

The PROMISE project; Promoting Mental Health Minimizing Mental Illness and Integrating through Education. The role of Parc de Salut Mar, Barcelona

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Objectives

With the implementation of the European Green Paper on Mental Health, and the development of the Mental Health Pact, the strategic importance of Mental Health promotion and illness reduction as keystones of a European mental health policy and practice has never been greater.

The PROMISE (Promoting Mental Health Minimizing Mental Illness and Integrating through Education) project is an EU project and is financed by the [European Commission Directorate General for Health and Consumers](#), DG Sanco. It aims to develop and disseminate guidelines for training and education of health professionals with respect to Mental Health Promotion and Illness Reduction with specific applications for European health and social service professional bodies, university networks, civil society organizations and non-traditional actors. The best practice guidelines will specifically focus on the prevention of suicide, depression, and alcohol and drug abuse, and the promotion of healthy living.

A specific innovation of the PROMISE project is the involvement of mental health service users as non-traditional actors by using their opinions and expertise in the development multi-disciplinary training guidelines and training programmes. These training guidelines will be put into practice through a European PROMISE case study from 2011 until 2012. During the case study special emphasis will be put on positive mental health, healthy living, diet and exercise in all the PROMISE demonstration sites.

Project partners are all both clinical and educational organizations from 8 different European countries all of whom have extensive previous expertise in their designated roles. The work carried out in each partner site will combine to give the final planned outcome of the project: an integrated and comprehensive set of training guidelines and model training programmes. At the end of the PROMISE project this material will be accessible through an interactive website, endorsed by European level professional body and university networks.

The role of Parc de Salut Mar, Barcelona:

- Monitor the implementation of the best practice guidelines and training through the local case studies in 7 sites across Europe.
- Identify best practice media guidelines for engaging press and media with the mental health promotion agenda through the use of positive role models.

The participating countries are:

Middlesex University UK, Hospital Maison Blanche Paris, Dept Education, County of Aarhus PDCA Denmark, University of Ljubljana UL Slovenia, University of Primorska Slovenia, Hungarian Institute of Occupational Health Budapest, Parc de Salut Mar Barcelona, Molise University Italy.

Methods

PROMISE Case study: The Barcelona PROMISE team are responsible for the design and the monitoring of the PROMISE case study which will study the introduction of PROMISE guidelines in the area of mental health promotion in 7 European Demonstration Sites and also the involvement of mental health service users in this process. Various parameters will be recorded since the 7 European sites vary, some being strictly educational centers while others are clinical centres. Each site can choose according to local needs and resources which guidelines it wants to examine (prevention of suicide and depression, alcohol and drug abuse, healthy living) and implement them locally. The case study will have a duration of one year, starting in March 2011 and finishing in March 2012. The study will examine how effective the guidelines are at a practical level when training health professionals in health promotion and how users are involved in the process.

Media: Identification of best practice media guidelines in Spain and Europe through extensive research in the field of media and health promotion. Setting up a local steering group in partner sites to help investigate the impact of mental health promotion in the press and media. Surveys carried out in different hospitals to evaluate awareness among health professionals towards issues of stigma for mental health service users and the media. Sharing results with other PROMISE partners and grading of results on European level.

Expected results

The PROMISE case study will help to produce a final PROMISE best practice guidelines and model training programmes in the areas of health promotion, focusing especially on the themes of healthy living, prevention of suicide and depression, alcohol & drug abuse prevention, inclusion of mental health service users in design and teaching of mental health promotion. All findings will be disseminated through an interactive, dynamic web page where all best guidelines, resource kits, recommendations from trainers will be found. Through the identification of best practice media guidelines, the project will also engage the press and media in becoming active about mental health promotion.

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