

# ELECT

European Learning Communities for Training of People with Mental Illness

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[Www.elect-project.eu](http://www.elect-project.eu)

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## The ELECT project gets positive reviews from the EU Commission

**The interim report of the ELECT project has been evaluated by the European Commission.**

The interim report reflected the first half of the project from 1<sup>st</sup> November 2007 to 30<sup>th</sup> September 2008. EU Commission evaluators state that the ELECT project is proceeding towards its goal well. The research work has been completed and the development work has been initiated. Attractive and clear information material in the project has been produced. The project demonstrates the involvement of the target groups.

The coherence between the work plan and activities carried out to date has been rated as good (8/10 points). The functioning of the partnership has been evaluated as very good (9/10). The evaluation report states that the partnership seems to be working well. A communication flow has been established; a partner blog has been created and it allows an effective exchange of information

and project documents.

Evaluators say that preparation for the next step of the project, a European network, has been good but it should be pointed out that the network should also involve other European regions (not just Northern part of Europe). Evaluators are also satisfied with the dissemination of the project results and activities (9/10).

They report that the project demonstrates a good dissemination strategy both within and beyond the consortium. The products necessary for the dissemination have been developed. Concrete activities and events for dissemination have been described. The challenge for the project is to reach beyond the Clubhouse network and create partnerships with other actors in the Lifelong Learning field.

In the final section of the evaluation report, the evaluators have listed the strong and weak points of the project implementation. Strong

points include: relevant project approach, involvement of target groups, a survey of existing study Clubhouse practices, very informative website, attractive information material about the project, a strong network of partners and good links within Europe and globally, planned additional language versions of the project brochure for broad dissemination in Europe, and elaborated evaluation and dissemination plans and methodology.

Evaluators identified some weak points which need to be improved. These included weak links to education institutes and unclear financial management concerning the costs for three partners.

The overall evaluation score was 8/10, which is good. The project is considered to have addressed the criterion, with some aspects achieved to a high quality.



This project has been funded with support from the European Commission.

This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

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## Welcome to the final seminar of the ELECT project in Copenhagen, 21th–22th September 2009

**The Final seminar of the ELECT project will take place in Copenhagen, Denmark, 21th-22th September 2009. The seminar will be hosted by the Danish Clubhouse Coalition.**

The seminar program will start on Monday morning at 9.00 am and the seminar will be completed by 2.00 pm Tuesday. Social evening will be organised on Monday.

The venue for the final seminar is **Copenhagen City Hall, Københavns Rådhus, Rådhuspladsen 1, 1599 København V**

*Seminar registrations:*  
*Mervi.lahti@thl.fi*

*Registration deadline*  
*31.8.2009*

The seminar topics are :

The outcomes of the ELECT project :

- Final report of the Activation and Motivation Work Package
- E-learning Course at Suvimäki Clubhouse
- Manual for supported education
- Pilot course for supported education (and curriculum)
- Evaluation of the project
- Experiences from the project work
- New Clubhouse research data from Finland
- Next steps: EPCD and ElecNET project

A detailed program for the final seminar will be published at the end of August.

All ELECT project partners and other organisations that are interested in the ELECT project and in supported education for people with mental illness are welcome to attend the seminar!

The seminar is free. Lunch and coffee will be served. Guests will take care of their own travel and accommodation arrangements.

If you wish to take part in the seminar, please send your registration by e-mail to:  
[Mervi.lahti@thl.fi](mailto:Mervi.lahti@thl.fi)

Deadline for the registrations is **31.8.2009**.

## Computer Supported Collaborative Learning Course was organised in Suvimäki Clubhouse, Finland

**One of the specific goals of the ELECT project was to create two computer-supported Learning Courses (CSLC). The Suvimäki Clubhouse from Finland was selected to be a pilot partner host the first course.**

There were several challenges to overcome before the course could begin in February 2009. The first task was to find technical skills to build a learning environment on the web and then also to find suitable educational material. Following some hard work, both chal-



lenges were addressed. The *Mediamasteri* group created a Moodle learning environment and special vocational education teacher *Johanna Venäläinen* from Savonlinna created the Moodle course content,

which was focused around English skills.

It was decided to make English skills the course topic because many Clubhouse members are interested in learning English. Learning English

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Lear more about Moodle system: <http://moodle.org>

also gives more opportunities for Clubhouse members to participate in international cooperation in the Clubhouse world. One of the Suvimäki Clubhouse members, Ritva Janhonen, took the role of the course teacher.

The student's course goals were that they discover an unforced and positive attitude towards using English and that they can tell about their own country and culture in English.

#### Feedback was positive

Seven members from the Suvimäki Clubhouse took the course, which lasted for four months. Teacher Ritva Janhonen reported that students gave positive feedback on the course. Participants reported that the online nature of the course was a very good way of learning English.

Learning has been taking place in small groups, which has been beneficial. It gives the teacher the opportunity to help everybody personally. The familiar surroundings of the students' own Clubhouse community has been important for everybody in the learning group.

Everybody felt that the course material was versatile. The course included grammar, listening, reading and written exercises of various forms. Participants felt that the online English course renewed their motivation to learn and had shown them that they can learn and that learning was fun.

#### Next challenges - learning to use the Moodle learning environment

After having this positive experience online learning in the Clubhouse, the next thing to think about

*how to continue activities after the ELECT project?*

The ELECT project has provided financial support for the organizing of the course. After the project, Clubhouses would need to learn how to manage, maintain and update the Moodle system themselves (if not by buying the services). They also would need to learn how to make new CSCL –courses and to use Moodle tools also for other purposes if desired (e.g. project planning and evaluation).

Moodle is a Course Management System (CMS), also known as a Learning Management System (LMS) or a Virtual Learning Environment (VLE). It is a Free web application that educators can use to create effective online learning sites. So, learning more about Moodle (<http://moodle.org/>) would be the next task!



The Clubhouse of Suvimäki in the middle of Finland

*“Familiar surroundings at students own Clubhouse community has been important for everybody in the learning group.”*

*“Adults have wide experience and knowledge of the world yet they often lack confidence in themselves as learners.”*

### Elect Project, Mosaic Training Base London Training for Trainers Pilot Course experiences

**The Elect team Liz, Peter and Alison from the Scottish Coalition travelled down to London to embark on a Training for Trainers course, this is the work that the Scottish Coalition have been working on since the start of the project 12 months ago. Unfortunately due to work commitments Chris was unable to accompany us.**

On Monday morning we met up with colleagues

from Fountain House, Malmo, Suzzi and Gabby, Triste and Thorunn from Geyser Clubhouse, Iceland, Cecilia and Mikko from Finland.

We were presented with a full week's schedule for the course covering our hopes and expectations from the course. We were then given a Health and Safety tour of the Clubhouse as we were all staying upstairs in the

guest house. Before lunch we had a discussion on Why Education? which was very thought-provoking. Although that at Caledonia we did put quite a lot of emphasis on Education, but as the week passed it was becoming more evident that we could be doing better!!

We then covered Clubhouse relationships and the supports needed to



The Mosaic Clubhouse in London.

encourage members to return to education along with the barriers they may face.

**Day two** covered different adult learning styles, adults are likely to learn more effectively when the learning tasks are seen to be relevant, meaningful, interesting and useful and adults have wide experience and knowledge of the world yet they often lack confidence in themselves as learners. At this point, the trainer explained

that each of the groups would have to deliver an action plan which they would take back to their prospective Clubhouses around education. In the afternoon we looked at disclosure and the types of disclosure and how a Clubhouse can support each style of disclosure without being directive or prescriptive.

**Day three** our group visited Kingston College in Surrey and looked at the support services that are offered to students

who have disabilities or learning difficulties. "We consider each application individually and aim to provide students with high quality tuition and support and this is part of our wider commitment to equal opportunities".

In the afternoon we started work on our action plan and then had a planned visit to Carshalton College in the evening where one of the members of Mosaic Clubhouse was undertak-

## 23<sup>rd</sup> – 27<sup>th</sup> March 2009 ELECT PILOT COURSE schedule

Monday 23 <sup>RD</sup>	Tuesday 24 <sup>TH</sup>	Wednesday 25 <sup>TH</sup>	Thursday 26 <sup>TH</sup>	Friday 27 <sup>TH</sup>
<p><b>9:30am</b> Morning meeting</p> <p><b>10am</b> Intro to Training, course hopes and expectations. (Neill / Lee / Peter)</p> <p><b>11am</b> – H&amp;S Tour (Tracey)</p> <p><b>11:30 - Discussion</b> Why Education? (Lee / Calvin / Neill)</p>	<p><b>9.30 am</b> Morning meeting</p> <p><b>10am – 11:30 Discussion 3:</b> Adult learning styles (Lee)</p> <p><b>12:00-</b> Explanation of Action Planning (Hilary / Bev)</p>	<p><b>9.30am</b> Morning Meeting</p> <p><b>10am</b> – groups 3 &amp; 4 to Lambeth College (Neill, Kabuya, Ebrahim) /</p> <p><b>10am</b> group 1 action planning (Hilary)</p> <p><b>11:30</b> group 2 action planning (Bev &amp; Mike)</p>	<p><b>9:30</b> – Morning meeting</p> <p><b>10:00</b> –Evaluation of college visits (Neill / Calvin / Lee)</p> <p><b>11:45</b> – Lambeth College tutor to speak</p>	<p><b>930am</b> Morning Meeting</p> <p><b>10.30 – 11:30</b> Pilot course Evaluation (Neill / Peter / Hilary)</p> <p><b>12:00</b> – Presentation of action plans to community (Ville)</p>
1:00pm LUNCH	1:00pm LUNCH	1:00pm LUNCH	<b>1pm Lunch</b>	1:00pm LUNCH
<p><b>1.45pm</b> – Unit meeting</p> <p><b>2 – 3:30pm – Discussion 2:</b> Clubhouse relationships and education support (Neill / Peter)</p> <p><b>4pm</b> – Food shopping</p>	<p><b>1.45pm</b> – unit time</p> <p><b>3:30 - Discussion 4:</b> Disclosure (Lee / Neill / Karen / Mike)</p>	<p><b>1:30</b> Groups 1 &amp; 2 to Kingston college (Lee &amp; Karen)</p> <p><b>1:45</b> – group 3 action planning (Hilary)</p> <p><b>3:15</b> – group 4 action planning (Neill &amp; Peter)</p>	<p><b>1:45-3PM</b> - unit time</p> <p><b>3pm - Discussion 3:</b> Clubhouse best practice (Neill / June / Peter)</p>	FREE
FREE	6:30 Board meeting	7pm – Dinner at Carshalton college (Neill + Peter + )	5-8pm Employment & Education evening	Optional social

ing her catering qualification. We sat down to a three course silver service meal which was exceptionally nice and well presented by the students who were being observed by their tutor and being marked on their presentations.

**Day four** covered the evaluation of the college visits and a visit from a

tutor from Lambeth College which is a college based nearest to Mosaic Clubhouse. In the afternoon we talked about Clubhouse best practise and discussed the Education practices at the Book -End in Fountain House Clubhouse in Copenhagen, Denmark. The Book -End offers supported education to students

who are studying at University/College and focus on an attitude toward structure and relations which is shown in an environment in which one feels comfortable.

*Liz, Peter and Alison from the Scottish Clubhouse Coalition*



Pictures from the pilot course.

### Experiences from the ELECT pilot course - Gabriella and Sussi from Malmoe

We learned that you are about 40 persons [Elect group] that organized the course. Me, Sussi and Thourunn from Iceland, seemed to be the only one who were not at all involved in the planning process. We were asked if we wanted to join a course about education in the clubhouse and told that it is a pilot course. So ok - education - we looked up the standard 25 and we had a meeting with our manager Anna-Karin and got through the questions in the training manual.

We got the schedule for the week from Neill at the Mosaic Clubhouse as we arrived. Pilot course started with Neill giving us a BIG folder with LOTS of paper and he asked us to do some homework before the next day. It was no big surprise - a course is a course! So we read as much as we could. Even though it felt like not very much.

A very nice support through the whole week was that Lee actually

had read through all the papers and articles and every day Lee and Neill had a very nice way of leading us through what the articles were about and what they thought were the main points to stress. They sorted out the questions we should think about and we had a very good discussion about what we all had in our minds.

Lee also summarized our thoughts on the white board and then even wrote it down on paper that he copied for us. The pilot course has all together given me and Sussi new thoughts and questions what we have taken with us too Malmoe. Also some "Aha and Yes" insights. It feels very good to meet others who are working and thinking in the same direction as oneself. It feels big and sometimes too much to deal with.

We are glad that we have all the articles and personal stories from members with us back home. We can read them again, and others in

the house can read them too and maybe someone someday wants to translate them so that even more people can take part in discussions. Organized or not. It will bring on more thoughts and questions and working ideas.

Hopefully and most certainly, in the long run, we will find ways too make it easier for people with different psychiatric disorders/disabilities too get the help they need too reach the goal with attempting and do a course or a longer education.

We sincerely hope that the ELECT group will go on making this course an oncoming course. And I, Gabbi personally think it's good to join a course or a meeting focused on one subject. We had work, lots of thinking, good interesting talks with many people and many good laughs.

*Gabriella and Sussi from Malmoe Clubhouse, Sweden*

*"We sincerely hope that the ELECT group will go on making this course an oncoming course."*



Sussi and Gabriella from malmoe, Sweden.



## Next step - ElecNET proposal has been submitted for Lifelong Learning program

**The ElecNET proposal for the years 2010 - 2012 is planned to empower people with mental and psychosocial problems to better quality of life and social inclusion. The main goal is to disseminate integrative adult education and rehabilitation to help service users' transition to independent living in local neighbourhoods.**

The consortium is consisting of 19 core partners from 13 European countries and 19 associated partners involving additional 8 countries. Six of associated partners are international NGOs covering all European countries. These NGOs have political influence in the mental health policy and advocacy.

Associated partners are involved in ElecNET activities and dissemination of best CBR and clubhouse practices. For further exploitation of the sustainable results a permanent "European Network for CBR and Clubhouse Development" is due to be established 2012.

ElecNET includes partners from EEA-area, e.g. Iceland and Norway, it disseminates best practices for use in clubhouses also in the Russian Federation. The global clubhouse promotion organisation is International Centre for Clubhouse Development (ICCD, USA) as associ-

ated partner. Examples of the other associated INGOs are: Mental Health Europe (MHE), European Public Health Association (EUPHA), Health Cluster Net (HCN), and European Federation of Associations for Families and Friends of People with Mental Illness (EUFAMI).

### Lifelong Learning Programme Objectives and Priorities addressed

The ElecNET is empowering people with mental health problems from the service-users role towards respected citizenship, independent living and social inclusion in local communities.

In strategic collaboration with stakeholders it transfers the model of integrative community-based rehabilitation (CBR), adult education and vocational training, adapted to these people's needs, from the best practice countries to less progressed countries and regions in Europe.

It will raise awareness of relevant stakeholders at different levels on successful community-based rehabilitation (CBR) practices, e.g. evidence on clubhouse model, supported education and supported employment. ElecNET relays experience to countries and regions with no or low awareness on these integration models.

### Funding decisions during June/July 2009

ElecNET applies funding from the European Commissions Lifelong Learning program and its sub-programme Grundtvig. Lifelong learning programs Call for proposals closed at the end of February 2009. Decision of the selected projects will be announced in June/July 2009.

Selection results can be found from website:

[http://eacea.ec.europa.eu/llp/funding/2009/call\\_lifelong\\_learning\\_2009.htm#updates](http://eacea.ec.europa.eu/llp/funding/2009/call_lifelong_learning_2009.htm#updates)

If the ElecNET project will be funded it will start in January 2010.

*"The ElecNET is empowering people with mental health problems from the service-users role towards respected citizenship, independent living and social inclusion in local communities."*



## Summer Greetings to ELECT partners

After more than 40 years of active work to develop in Finland the basic and specialised public services for the benefit of people in need, I retired as of 1<sup>st</sup> April 2009 from my position in the new National Institute for Health and Welfare (THL), now continuing the activities of STAKES. Development of rehabilitation services and mental health services has been my favourite fields of expertise during my career.

The promotion of Clubhouse model has been a part of my work since 1990 after I visited first time with a Finnish group in the Fountain House New York. After that we included the Clubhouse model in the national and European development projects in the field of mental health when we prepared in Finland to become a new European Union member state, which realised from the 1<sup>st</sup> January 1995.

During those years I was involved in the activities of the Finnish Foundation for Promoting Employment of People with Disabilities, today known as the VATES Foundation, as chairperson of the board. The Foundation decided to publish a book in Finnish to promote the Clubhouse model in our country. The "Fountain House Book" was launched in 1994. I

was one of many authors of the book. Based on the promotion activities the first Finnish Clubhouse was opened in the city of Tampere in 1995 known as "Näsinkulma Clubhouse". Since that many new Clubhouses were opened in Finland and by the end of this year 2009 we have a network of 22 Clubhouses.

Since 1995 STAKES with its partners both in Finland and in other European countries have implemented totally 20 different development projects in the field of social inclusion and employment. The Clubhouse model has been one of the innovations promoted actively in majority of them. ELECT project is the latest one and we are expecting funding for the continuation project ElecNET for years 2010-2012. If we get funding I will collaborate with you as a member of Helsinki Clubhouse Board.

### Summary of my career

I started my professional career as journalist in 1965 in local newspaper during my university studies in Jyväskylä, the capital city of Central Finland. Couple of years later I moved in Helsinki and worked as communication and public relations officer. In 1968 I was nominated to assistant director of a regional special institute for persons with learning

and mental disabilities located in West-Finland near city of Pori. Next year I was nominated to manager of a similar special institute serving municipalities in South-West Finland near city of Turku.

Since 1973 I served major part of my career as governmental policy counsellor and department chief for health care and social policy implementation in three different State Provincial Governments, first in South-West Finland, then in Helsinki Uusimaa Region and up to the end of year 2000 in the State Provincial Office of Southern Finland.

Since the beginning of year 2001 I served as a director of unit in STAKES, the National Research and Development Centre for Welfare and Health which was transformed to the new government agency THL as of 1<sup>st</sup> January 2009.

With best regards I wish the best possible future for Clubhouses in Europe!

### Esko Hänninen

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**Esko Hänninen**

*"Development of rehabilitation services and mental health services has been my favourite fields of expertise during my career."*

## The National Institute for Health and Welfare (THL) to replace STAKES and KTL

**New National Institute for Health and Welfare has replaced STAKES and the National Public Health Institute (KTL) as of 1 January 2009.**

A new research and development centre for health and welfare has been established in Finland, merging STAKES, the National Research and Development Centre for Welfare and Health, and KTL, the National Public Health Institute. The new National Institute for Health and Welfare has started operating at the beginning of 2009. On the same date, KTL and STAKES has been dissolved. The Ministry of Social Affairs and Health has appointed Dr. Pekka Puska as Director General for the Institute.

Any unfinished issues, agreements, commitments

or obligations of STAKES and KTL, will be transferred to the new institute. This concerns also the ELECT project, which has continued its operations under the new institute (THL).

### **THL promotes well-being and develops social and health services**

The National Institute for Health and Welfare (THL) is a research and development institute under the Finnish Ministry of Social Affairs and Health. THL works to promote the well-being and health of the population, prevent diseases and social problems, and develop social and health services.

THL is the statutory statistical authority in health and welfare and maintains a strong knowledge

base within its own field of operations. THL is also responsible for the application of this knowledge. THL has a wide range of tools to carry out its responsibilities: research, follow-up and evaluation, development, expert influence, official tasks as well as international co-operation.

With considerable expert knowledge, THL seeks to serve the broader society in addition to the scientific community, actors in the field and decision-makers in central government and municipalities. One of its key objectives is to help municipalities develop social and health services. Knowledge generated at the Institute will be used to monitor and improve these services in terms of availability, quality, productivity, efficiency and impact.

“THL works to promote the well-being and health of the population, prevent diseases and social problems, and develop social and health services.”

### Contact information

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