

# 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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