challenges, Opportunities and Hurdles for community care in the border. Present and future and the help of projects like Equisam

**Jose Maria Justo**, Psychiatrist, Coordinator of the Equisam Project in the Portugal Site, Portugal.

**Community adult mental health teams for people with severe mental illness in Portugal: Mirandela's challenge (Tua-Sabor CMHT)**

**Nelson Couto**, CMHT Coordinator, Mental Health Department, Local Health Unit of the Northeast (Bragança District, Portugal)

### The Challenge of mental health care in Low-Population-Density Territories. ISEM Network. Platform of Mental Health Organisations

**Networks that Sustain Recovery: The Person as an Active Agent in Their Own Recovery. The Experience of Calatayud Rebuilding Community Well-being.**

**Noelia Calderera-Marco**, Director of the Psychosocial Rehabilitation and Support Centre (CRAP), Fundación Rey Ardid (Spain)

**Innovation in the Labour Integration of People with Psychosocial Disabilities in Rural Areas: The Labora+ Project and the Use of Artificial Intelligence for Skills Assessment and Development.**

**Maria Blázquez Hidalgo**, Deputy Director, Fundación Sorapán de Rieiros (Spain)

### When Employment Also Cares: Community Mental Health in Rural Territories.

**Isabel Contreras Cano**, Vice-President, Murcian Association for Psychosocial Rehabilitation (ISOL Murcia) (Spain)

**Socio-Labour Integration of Young People with Behavioural Difficulties in Therapeutic Residential Care: Interventions and Challenges in Rural Areas.**

**Ana Martinez Pereira**, Director and Clinical Psychologist, Chavea Therapeutic Centre for Minors, Fundación LAR Pro Salud Mental (Spain)

**Territorial Architecture for Community Mental Health in Contexts of Depopulation: The Experience of Zamora**

**Pablo Sánchez Pérez**, Deputy General Director and Director of Networks and Alliances, Fundación INTRAS, (Spain)

# 15 de mayo

9:00 - 12:00  
12:00-12:30  
12:30-14:00

## Visits to the Settings in Zamora

Coffe Break.

### Community care in Chilhood and Adolescence. New Experiences.

#### Working in the Schools. Community care for emotional intervention through teachers.

**Jon Garcia-Ormaza.** *Paedopsychiatrist, Prof Associate, Basque Country University, Mental Health network of Bizkaia, Zamudio Hospital, Spain*

#### CMHT for Childhood and Adolescence in Trás-Os-Montes e Alto Douro

**Vitor Leite.** *Mobile team in a rural area recently implemented, Portugal.*

#### Accessing to the mental health by children living in rural areas.

**Jose R. Gutierrez-Casares.** *Head of the Surspan de Rieros Foundation, Expert in Paedopsychiatry.*

#### Intensive community care in Asturias for people under 18.

**Juan José Jambriña.** *Head of Psychiatry Department of Aviles Hospital, Spain.*

14:00-15:00

Lunch

15:00 - 16:30

### Role of Technology for supporting Mental Health Teams.

#### Home-use transcranial direct current stimulation (tDCS) in depression.

**Mª Angeles Idiazabal.** *Especialista en Neurofisiología Clínica, Directora del Instituto Neurocognitivo Inicia, Barcelona, Spain*

#### Telepsychiatry and digital support for remote communities.

#### AI for helping community care and accessing to promote brain health in rural areas.

#### InterRAI Mental Health Tools for managing mental health care in a comprehensive way.

**John Hirdes.** *Full Professor of Waterloo University, Ontario, Canada, Chair of InterRAI International Network.*

16:30-17:00

Coffe Break.

17:00-18:30

### Round Table: Future of Community care: Form policy to real world.

Chair: **Silvia Fdez-Calderón.** *Director of Health Provision of Castilla and Leon Government.*

#### EU Policy alignment and funding options

#### Advocacy for inclusion of rural mental health in national strategies

**Joaquim Gago.** *Member of National Coordination of Mental Health Policies, Psychiatry Professor at Nova Medical School, Responsible for the training and implementation of CMHT in Portugal by the CNPMS*

#### Call for action

**René Keet.** *Advisor International Collaboration, Community Mental Health Service GGZ Noord-Holland-Noord, Chair of the European Community Mental Health Service providers network (EUCONS)*

## Visits to the Settings in Zamora

### Community mental health for people over 65: Psychogeriatry.

**Coordinator: Juan L. Muñoz.** *Coordinator of Psychogeriatry in West Area of Valladolid*

#### Loneliness and needs of support in community care in rural Areas

**Ana I. Sánchez.** *Coordinator of Interreg-SilverJobs, Head of international projects of Diputación de Zamora (Spain).*

#### CMHT with inovative interventions for old people

**Vasco Nogueira.** *Psychiatry Department in Beja – ULS Baixo Alentejo, Portugal.*

#### Innovation Social Centers using methodology of Meeting center in Zamora for avoiding the institutionalization in people with cognitive and/or affective disorder

**Efrain Ruano.** *Researcher of the FISAL (Institute of Biomedicine research of Salamanca)*

#### Supporting mental health in nursing homes placed in rural areas

**M. Martín-Carrasco.** *President FIDMAG Foundation (Hermandad Hospitalaria), President of Spanish Psychiatry and Mental Health foundation and Past - President of the Spanish Psychiatry and Mental Health Association*

### Seminar: Environment and Mental Health

#### Environment Prescription: Therapeutic Gardens.

**Karem Palmholt.** *Expert in therapeutic Gardens.*

#### Cognitive Accesibility and how architecture can help to mental health.

**Berta Brusilovsky.** *Architect and urbanist, Universal and Cognitive accessibility expert, President of ACSEE.*

#### Farms and Peer farms for recovery.