



CENTRUM PRO ROZVOJ PÉČE O DUŠEVNÍ ZDRAVÍ
CENTRE FOR MENTAL HEALTH CARE DEVELOPMENT

Mental Health reforms and DI in Czechia

Pavel Říčan, 12. 10. 2023

Capital Prague, 14 Regions
Population 10,5 million
EU member since 2004



Institutional solutions and traditions



Psychiatric hospital Bohnice



Residential facility in Věž



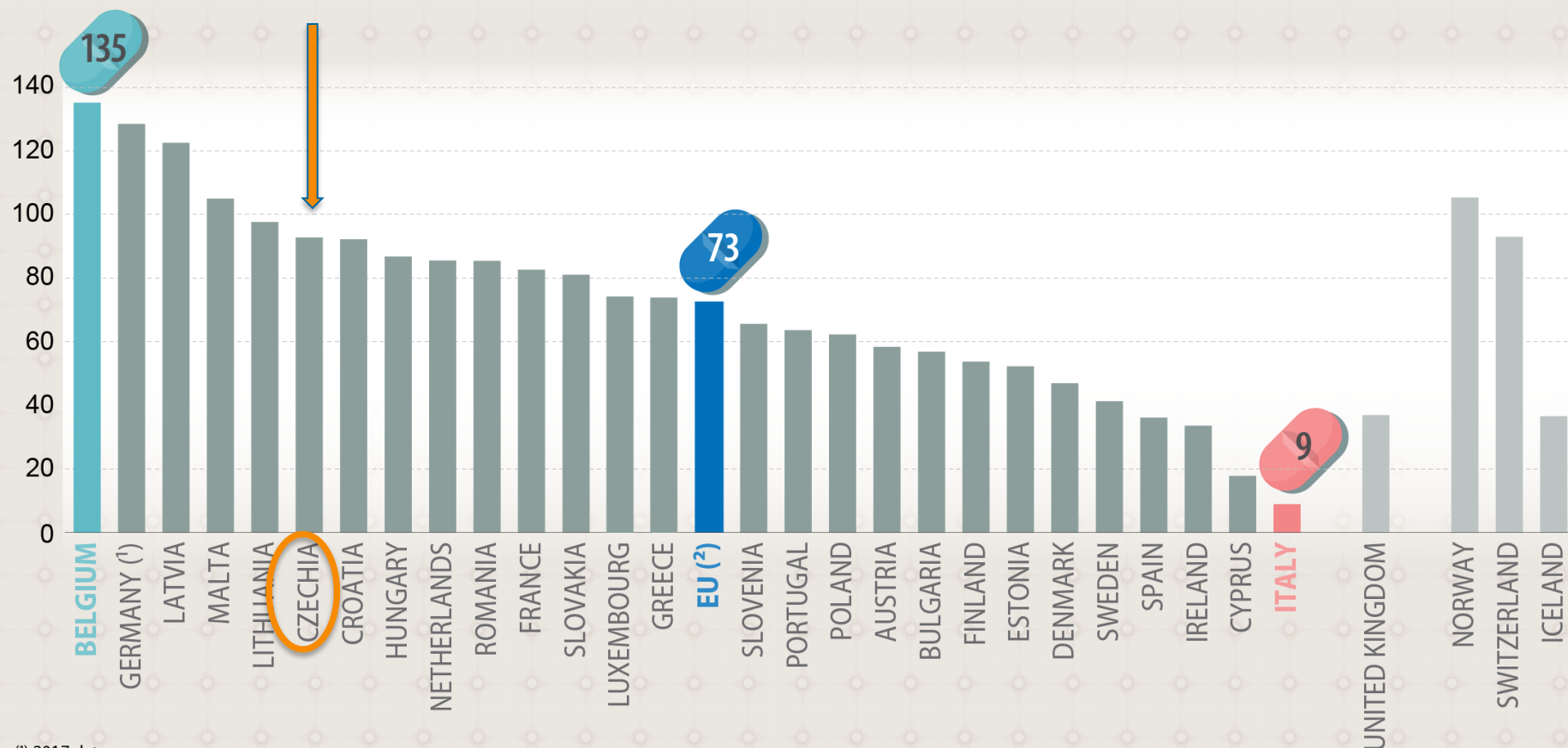
Psychiatric hospital Dobřany



Residential facility „Emin castle“

Hospital beds for psychiatric care

(per 100 000 inhabitants, 2018 data)



⁽¹⁾ 2017 data.

⁽²⁾ Estimated.

Mental Health Centres

Inspired by the FACT model from the Netherlands

Key element in the system since 2018

Health and social services integrated in one team

Functions:

- Flexible mobile care of people with SMI (including dual diagnosis) in community
- Assertive outreach
- Early detection and Early intervention
- Information point

Support of recovery as guiding principle

At least 50% out of office

Availability:

Working days: 8 – 20

Nights and weekends: acute care department or crisis center



Mental Health centres – standard

target group: SMI/at risk

0,5 – 1,0 psychiatrist

0,5 – 1,0 psychologist

4,0 – 7,0 psychiatric/general nurses

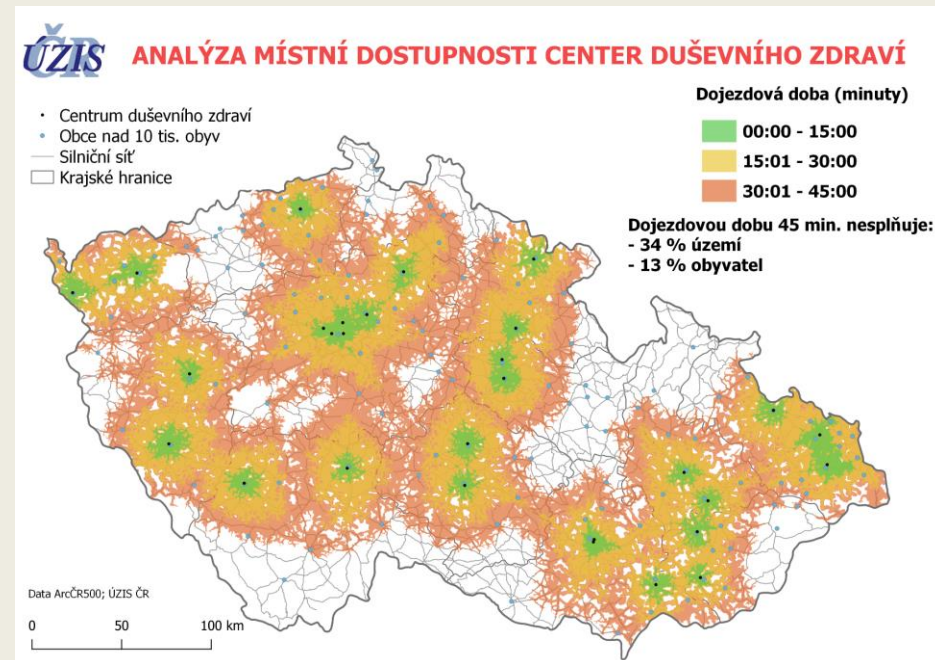
4,0 – 7,0 social worker/worker in social services

/included 0,5 peer worker

/included IPS (employment) specialist

9 – 16 Full time employees

Catchment area: 100 000 inhabitants



Currently 30 MHCs operating, plan: 100 MHCs

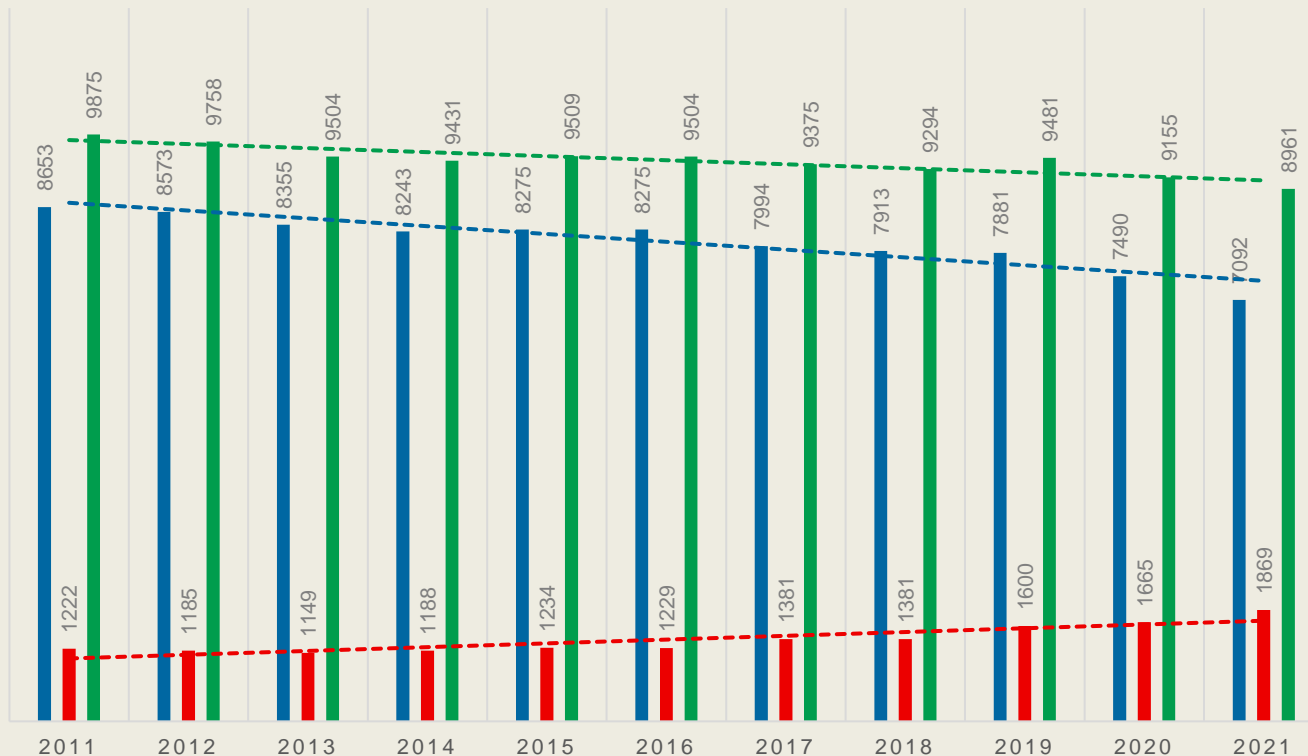
Evaluation:

Decrease in hospital days -67% MHC vs -56% control

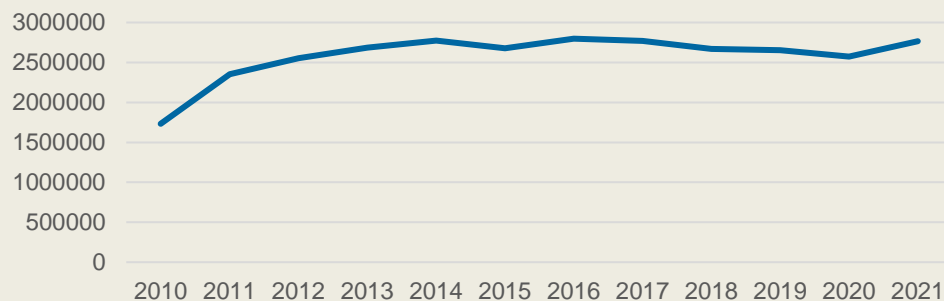
Moderate improvement in other domains: global functioning, quality of life and paid work.

PSYCHIATRIC BEDS IN THE CZECH REPUBLIC

■ Long term beds ■ Acute beds ■ Number of beds
- - - Linear (Long term beds) - - - Linear (Acute beds) - - - Linear (Number of beds)



Hospital days, psychiatry, Czech Republic



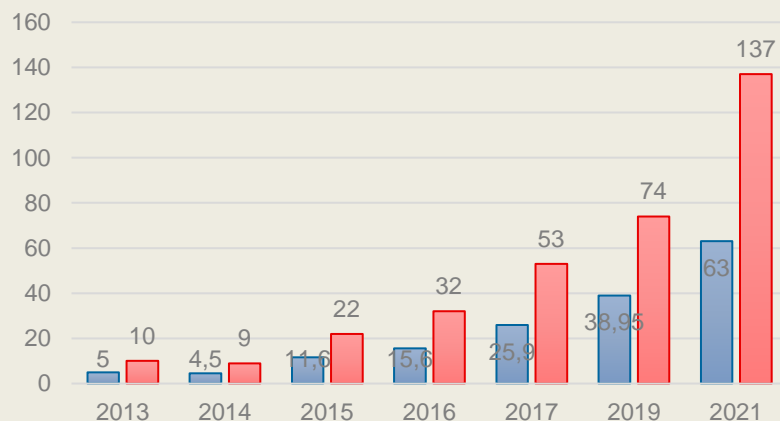
Capacity of **Social care homes** for people with chronic psychiatric disorders:
23 000 beds
 Source: Ministry of Labour and Social affairs, 2021).

Positive

- Strengthened network of support in community
- Stronger role of experts by experience
- Successful cases – transformation of Social care home, psychiatric departments in general hospitals (few)
- Less stigma in long term perspective
- Role of (some) Regional governments



Peer workers in CZ 2013 - 2021



Challenges

- „Scattered“ leadership
- Different interests
- Action plan as „possible future“
- Resistance, traditions
- The pace of change slowed down





CENTRUM PRO ROZVOJ PÉČE O DUŠEVNÍ ZDRAVÍ
CENTRE FOR MENTAL HEALTH CARE DEVELOPMENT

Thank you for your attention!

Pavel Říčan, rican@cmhcd.cz
www.cmhcd.cz