

Community Centre Podskali



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About Fokus

History

- Fokus Czech Republic was founded in February 1990
- Fokus Praha was founded in December 1992 as a civil association

Aim:

- To provide community services for long term mentally ill people
- To improve the system of mental health care
- To change the financing system of the psychiatric care in order to support the development of community services

System of services

Social and vocational services

- Community Teams (Mobile Multidisciplinary Team)
- Half-Way Houses
- Employment Support Programs Team
- Sociotherapeutic Workshops
- Centres for Daily Activities
- Low-Threshold Programs and Short-Term Counselling
- Crisis Team

Medical services

- Day Care Centre - psychiatric and psychotherapeutic care
- Atelier Extraart - selfexpression techniques

Other activities

Project „Mosty“ (Bridges)

- Programme for people currently hospitalized in a psychiatric hospital

Employment

- Social firms: Jůnův Statek, Zahrada, Prádelna u Mandelíků

Education

Training and education Centre:

- courses for professionals and general public
- courses for organizations
- courses for users of services

Caseload numbers

	2012	2013	2014	2015
Multidisciplinary Team	210	145	196	240
Supported Employment	103	136	245	278
Sociotherapeutic Workshop	27	38	51	54
CDA Dům u Libuše	255	285	279	300
Crisis Team	128	140	179	254

Approx. 20% overlap

Community Centre Podskali

(Mobile Multidisciplinary Team)

- Community care for people suffering from long-term mental illnesses (SMI)
- Social and health services provided in way that respond effectively to the needs of the target group
- Individual support and help in dealing with life difficulties, mental illness (case management)
- Emphasis on principles of Recovery

Target group

- Adult people (18+) suffering from long-term mental illnesses (disorders of schizophrenic spectrum, mood/affective disorders, disorders of adult personality and behaviour, dual diagnoses, combined disorders)
- People suffering from mental difficulties who are not in contact with psychiatric care
- Families of people suffering from mental illness and their social surroundings

Catchment Area



- We differentiate two levels of catchment area
 - We provide social service and outpatient medical care, counselling, care coordination to **people from Prague**
1, 2, 3, 4, 10, 11, 12, 15 a 22
 - We provide intensive medical and social care in natural environment to **people from municipal parts:**
Braník, Podolí, Vyšehrad, Nusle, Vršovice, Vinohrady, Nové Město, Staré Město, Josefov, Malá Strana

Map of the Area



Personnel description and working methods



- 3 part-time psychiatrists
- 1 part-time clinical psychologist
- 1 nurse
- 6 social workers
- 2 peer workers

Working methods

- Case management
- FACT model

The centre's long-term vision

5 year horizon:

- Service available **24 hours/7 days** a week
- **Multidisciplinary team** - including a psychiatrist, psychologist, psychiatric nurse, peers
- **Short-term crisis beds (contractual)**

Vision 2016

- Psychiatrist's office, mental health nurse in the centre
- Psychiatrist/nurse participating in team work
- Emphasis on work in the community - outreach possibility
- Available **12** hours/**5** days a week
- Gradual reduction of the catchment area

Obstacles

Region-based services (the whole of Prague vs. south of the city)

Unclear target group (lack of specialized psychiatric care and services - young people, old people, homeless etc.)

Separation of health and social care

Non-existence of crisis beds

Unclear changes in inpatient care

Lack of housing options

Job opportunities, financial insecurities

Missing funding system (Public Insurance)



Thank you

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