



Annual report 2017

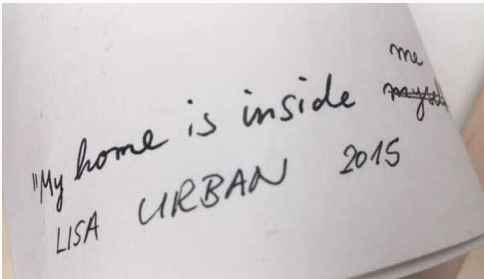


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INTRODUCTION

On behalf of my fellow Board Directors at EUFAMI I am pleased to present our report on EUFAMI's activities and achievements in 2017. As you will see, progress has been made towards meeting EUFAMI's important strategic goals.

Throughout 2017 EUFAMI engaged itself to involve, and to work more closely, with its members. EUFAMI's 25th anniversary and art exhibition were one of the greatest opportunities to co-operate and to share more about the experiences of people affected by mental ill health with a wider audience. Everybody's commitment was strong and evident, resulting in many press articles and posts on social media. Around 37 member organisations in 23 countries created a strong voice for European families affected by mental ill health. Again, some member visits were organized in 2017, and members were asked to provide information and input for some consultations EUFAMI contributed to.

In terms of deepening EUFAMI's influence with key international professional and policy stakeholders, EUFAMI was active in representing the experiences of families to several stakeholders, such as during the

conferences and congresses organised by mental health organisations such as the European Psychiatric Association (EPA), World Psychiatric Association (WPA) and Horatio: European Psychiatric Nurses. In addition, EUFAMI provided, and represented, the voice of families, at meetings organised by the European Parliament's Interest Group on Brain, Mind and Pain and Round Table on Transparency and Ethics, organised by Mental Health Europe.

EUFAMI's focus lies on improving the lives of families affected by mental ill health. The family view was represented in many projects, such as, for example, PRISM and MENS. 2017 also saw the publication and presentation of The Value of Treatment report to which EUFAMI contributed via the organisation of a members' focus group to



Miia Männikkö, President

ensure the family perspective was included in the schizophrenia case study.

This year's World Mental Health Day theme was 'mental health in the workplace' and EUFAMI published *Caring for Mental Health in the Workplace* which helps start conversations about mental health in the work environment, by providing tips for colleagues and for employers. 2017 also saw the publication of *Caring for Someone with Depression - Caring for Two?* – a brochure aimed at helping carers look after their own mental health while caring for a loved one.

At the end of the year, change came to EUFAMI's internal management structure when we said warm thanks and goodbye to Aagje Ieven. During the two years of her contract period Aagje made a number of important contributions as EUFAMI Secretary-General, and we wish her well in her future endeavours.

May I end by renewing our thanks and good wishes to all those who connect and collaborate with EUFAMI as members and partners or as individuals. It is always worth remembering that we gain strength by working together.

2017 AT A GLANCE

JANUARY

- ★ **16-18** Board Member represents EUFAMI at the EuCoMS (European Community Mental Health Service Provides Network) launch event

FEBRUARY

- ★ **9** EUFAMI Secretary General attends the European Brain Council's Suicide Prevention Project launch
- ★ **16-17** EUFAMI Secretary General attends the MENS Project Kick-off Meeting
- ★ **24** first convening of the EUFAMI Board of Directors

MARCH

- ★ **14** EUFAMI Secretary General joins the European Brain Council's Lunch Debate 'Expanding Brain Research in Europe – A societal need?'
- ★ **24** Secretary General represents EUFAMI at the Stakeholder Meeting European Solidarity Corps, organised by DG SANTE
- ★ **29-31** EUFAMI Secretary General presents outcomes of family carer workshop at PRISM Project Meeting and AGM

APRIL

- ★ **1** EUFAMI's President speaks at the European Psychiatric Association's 25th European Congress of Psychiatry – Together for Mental Health
- ★ **11** EUFAMI Secretary General delivers a speech at the Carers and the European Pillar of Social Rights event
- ★ **12** Mental Health in Europe: Promoting Equal Opportunities and Social Participation – attended by EUFAMI Secretary General

MAY

- ★ **14** EUFAMI Board member speaks about "Dignity in Mental Health – The view of families" at the HORATIO Festival 2017
- ★ **12** Communications Officer represents EUFAMI at COFACE's conference "Families on the Move"
- ★ **19-24** EUFAMI's President and Secretary General attend the American Psychiatric Association's Congress in San Diego, USA
- ★ **28-31** Board member represents EUFAMI at the 2nd International Young Carers Conference

JUNE

- ★ **8** EUFAMI Vice President speaks at the Annual General Meeting of EUFAMI member *Metis Europe*
- ★ **7-8** EUFAMI Secretary General presents at the meeting of the EU Group of Governmental Experts on Mental Health
- ★ **8** Secretary General represents EUFAMI at the Second EU Compass Forum on Mental Health and Wellbeing in Luxembourg
- ★ **8-9** EUFAMI Board members and selected member association representatives attend the Schizophrenia Patients Advisory Board Meeting in Leuven
- ★ **9** 2nd convening of the EUFAMI Board of Directors
- ★ **10** EUFAMI Annual General Meeting and member participation day are held in Leuven, Belgium
- ★ **11** EUFAMI new Board of Directors meeting takes place
- ★ **21** Secretary General represents EUFAMI at the Euro-carers' TRACK Conference – Empowerment of informal carers through training skills recognition and certification
- ★ **21** Board member participated in a panel at the "Time is Brain" Value of Treatment Research Project Closing conference in Brussels

- ★ **22-23** EUFAMI's Secretary General and Communications Officer attend the 2nd MENS Project Meeting in Prague
- ★ **28-29** EUFAMI's President and Secretary General attend the Lundbeck Global Patient Advocacy Summit in Copenhagen

JULY

- ★ **11** Board member represents EUFAMI at the meeting of the Special Interest Group on Mental Health at the European Parliament – 'Young People's Mental Health: Transition of Services, focus on ADHD'
- ★ **12** Secretary General presents EUFAMI's policy recommendations on the 'Family perspective on the journey through services of persons diagnosed with schizophrenia - The Value of early intervention' to the European Parliament's Interest Group on Brain, Mind and Pain
- ★ **22** EUFAMI Policy Trainee, attends the Public Hearing on the European Solidarity Corps in Brussels

SEPTEMBER

- ★ **1** Vice-President represents EUFAMI at the 'Brain Day' side event on the eve of ECNP in Paris
- ★ **2-5** EUFAMI has a booth at the ECNP Congress in Paris – Secretary General and Vice-President attend
- ★ **5** Secretary General attends the PRISM Project Meeting at ECNP in Paris
- ★ **22** 3rd meeting of the EUFAMI Board of Directors
- ★ **28** EUFAMI Secretary General speaks at the European Parliament event 'Dignity in Alzheimer and Schizophrenia'
- ★ **29** EUFAMI Secretary General joins the Round Table on Transparency and Ethics, organised by Mental Health Europe

OCTOBER

- ★ **8-12** 27th World Congress of Psychiatry – "Psychiatry of the 21st Century: Context, controversies and Commitment" – EUFAMI is well represented with speaker invitations for its President, BAPK representative, Board member and past EUFAMI President

- ★ **10** EUFAMI Communications Officer attends 'Mental Health in the Workplace - a multi stakeholder dialogue'
- ★ **11** EUFAMI Secretary General is invited to speak at 'Caring for Mental Health in the Workplace', a workshop organised by Janssen Pharmaceutica
- ★ **12-13** Secretary General represents EUFAMI at the conference "Dignity and Independent Living", organised by the Estonian Presidency of the EU

NOVEMBER

- ★ **23-24** EUFAMI Secretary General attends the 3rd MENS Project Meeting in Athens, launching the EVENTS side-project
- ★ **30** Opening of EUFAMI's art exhibition 'HOME' at Psyc'Art Gallery in Brussels

DECEMBER

- ★ **1** 4th meeting of the EUFAMI Board of Directors
- ★ **1-8** EUFAMI's art exhibition 'HOME' is ongoing in Brussels
- ★ **19** EUFAMI celebrates its 25th Anniversary

MEMBER FOCUS

HPE - Austria

On November 11th, AHA Salzburg (regional member of HPE Austria) invited family members to an all-day psycho-educational seminar. The Seminar was held by Dr Michael Rentrop from the "Rechts der Isar" Clinic (Munich). 35 people participated, and a waiting list was created as 57 had expressed interest. It is hoped that the Seminar will be repeated at a later date. The main topics of the Seminar included vulnerability, making diagnoses and handling medication. All participants agreed that psycho-education for family members should be state of the art and integral part of any treatment in psychiatric hospitals.

AGMI – KIPRODIPSA - Cyprus

AGMI continued its core advocacy work of promoting mental health, raising awareness on mental health issues faced by people affected by them, and their family and carers to different stakeholders and the wider public, calling for their support. AGMI's campaign for World Mental Health Day was

focused primarily on stakeholders such as Ministries of Health and Labour, Welfare and Social Insurance, pertinent government departments, etc., and other NGOs such as employer organizations and trade unions.

FinFami - Finland



FinFami celebrated its 25th anniversary. During the year FinFami's volunteers were in the spotlight for their remarkable efforts in supporting family members among FinFami and its member associations. In Finland approximately one in four children live in a family dealing with mental illness. The theme of the year was "Child Carers" - children that are living with a mentally ill family member. FinFami highlighted the help and support for the families and children's needs. FinFami launched drama materials for schools, together with a cam-

paign for children. FinFami also highlighted the stigma mental illness still faces, making it very difficult for families to get timely and reasonable help and support. A voluntary work strategy was approved, and two YouTube videos were produced about FinFami's experience by experts and Prospect-facilitators. In 2017, FinFami had 12 Prospect-programmes for friends and families with nearly 100 participants.

K.S.D.E.O. "EDRA" - Greece

In 2017, EDRA's main achievement was the coordination of two large-scale European projects which are co-funded by the European Commission under the Erasmus+ Sport calls: "Mental European Network Of Sport Events" (MENS), a partnership of 17 organisations from 12 EU Member States, aiming to develop strong institutional procedures for the specific contribution of sports to the prevention, therapy and rehabilitation of mental patients at a European level and "European Voluntary Events For Therapy Through Sports" (EVENTS).

A core target of the MENS project was the establishment of a European Network aiming at the conjunction of Mental Health and Sport – ENALMH, which aims to honour the legacy of the two aforementioned projects when those are over by continuing to encourage its members to implement relevant activities and inspire others to do so as well.

EPIONI - Greece



One facet of EPIONI's activities is the organisation of meetings, aimed at the general public, and especially caregivers of people with a disability or illness. On 19 September 2017 EPIONI held a workshop entitled 'Caring for Carers', at the office of the European Parliament in Athens, Greece which was well attended by more than 100 participants.

PEPSAEE - Greece

The Panhellenic Association for Psycho-Social Rehabilitation and Work Integration.

PEPSAEE's most important activity is the involvement in a project titled "HERO" (Housing: An Educational European Road towards Civil Rights), which was launched in 2017. Six organizations with wide range of experience in mental health and de-institutionalization from a total of 5 EU countries have created a strong consortium with experts in social inclusion actions for people with severe mental illness. The project aims at sharing community-based policies, educational methodologies and best practices on Housing, and at creating quality indicators for the improvement of Housing at EU level. PEPSAEE hosted the first transnational meeting held from 11th to 13th January in Athens, Greece.

Shine - Ireland

Supporting People Affected by Mental Ill Health

Shine organised a one-day conference in Watford, Ireland: "Perspectives for the professionals, the role of the family in prompting recovery" which brought together a range of professionals, people with self-experience of mental health difficulties, and their relatives, to discuss a number of topics. The conference generated valuable and positive feedback from the participants.

Labyrint-in- Perspectief - the Netherlands

Labyrint-in-Perspectief continued in its endeavours to advocate for the rights of informal caregivers of people suffering from mental ill health who, due to government cuts in mental healthcare, are more heavily burdened than ever before. Labyrint in Perspectief facilitates volunteers in different efforts to support informal caregivers in their own environment and offers telephone emergency services, forums, supports moderators, organises national meetings on various topics, etc.

MEMBER FOCUS

ŠENT - Slovenia

Slovenian Association for
Mental Health

ŠENT worked on the organisation of PROSPECT peer to peer training programme in cooperation with fellow EUFAMI member Ozara Slovenija (National Association for Quality of Life). An equally important activity is the further development of Project Feniks ensuring support and help for people suffering from mental ill health, who will, after their parents pass away, be living on their own. The main objective is to ensure mastery of the necessary skills and competences for leading an independent life in their own home with continuous support (in the environment where they live, work and spend their free time). ŠENT's aim is to ensure that users with mental health problems are able to stay in a familiar environment after losing their parents/guardians.

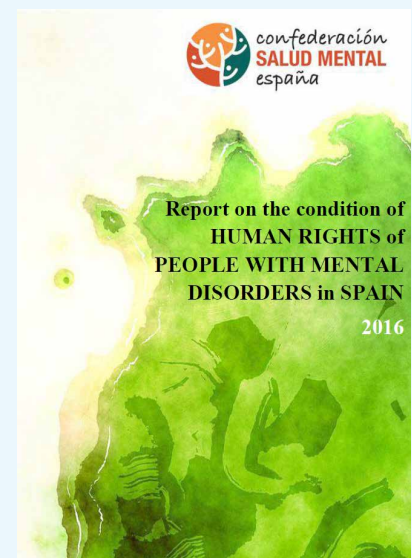
Schizofreni- förbundet - Sweden



Schizofreniförbundet has refreshed and expanded the PROSPECT peer to peer training programme by reviewing its translation and adding modules for siblings and ageing relatives to the programme. The modules for people with self-experience and health and social care professionals were redesigned into a more accurate pedagogic model. In addition, the project "See The Child" kicked off, with workshops being organised for personnel in social services, law enforcement, schools, etc.

Salud Mental España - Spain

Publication of the "Report on the Condition of Human Rights of People with Mental Disorders in Spain 2016", elaborated in order to make the various infringements visible, as well as all the achievements and advances in mental health, in Spain. The document denounces the main infringements detected during that year, illustrated with concrete examples and focused on the following human rights: right to equality and non-discrimination, to safety and security in risk situations and humanitarian



emergencies, to the protection of personal integrity, to freedom and security, to health and to work and employment. In addition, the special vulnerability of women and children is stressed, by reporting the detected infringements regarding gender violence and bullying, among others.

<https://consaludmental.org/publicaciones/Informe-Derechos-Humanos-Salud-Mental-2016.pdf>.

VASK - Switzerland

In 2017, VASK Switzerland carried out many activities with the regional associations: telephone counselling throughout Switzerland, self-help groups, seminars for relatives, film evenings, etc. VASK also offered training for police psychiatrists in dealing with people suffering from mental ill health, and workshops in the nursing schools of Switzerland.

EUFAMI STATS 2017



Art Exhibition

38 ARTISTS FROM **17** COUNTRIES PARTICIPATED IN EUFAMI ART EXHIBITION WITH **66** ARTWORKS

The art exhibition 'HOME' was mentioned in Politico's Playbook print and Politico's EU Confidential

15 MEMBER ORGANISATIONS CONTRIBUTED TO THE ART EXHIBITION EUFAMI25



128 SUPPORTERS JOINED OUR THUNDERCLAP CAMPAIGN ABOUT THE ART EXHIBITION



4 403
FANS

200
NEW FANS



3 100
FOLLOWERS

613
NEW FOLLOWERS



2 450
NEWSLETTER READERS



37
EU MEETINGS



5
EU CONSULTATIONS

21
NGOs SUPPORT JOINT STATEMENT ON MENTAL HEALTH



EUFAMI STRATEGY 2016-2018

EUFAMI is a not for profit Federation, comprised of national and regional family organisations from across Europe.

Mission

EUFAMI's mission is to represent all family members of persons affected by severe mental illness at European level so that their rights and interests are recognised and protected.

Vision

EUFAMI's vision is that every person affected by mental illness and their family members receives the understanding and support they need to participate in their community as he or she chooses, and shares in the social, economic and political rights of that community, without exclusion or discrimination.

Values

The central role and rights of family members in the care and treatment of people with mental ill health should be fully acknowledged and provided for throughout Europe.

Family carers should be acknowledged as equal partners with professional staff and the person

with mental ill health in decisions relating to the planning and delivery of treatment and care.

Families and individual family members have a right to choose and define the role they are willing and able to play. This must include the right not to be involved directly with their relative's care, or to be involved in planning services, campaigning and monitoring services. State mental health care should be adequate to enable family members of people with mental illness to make their choice without regard to any feelings of personal obligation.

Families should not be discriminated against or held responsible legally or financially for their family member directly affected by mental ill health. People with mental illness should be cared for in an appropriate environment and provided with all necessary health and social services.

The needs of all family members for support and understanding should be recognised and fully provided for.

It is the human right of all people with mental illness and their families to share as fully as they can in the opportunities, enjoyments and responsibilities of everyday living.

Aims and Objectives

- * To support member associations in their efforts to improve standards of treatment, care and quality of life of people with mental illness and their family carers and friends.
- * To engage in the development of family movements in countries where such movements are currently weak or do not exist.
- * To involve member associations closely with the development of EUFAMI activities.
- * To help member associations combine their efforts at regional and European levels and to reach out to promote the aims and objectives of families.
- * To deepen EUFAMI's influence and enhance its reputation with key international bodies, clinical associations and healthcare professionals to ensure that the concerns of family carers are always fully recognised.
- * To lobby European policy makers to continue their efforts to improve mental health and social care services as a human right in each member state so that a more equitable situation will result across the continent.
- * To campaign for adequate resources to be provided for services and support for people with mental illness and their families.
- * To identify examples of good practice in the field of mental illness and communicate them appropriately throughout Europe.
- * To promote and, where appropriate, participate in research into the causes and management of mental illness and its treatment.
- * To engage in public awareness programmes and campaign for changes in public attitudes so as to help remove stigma and discrimination against people with mental illness and their family carers.
- * To develop and strengthen partnerships between EUFAMI and other organisations having purposes and objectives which are similar to those pursued by EUFAMI.
- * In all ways to defend the rights of people with mental illness and their families.

For 2017 EUFAMI had three broad strategic objectives

1. TO EXPAND OUR MEMBERSHIP INTO CENTRAL AND EASTERN EUROPE
2. TO INVOLVE AND SUPPORT ALL OUR MEMBERS MORE CLOSELY
3. TO DEEPEN OUR INFLUENCE WITH KEY INTERNATIONAL AND PROFESSIONAL ORGANISATIONS AND POLICY MAKERS.

ART EXHIBITION



Julie Ward MEP

Over 100 people turn out to celebrate family carers on EUFAMI's 25th anniversary art exhibition

EUFAMI celebrated its 25th anniversary between 30 November and 9 December 2017 with an arts exhibition held at the PscArt gallery in Brussels. The exhibit featured works of art by different artists on the theme of 'Home'. In total, over 100 visitors attended the opening of the exhibit and showed their support for family carers. The exhibit's opening provided an opportunity for coming together from across Europe to reflect on progress for family carers over the past 25 years and focus on the road ahead.

Opening the exhibit, Julie Ward MEP touched on various issues including the worrying statistics on male suicide, sexual harassment, closed institutions, and the Mental Health Act in the UK. She also talked about the importance of 'informal' events like these as a way to collect best practices, push forward the conversation, and normalise issues

connected to mental health and caring for people with mental ill health. "We have to keep mental health on the agenda," said Mrs Ward, adding "We have to be more vocal, more visible, more out there with different kinds of representations".

In her speech, EUFAMI President Miia Männikkö focused on the needs of family carers. She made a plea to policy makers across Europe to continue efforts towards desinstitutionalisation, whilst ensuring that carers are adequately supported "with greater work-life balance, better mobile services and financial assistance."

Tomáš Zdechovský MEP in his video message made the case for parity of esteem of mental health saying "We need to build a society that takes mental health as seriously as physical health, including the rights of informal carers."



The opening event was crowned by a performance by Belgian artist Sven (unik-id) about his experience of living through a psychotic episode. The accomplished Belgian artist and landscape architect believes it important to communicate about his experiences. "After my recovery I realised that to fight against stigma, you actually need to communicate about it, so people understand what mental disorder is about," said the artist in an interview with EUFAMI at his home .

As part of the exhibition, EUFAMI staff travelled to visit several artists in their studios and carried out a number of interviews about their life and work. These interviews include the story of the Israeli artist Gil Levy and his "conversation" with great artists from the past, the highly unique story of Belgian artist Gaston Wuestenbergs who has been producing a huge body of exquisite work from his studio "retreat" in the woods, and the emotional highs and lows of the work of Spanish artist María Luisa Melendo who was preselected for the BP portrait award at the National Portrait Gallery in London. She describes her work

as "a continuous falling in and out of love (...) to reach a certain essence, when colour is able to go beyond, behind, inside."

The celebration would not have been possible without the generous donations from a total of 38 artists (including EUFAMI's

carers must be adequately supported "with greater work-life balance, better mobile services and financial assistance."

founding mother Gusta Frooninckx) from 17 countries who produced 66 artworks for the show. The artworks can be viewed on EUFAMI's online gallery .

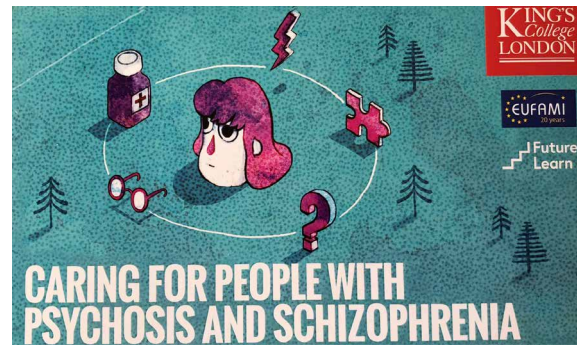
EUFAMI wishes to express its sincere appreciation to all its member organisations for their significant contributions which helped make the arts exhibition a remarkable success.

PROJECTS

CARERS ACADEMY

After 2015's successful first session, the online course "Caring for People with Psychosis and Schizophrenia" developed by King's College London in collaboration with EUFAMI, was organised again in 2017, following two further successful runs in 2016.

This four-week course explores some of the key issues and questions relevant to a carer who is supporting a relative living with psychosis. It addresses a series of topics aimed at improving un-



derstanding of the condition and the impact on the caregiver.

EU-VIORMED



EUFAMI is a partner in the European Study on Violence Risk and Mental Disorders (EU-VIORMED) project. EU-VIORMED is an EU-funded project working on improving and standardising forensic psychiatric care across Europe.

The project will examine best practice in 5 European countries (the UK, Germany, Austria, Poland, and Italy) with a focus on generating new data on violence and self-harm assessment. It

will also attempt to formulate recommendations to assist in the planning of services for clinicians, managers, commissioners and politicians.

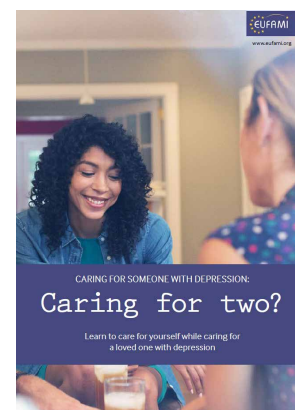
Complex and controversial ethical concerns surrounding forensic psychiatry will also be addressed. Currently, huge cultural differences remain in what constitutes a severe mental disorder (SMD) and what needs or deserves treatment. This is often aggravated by how SMDs are portrayed in the media.

A kick-off meeting took place from 13 – 15 November in Brescia, Italy.

Caring for two Brochure

EUFAMI developed a guide which is intended to support informal carers in taking care of themselves and taking care of their loved one. It is based on advice from experienced caregivers at EUFAMI. In the first section, the brochure offers four steps to take good care of yourself. The second section, has three steps on caring for your loved one.

Download the complete brochure from our website .



MENS Project

EUFAMI is partner in the EU Erasmus+ project MENS (Mental health European Network of Sports). Under the leadership of EUFAMI associate member EDRA, this project brings together 17 partners from 12 countries interested in promoting mental health through social inclusion in “every day” activities, in this case sports.

EUFAMI’s role is to lead the work stream on networking, overseeing the mapping of key stakeholders at EU and national levels in each of the EU Member States.



PRISM

PRISM aims to find new treatments for the three most common brain disorders in Europe: Alzheimer’s disease, schizophrenia and major depression. It does so by looking at a symptom these three diseases have in common – social withdrawal – and investigating whether there are biological markers for this symptom which

new drugs could target to reduce symptoms and improve quality of life. Social withdrawal feeds stigma, which impacts not just patients but entire families. Tackling social withdrawal therefore has enormous potential for positive impact. EUFAMI contributed to the research protocol, and organised a members’ focus group gathering families’ experiences with symptoms of social withdrawal in schizophrenia. Results of the members’ focus group gathering were presented at the Project AGM held in London.

<http://prism-project.eu>

The PRISM project is funded by IMI JU which receives support from EU H2020 and EFPIA.

VALUE OF TREATMENT

EUFAMI contributed to the in-depth research carried out by the European Brain Council (EBC) on the Value of Treatment (VoT) for brain disorders. Analysis demonstrates that there is a considerable treatment gap in Europe, with only about a third of cases receiving the therapy or medication needed. EBC’s VoT project generates evidence on the socio-economic benefits of healthcare interventions through analysis of case studies in order to work towards closing this treatment gap

and developing a workable model

of care for brain disorders. EUFAMI organised a members’ focus group to document families’ experiences with their loved ones’ “journey” through services to inform the schizophrenia case study. The full report can be downloaded from the EUFAMI website .



FINANCIAL REPORT

Audited Financial Results 2017

Income in support of EUFAMI's core operations, comprising funds mainly from corporate donors, projects and membership fees, amounted in 2017 to €237 478.

Expenditure for the year amounted to €235 605, the main items being staff and office costs, financial services and general overheads including the Board and General Meetings.

The **net result** was a positive balance of €1 877.

Balance sheet

Assets		2017	2016
	Fixed assets	1 069	1 405
Plant, machinery & equipment		1 069	1 405
Furniture			
Other tangible assets			
	Current assets	184 434	195 047
Trade debtors		3 508	2 102
Other amounts receivable		0	7 795
Cash at bank and in hand		179 655	183 469
Transitory accounts		1 271	1 680
	Total assets	185 503	196 452
Liabilities		2017	2016
	Capital and reserves	84 680	82 768
Allocated funds		44 294	44 293
Profit carried forward		38 491	56 310
Profit of the year		1 877	
Loss of the year			17 835
	Creditors	100 823	113 684
Trade debts		5 869	8 303
Staff debts		34 110	32 520
Transitory accounts		60 844	81 860
	Total liabilities	185 503	196 452

Income and Expenditure

Income €	2017	2016
Membership fees	12 450	12 950
EUFAMI Collaborating Partner Programme	55 000	50 000
Project funding	113 668	33 404
Recovered expenses/Honoraria/Other	4 848	5 654
Financial income	2 640	406
Extraordinary income	50 340	59 974
Total income	237 480	162388
Expenditure €	2017	2016
Board of Directors	9 693	10 076
General Meeting	3 198	7 548
Staff Costs	163 541	118 011
Write off trade debtors	2 485	842
Office/insurances/suppliers	15 284	11 672
Annual report/Communications	6 423	2 727
Website/promotion/representation	4 630	1 723
Finance and legal expenses	17 360	13 980
Misc. costs	2 132	2 071
Project expenses	10 971	4 145
Extraordinary charges	(112)	4 890
Total Expenditure	235 605	179 521
Profit/Loss	1 877	-17 133
Detail of Income		
1. Core (Collaborating Partner Programme)	2017	2016
Janssen	30 000	25 000
Lundbeck	25 000	25 000
Total	55 000	50 000

2. Projects	2017	2016
IMI PRISM	5 145	8 154
Lundbeck Otsuka Alliance - Caregiver Initiatives	25 000	20 000
EUFAMI25	4 765	
MENS	9 299	
EU VIORMED	2 355	
Lundbeck Caregiver brochure "Caring for Two"	0	3 000
EBC Value of Treatment	1 530	2 250
Lundbeck US Outreach Programme	30 000	
Lundbeck Otsuka Alliance - Economic Case	20 000	
Lundbeck - Caring for mental health in the workplace	8 008	
Boehringer Ingelheim - Schizophrenia Advisory Board	6 100	
Total	113 668	33 404

Audited Accounts Commentary

Total operating income in 2017 amounted to 237 478 euros while total expenditure for the year was 235 605 euros. This gave a small arithmetic surplus of just under two thousand euros, effectively balancing the accounts. The outturn halted the decline in our finances resulting from the operating losses of the previous two years and hence stabilised our cash reserves at just over 85 thousand euros.

This must be regarded as a significant achievement in improving our financial position over the year. It reflects a major change in the balance of funding towards greater net income from projects with proportionately less from the traditional sources of corporate donors, supplemented by membership and representational fees and honoraria of various sorts. On the expenditure side the main items remained staff and office costs, financial services and general overheads, plus the separate management costs associated with the projects themselves. The annual cost of running the organisation in support of its core (non-project) activities has continued in the range of 160-180 thousand euros.

The immediate future in 2018 seems likely to see a continuation of the broad experience in 2017 with another break-even budget. Looking further ahead, it has to be recognised that EUFAMI will face the perennial problem for voluntary bodies generally, that of maintaining its finances on a secure and reliable basis over a medium-term perspective. On the income side that must involve a broadly-based fundraising strategy both nurturing relationships with established funders, past and present, and finding new ones with whom such relations can be developed. The expenditure side also requires the sort of well-rounded approach to the monitoring and control of costs, risks and contingencies as well as the search for savings which the Board has agreed and which I set out in my report last year.

The future of EUFAMI: Some General Reflections

As this is my last report as Treasurer following on my earlier contributions as President of EUFAMI I should like to offer some brief thoughts on a possible shift of emphasis in our methods of working to meet the challenges of our mission in the hugely changed circumstances of our existence after 25 years. Adequate resourcing and sound financial management and control procedures are the essential conditions for serving our member associations and all those who look to them. How then should we respond to those challenges in fulfilling our unique role in today's world and doing so more effectively?

One way would be to join forces with suitable other organisations as a conscious development of our well-established practice of partnership working. The aim would be to create more lasting and committed partners, both operational and financial, as part of an explicit and publicly recognised approach to working in longer term alliances, though without forfeiting our own independent status. Some steps in this direction have already been taken and could be consciously developed further. I believe the idea is worth considering further.

Valedictory

May I conclude on a personal note by expressing my warm thanks to the colleagues I have worked with and the friends I have made during my time with EUFAMI. I wish them all well for the future. As I said at the start it would be an honour and a privilege to serve as a Board Director and as an Officer, and so it has proved to be.



Bert Johnson, Treasurer

"EUFAMI needs your donations to keep supporting families and combat stigma. You can donate directly to our account or through Paypal."

ACCOUNT DETAILS: IBAN BE41 0011 98562110

EUFAMI is grateful for the financial support received from the following sponsors:



GOVERNANCE

ANNUAL GENERAL MEETING



The Annual General Meeting (AGM) is EUFAMI's highest decision-making organ. Held once a year, the AGM approves new members and finances, and elects the Board of Directors. The 2017 assembly took place in our "home town" of Leuven on 9th June and elections were held for two Director positions. Eulalia Pereira from ENCONTRAR+SE in Portugal and Kevin Jones from Shine in Ireland were elected to the EUFAMI Board of Directors.

BOARD OF DIRECTORS



EUFAMI is governed by its Board of Directors which meets four times a year. The Board sets out the strategic direction of the organisation and oversees the work of the Secretariat. Our Board of Directors are all non-remunerated volunteers, elected by the Annual General Meeting.

In 2017 the Board of EUFAMI consisted of:

- ★ **MIIA MÄNNIKKÖ**,
President, FINFAMI,
Finland
- ★ **MARTINE FRAGER-BERLET**,
Vice President, UNAFAM,
France
- ★ **PER TORELL**,
Secretary, Schizofreniför-
bundet, Sweden
- ★ **BERT JOHNSON**,
Treasurer, Rethink Mental
Illness, UK
- ★ **KENNETH LIEN STEEN**,
Officer, Norway
- ★ **SPYROS ZORBAS**,
Officer, EPIONI, Greece
- ★ **ANDRÉ DECRAENE**,
Officer, Similes VI,
Belgium
- ★ **CONNIE MAGRO**,
Officer, Mental Health
Association, Malta
(retired June 2017)
- ★ **JOHN SAUNDERS**,
Officer, Shine, Ireland
(retired June 2017)
- ★ **EULALIA PEREIRA**,
Officer, ENCONTRAR+SE,
Portugal (elected June
2017)
- ★ **KEVIN JONES**,
Officer, Shine, Ireland
(elected June 2017)

SECRETARIAT

The Secretariat implements EUFAMI's strategy and is responsible for the day-to-day running of the organisation.



AAGJE IEVEN,
Secretary General



RITA GEERTS,
Administrator



PAUL NOLAN,
Communications Officer



VICTORIA DONICHEVA,
Policy Trainee
(February – May 2017)



ARNDT MÜNCH,
Policy Trainee
(February - July 2017)



PAULINA GONO,
Events and Fundraising
Trainee
(July 2017 – January 2018)

ACKNOWLEDGEMENT

In June 2017, Connie Magro and John Saunders retired, having reached the end of their third and final term on the Board. John and Connie both joined the (then) EUFAMI Executive Committee in 2008. John held the position of Treasurer for 7 years. Connie was Vice President from 2011 until 2016. We are most thankful to them for their valuable contributions to EUFAMI, both in their capacity of officers on the Board of Directors, but – equally important - as carers, representing EUFAMI on many occasions.

EUFAMI MEMBERS

at 31 December 2017

STATS

37 members in 23 countries

in 19 of the 28-member countries of the EU

a federation of 31 family associations and 6 other mental health associations

Full members

[ARAP](#) – Associazione per la Reforma dell'Assistenza Psichiatrica (Italy)

[Ariadne](#) – Verband Ariadne – für die psychische Gesundheit aller (Italy)

[BApK](#) – Bundesverband der Angehörigen psychisch Kranker (Germany)

[Bedre Psykiatri](#) – Landforeningen Pårørende til Sindslidende (Denmark)

[BGFami](#) – (Bulgaria)* (as from 1 January 2018)

[ENCONTRAR+SE](#) – Association to Support People with Severe Mental Illness (Portugal)

[EPIONI](#) – Greek Carers Network

[SALUD MENTAL ESPAÑA](#) – Confederación Salud Mental España (Spain)

[FamiliarMente](#) – Portuguese Federation of Associations of Families of People with Mental Illness Experience (Portugal)

[FinFami](#) – Omaiset Mielenterveystyön Tukena Keskusliitto Ry (Finland)

[HPE](#) – Hilfe für Angehörige Psychisch Erkrankter (Austria)

[HUMANA](#) – Združenje Svojcev pri skrbi za Mentalno Zdravje (Slovenia)

[KINAPSI](#) – Siblings of People with Mental Health Problems (Greece)

[KIPRODIPSA](#) – Advocacy Group for the Mentally Ill (Cyprus)

[LSPŽGB](#) – Lietuvos Sutrikusios Psichikos Žmonių Globos Bendrija (Lithuania)

[MHA](#) – Mental Health Association (Malta)

[MindWise](#) (N. Ireland - UK)

[New Choices](#) (Russia)

[OZMA](#) – The National Forum of Families of People with Mental Illness (Israel)

[Rethink](#) – Rethink Mental Illness (England – UK)

[Schizofreniförbundet](#) (Sweden)

[Shine](#) – Supporting People Affected by Mental Ill Health (Ireland)

[Similes VI](#) – Federatie van Vlaamse SIMILES kringen v.z.w. (Belgium)

[SIND](#) – Landsforeningen SIND (Denmark)

[SOPSI Athens](#) – Panhellenic Association of Families for Mental Health (Greece)

[Stichting Labyrint in Perspectief](#) (Netherlands)

[SYMPATHEA](#) – Celonárodní Organizace Příbuzných Duševně Nemocných (Czech Republic)

[UNAFAM](#) – Union Nationale des Amis et Familles de Malades Mentaux (France)

[UNASAM](#) – Unione Nazionale delle Associazioni per la Salute Mentale (Italy)

[VASK](#) – Vereinigung der Angehörigen von Schizophrenie-/ Psychisch Kranken (Switzerland)

[YPSILON](#) (Netherlands)

Affiliated members

[EDRA](#) – Services in the Mental Health and Learning Disabilities Sector (Greece)

[HAFAL](#) – for Recovery from Serious Mental Illness (Wales – UK)

[METIS Europe](#) (Belgium)

[OZARA](#) – Nacionalno Združenje za kakovost Življenja (Slovenia)

[PEPSAEE](#) – Panhellenic Association for Psychosocial Rehabilitation and Work Reintegration (Greece)

[ŠENT](#) – Slovensko Združenje za Duševno Zdravje (Slovenia)





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