

## Application form

### Basic information

**Programme name:** South-East Finland - Russia CBC Programme 2014-2020

**Name of the project:** Joint Development of Innovative Mental Health Services in St. Petersburg, Russia, and South East Finland

**Acronym:** InnoMent

**Project ID:** KS1625

**Full legal name of the Lead partner in English:** Social Psychiatric Association of South-East Finland

**Country of the Lead partner:** Finland

**Region of the Lead partner:** Kymenlaakso

**Priority:** 2. Innovative, skilled and well-educated area

**Thematic objective:** Support to education, research, technological development and innovation

**Duration of the project in months:** 36

### Requested financing

**Total costs of the project:** 547188 €

**Investments included in total costs:** 0 € 0 % of total financing

**Requested programme financing:** 437751 € 80,00 % of total financing

### Partners

Name	Country name	Region name	Type
Social Psychiatric Association of South-East Finland	Finland	Kymenlaakso	Lead Partner
.St. Petersburg Public Health Institution "Municipal Psychiatric Hospital No.3 named after I.I. Skvortsov-Stepanov	Russia	City of Saint Petersburg	Partner
St. Petersburg Public Health Facility "Psychoneurology Dispensary No. 5	Russia	City of Saint Petersburg	Partner

## Social Psychiatric Association of South-East Finland (Lead Partner)

### Identity

**Full legal name:**

Social Psychiatric Association of South-East Finland

**Name of the organisation in original language:**

Kaakkois-Suomen sosiaalipsykitaarinen yhdistys ry

**Department/ unit in charge of the activities:**

**Business ID:** 1494267-2

**Legal status:** Public

**Type of organisation:** NGO

**Description of the organisation:** The Social Psychiatric Association of South East Finland is a non governmental organization, offering housing and rehabilitation services and advocacy for people recovering from mental disorder, with main offices in Kotka Finland and a staff of more than 70 persons (in 2017). The purpose of KAKSPY is the development of mental health work and production of diverse psycho social rehabilitation services. Our main goal is to increase social involvement of our clients and their close relatives. Our work bases on, community-based services and prevention of institutionalization. Our "home" sphere of operation is South East Finland. In addition we work as expert advisers and consultants nation-wide in Finland, as well as in North West Russia.

**Official address:** Kymenlaaksonkatu 20 D 120, FIN 48100 KOTKA

**Postal address:** Kymenlaaksonkatu 20 D 120, FIN 48100 KOTKA

**Telephone number:** +358 4071 3201

**Email of the organisation:** kakspy@kakspy.com

**Website of the organisation:** www.kakspy.com

### Contact person

**Name:** Pekka Kivilahti

**Position:** Senior Adviser

**Telephone number:** +358405652146

**Email:** pekka.kivilahti@innovi.fi

## Motivation

### What is the role of the partner in the project?

Lead Partner, responsible for overall project coordination - including financial coordination of the project.

Coordination of the project includes:

- securing, that the project proceeds according the project plan and program rules
- securing communication between all persons and organisations involved in the project
- overall supervision of the project activities and work packages
- overall scheduling and timing of the project activities
- securing that all necessary resources are available
- supervision of all project reporting
- communication with the programme officials
- overall administration of the project
- overall monitoring of the project (with Partner 3 - FinnFami, writing short monitoring reports)

### Why does the organisation participate in the project (reason and motivation)?

The motivations for the activities of Social Psychiatric Association of South-East Finland are related to the well-being of individuals and communities. The main goal of the lead partner is to promote social involvement of the service users. At the same time, we see an increase in the social inclusion of the whole mental health sector as a major goal. Our welfare activities are not bound by geographical boundaries, because we see it as a wider matter. In our own organisation's development and learning process, we are interested to reflect our day to day work and methodology with the practices used in other countries. That is why our association has worked in Northwest Russia for 12 years.

The Social Psychiatric Association of South East Finland is keen to develop its services and operation. The InnoMent project opens a chance to fulfill this aim through a high quality cross border development process with long term partners from St. Petersburg Russia and from Uusimaa region in Finland. The Social Psychiatric Association of South East Finland has participated in and coordinated several nationally or EU financed development projects. All these projects have been beneficial for the operation and the development of the organisation and its professionals.

### How does the organisation benefit from participating in the project?

The project opens new possibilities for the Social Psychiatric Association of South East Finland to develop its processes and services. A special surplus, is the chance to involve staff members and clients in an international development process.

## Operational capacity

### What are the organisation's thematic competences and experiences relevant for the project?

The Social Psychiatric Association of South East Finland has a 20 years' experience in the field of social psychiatric rehabilitation. Executive director Mr. Markku Kärmeniemi and service manager Mr. Jari Peltola are specialized in mental health care and preventive drug and intoxicant work. They both have more than a 10 years' experience in development projects in their field. The executive committee of the Social Psychiatric Association of South East Finland consists of national experts in psycho social rehabilitation in Finland. The organisation has skilled workers in managing extensive national and EU - projects, for both administration and coordination.

### Describe the organisation's previous experience in participating in and/or managing EU co-financed projects or other international projects.

The Social Psychiatric Registered Association of South East Finland has managed over 30 projects which have been funded by Finland's Slot Machine Association RAY, Ministry for Foreign affairs of Finland and some other financiers. Mr. Pekka Kivilahti works for the Social Psychiatric Registered Association of South East Finland as an expert adviser in project management. Mr. Kivilahti is experienced in EU project work since the beginning of the EU membership of Finland (20 years and more), with more than 15 successfully implemented European Social Fund, Adapt, Leonardo da Vinci, Grundtvig and Interreg projects.

### In the case of partners from outside the programme's core area: What is the added value of this partner for the project?

## Financial capacity

Does the organisation have a euro based bank account or can it be established? Yes

Can the project costs be separately allocated and reported in the organisation's bookkeeping? Yes

Can the organisation transfer or receive programme funding to/from other project partners? Yes

Does the organisation participate in the financing of the project? Yes

Organisation's average annual turnover

4138800 €

Does the organisation have sufficient financial resources to implement the project taking into account both own contribution and final payment? Yes

## Other public financing

Programme financing	Name of the project	Amount
		0

Total

Has public financing for same or similar activities been applied for? No

.St. Petersburg Public Health Institution "Municipal Psychiatric Hospital No.3 named after I.I. Skvortsov-Stepanov (Partner)

## Identity

**Full legal name:**

.St. Petersburg Public Health Institution "Municipal Psychiatric Hospital No.3 named after I.I. Skvortsov-Stepanov

**Name of the organisation in original language:**

Городская психиатрическая больница №3 им.И.И. Скворцова-Степанова

**Department/ unit in charge of the activities:** Medical and Rehabilitation Department

**Business ID:** OKPO code: 01931999,

**Legal status:** Public

**Type of organisation:** Other public organisation

**Description of the organisation:** The hospital provides specialized medical inpatient care, assistance in the Day Patient Department. Bed capacity is 1625 beds in the Resuscitation and Intensive Care Unit, Day Patient Department with 50 beds, Medical and Rehabilitation Department for 300 patients. The hospital serves more than 2,000,000 inhabitants of St. Petersburg. The hospital is accredited to conduct clinical trials. The chief doctor of the hospital: Alexander Sofronov, Professor, Doctor of Medical Science, Corresponding Member of the Academy of Sciences, Chief Psychiatrist of St. Petersburg.

**Official address:** Fermskoje shosse 36, St. Petersburg, 197341. Russia

**Postal address:** Fermskoje shosse 36, St. Petersburg, 197341. Russia

**Telephone number:** + 7 (812) 576 5371

**Email of the organisation:** bps3@zdrav.spb.ru

**Website of the organisation:** www.gpb3.ru

## Contact person

**Name:** Inna Leontjeva

**Position:** Head of Medical and Rehabilitation Department

**Telephone number:** +7 (812) 4175033, mob. +7 (921)7533439

**Email:** dr.leonteva@mail.ru

## Motivation

### **What is the role of the partner in the project?**

The organisation participates in all project activities / work packages. It gives the project the expertise and experience of a psychiatric hospital. The partner is responsible for the sub coordination of the project in the own organisation.

### **Why does the organisation participate in the project (reason and motivation)?**

The hospital is interested in the development of its service processes and the professional skills of its staff members for the benefit of its clients.

### **How does the organisation benefit from participating in the project?**

Project work strengthens the processes supporting the social inclusion of the clients. Bench marking, joint training and planning of new approaches on international level is beneficial for the organisation and the workers. The project gives the clients the chance to participate in the planning of new service approaches. A group of clients can also visit Finland to meet with persons rehabilitating from mental health disorder, there.

## Operational capacity

### **What are the organisation's thematic competences and experiences relevant for the project?**

The organisation is one of the biggest psychiatric hospitals in Europe, if not the biggest. It brings the project a very important view point of institutional mental health care. This is essential, as the project develops services opening paths for clients to be empowered participants of the society.

### **Describe the organisation's previous experience in participating in and/or managing EU co-financed projects or other international projects.**

The hospital has experience in participating in international project work, including with organisations in Finland and also the United States.

### **In the case of partners from outside the programme's core area: What is the added value of this partner for the project?**

## Financial capacity

Does the organisation have a euro based bank account or can it be established? Yes

Can the project costs be separately allocated and reported in the organisation's bookkeeping? Yes

Can the organisation transfer or receive programme funding to/from other project partners? Yes

Does the organisation participate in the financing of the project? Yes

Organisation's average annual turnover

19668000 €

## Other public financing

Programme financing	Name of the project	Amount
		0
Total		

Has public financing for same or similar activities been applied for? No

St. Petersburg Public Health Facility "Psychoneurology  
Dispensary No. 5 (Partner)

## Identity

Full legal name:

St. Petersburg Public Health Facility "Psychoneurology Dispensary No. 5

Name of the organisation in original language:

Санкт-Петербургское государственное бюджетное учреждение здравоохранения  
«Психоневрологический диспансер №5»

Department/ unit in charge of the activities: Medical and Rehabilitation Department

Business ID: 1037816019230

Legal status: Public

**Type of organisation:** Other public organisation

**Description of the organisation:** The institution provides specialized mental health services to the population.

**Official address:** Shosse Revolyutsii 17, St. Petersburg, 195176, Russia

**Postal address:** Shosse Revolyutsii 17, St. Petersburg, 195176, Russia

**Telephone number:** + 7 812 227 6646, + 7 812 227 6755

**Email of the organisation:** pnd5@zdrav.spb.ru

**Website of the organisation:** pnd5spb.ru

## Contact person

**Name:** Olga Saveljeva

**Position:** Head of Medical and Rehabilitation Department

**Telephone number:** + 7 921 792 8293

**Email:** malevanaya@rambler.ru

## Motivation

### What is the role of the partner in the project?

The organisation participates in all project activities / work packages. It is responsible for the sub coordination of the project in the own organisation.

### Why does the organisation participate in the project (reason and motivation)?

The institution has been cooperating with the Social Psychiatric Association of South-East Finland, since more than ten years now. The cooperation has been successful, covering participation in cultural events for clients and exchange of experiences between staff members. It is expected that the InnoMent project strengthens this cooperation and gives positive results to all participants.

### How does the organisation benefit from participating in the project?

Project work strengthens the processes supporting the social inclusion of the clients. Bench marking, joint training and planning of new approaches on international level is beneficial for the organisation and the workers. The project gives the clients the chance to participate in the planning of new service approaches. A group of clients can also visit Finland to meet with persons rehabilitating from mental health disorder, there.



## Operational capacity

### What are the organisation's thematic competences and experiences relevant for the project?

The institution has been a pioneer in Russia, developing and implementing cultural activities for mental health patients, supporting their social inclusion. The innovative attitude is expected to be a surplus for the partnership.

### Describe the organisation's previous experience in participating in and/or managing EU co-financed projects or other international projects.

The institution has been active in national projects in Russia, as well as in cooperation with the Social Psychiatric Association of South-East Finland.

### In the case of partners from outside the programme's core area: What is the added value of this partner for the project?

## Financial capacity

Does the organisation have a euro based bank account or can it be established? Yes

Can the project costs be separately allocated and reported in the organisation's bookkeeping? Yes

Can the organisation transfer or receive programme funding to/from other project partners? Yes

Does the organisation participate in the financing of the project? Yes

Organisation's average annual turnover

2031900 €

## Other public financing

Programme financing	Name of the project	Amount
		0
Total		

Has public financing for same or similar activities been applied for? No

FinFami Uusimaa ry (Partner)

## Identity

**Full legal name:**

FinFami Uusimaa ry

**Name of the organisation in original language:**

FinFami Uusimaa ry

**Department/ unit in charge of the activities:**

**Business ID:** 0857240-9

**Legal status:** Public

**Type of organisation:** NGO

**Description of the organisation:** FinFami Uusimaa is a mental health service association, offering and developing diverse support and information services. The association was founded in 1988. The main objective is to offer services direct to the clients, the persons recovering from mental disorder, their families and close ones. One key task, is to further develop these services.

**Official address:** Kumpulantie 5, 00520 Helsinki

**Postal address:** Kumpulantie 5, 00520 Helsinki

**Telephone number:** +358(09)6860260

**Email of the organisation:** info@finfamiuusimaa.fi

**Website of the organisation:** www.finfamiuusimaa.fi

## Contact person

**Name:** Leif Berg

**Position:** Executive director

**Telephone number:** +358 50 3019179

**Email:** leif@finfamiuusimaa.fi

## Motivation

**What is the role of the partner in the project?**

FinFami Uusimaa works in the InnoMent project in several roles:

- responsible for planning, coordinating and organizing WP 3 “Knowledge acquisition”, together with the lead partner
- expert lecturer on psycho educative recovery oriented family work
- monitoring of all project activities, writing short monitoring reports

**Why does the organisation participate in the project (reason and motivation)?**

FinFami is interested in strengthening its existing contacts to Russian partners in St. Petersburg.

**How does the organisation benefit from participating in the project?**

One specific aim is to improve FinFami's services to the Russian speaking clients in Finland.

## Operational capacity

**What are the organisation’s thematic competences and experiences relevant for the project?**

The association has established its role as a qualified mental health services provider with good contacts to and networks with other metal health organisations and state and municipal authorities. The association has successfully implemented several development projects. The new psycho educative, preventive and empowering models and methodologies are renown nationwide in Finland and they have been recommended to be utilized as models in supportive family work.

**Describe the organisation’s previous experience in participating in and/or managing EU co-financed projects or other international projects.**

FinFami has been a reliable partner in EU projects coordinated by other organisations.

**In the case of partners from outside the programme’s core area: What is the added value of this partner for the project?**

Finfami is a leading Finnish expert organisation in family work. It brings special expertise to the project, that is not available in the program regions. It has a high level contact network nationally in Finland. The role of the organisation is to assist the coordination of WP3 Knowledge Acquisition. FinFami is also responsible for monitoring the project and writing monitoring reports.

## Financial capacity

**Does the organisation have a euro based bank account or can it be established? Yes**

**Can the project costs be separately allocated and reported in the organisation’s bookkeeping? Yes**

**Can the organisation transfer or receive programme funding to/from other project partners? Yes**

**Does the organisation participate in the financing of the project? Yes**

**Organisation’s average annual turnover**

960000 €

## Other public financing

Programme financing	Name of the project	Amount
		0
<b>Total</b>		

**Has public financing for same or similar activities been applied for? No**

## Summary of the project

### InnoMent - Project

Joint Development of Innovative Mental Health Services in St. Petersburg, Russia, and South East Finland

#### JUSTIFICATION / IDENTIFICATION OF THE PROBLEM TO BE SOLVED

Mental health problems are a growing thread to the society in the modern industrialized world. It is also an economic problem, too. An essential part of the work force is at risk to suffer from mental health issues and disorder. According to some estimates almost 50 % of the population faces mental health problems at some period of their life time. Those with mental illness often experience problems such as isolation, discrimination and stigma. Social problems commonly associated with mental illness include poverty, unemployment or reduced productivity and homelessness.

#### OBJECTIVE OF THE PROJECT

The InnoMent -project aims to develop new innovative approaches and service modules supporting persons rehabilitating from mental health disorder. The project partners together acquire information on the best practices in mental health work in Finland, Russia, as well as Scotland and Switzerland - especially information on recovery-oriented practices. The partners develop innovative approaches and service modules based on the information gained and benchmarked practices, to be piloted in their own organisations. The outcome and the results will be disseminated regionally and nationally in Finland and Russia.

The project partners expect by their experience and earlier development work, that in long term this process/project supports the start of new practices and approaches in mental health work in both countries. This will, in long term also, have a positive impact on the socioeconomic situation on both

regions and countries. Persons who have suffered from mental health disorder can be included as active members of the society and possibly also to the working life.

#### IMPACT / EXPECTED CHANGE TO THE CURRENT T SITUATION

The InnoMent -project is a learning process on several levels. On individual level the innovative approaches and new practices developed in the project support encouraging and inclusive processes in mental health rehabilitation, enabling feelings of success and increased self-confidence. On organisational level the project enables innovative development of services and improved professional skills of the workers.

The project offers models for improved practices in the mental health services on regional and national level both in Finland and Russia, and a strengthened development partnership between renown partner organisations in the cross-border regions.

One essential aspect in the project is, that service users (clients recovering from mental health disorder) also directly participate in the development work: planning and piloting, as well as give feedback of their experiences.

There are four stages to spreading the impact of the project:

1. Development work between project partners
2. Piloting the results of development work in partner organisations
3. Evaluation and modeling of piloting
4. Dissemination of models outside partner organisations

This is the most important aspect of the project's continuity. All the project partners are committed to developing and disseminating operational models after the project. This means that the outputs of the projector are disseminated in partner countries through training and workshops. Effects are presented and trained, among others, Psychiatric Hospitals and Psychological Dispansers of St. Petersburg and Leningrad Oblast. In Finland, impacts are presented and trained to mental health and cultural organisations and public sector actors.

In addition to project partners, public authorities and other experts are invited to participate in the project to develop and promote the impact of the project. Briefings and negotiations form an important part of the work during and after the project.

Practical tools to spread the project's impact include:

1. Seminars
2. Workshops
3. Publications where work patterns are described
4. Training local trainers
5. Collaboration with the media

## TARGET GROUPS AND BENEFICIARIES

The core target groups are mental health organisations participating in the project, their directors and workers and clients, as well as the social surroundings of the clients, family members, friends etc. Furthermore, the project has an impact on the decision makers in mental health care. The project also seeks to cause a positive long-term impact on the mental health of the general population. This will have a positive impact on the economy, too.

## MAIN OUTPUTS

The core outputs are the new approaches and service modules in mental health rehabilitation services developed during the project and utilized by the project partners also after the project. The project will disseminate the outcome and the results in seminars and round table discussions both in Finland and Russia. Dissemination includes lectures and discussions to decision makers in mental health sector on regional and national level in both Finland and Russia. Project output includes articles in professional mental health sector publications, as well as study material / lectures for educational organisations training professionals in mental health work.

## APPROACH AND ACTIVITIES

The InnoMent -project is a joint learning process. The learners include the partner organisations, their directors and workers and their clients. The project is expected to have an impact on the processes and activities in the partner organisations, the social surroundings of the clients and also on the decision makers in mental health care. The experiences, outcome and results of the project can be easily utilized by other actors in the mental health sector, both in Finland and Russia.

The project activities cover:

- Joint benchmarking, knowledge acquisition, study visits, exchange experiences, lectures and training on best practices (especially the Recovery Oriented Approach) in mental health work in Finland, Russia, the UK and Switzerland. (The lead organisation has good contacts to high level mental health experts and organisations both in Scotland and Switzerland)
- Discussions, training sessions, workshops and conclusions on experienced best practices in mental health work together with the partner organisations and planning of new innovative activities and approaches in the mental health rehabilitation work in each partner organization. Besides training sessions scheduled into the InnoMent project plan, an essential part of the training will be implemented as normal in-house training and within team meetings in the partner organizations. This “normal” training, with topics of the InnoMent project, follows the in-house training and team meeting schedules of each partner organisation.
- Piloting of the innovative approaches, activities and service modules in the partner organisations, based on the joint planning. Visits from partner organisations from Russia and Finland (including clients, and mental health workers) to get an introduction to, experience and give feedback on the new piloted services.

- Evaluating, summing up, reflecting and documenting the experiences and lessons learned from the project activities. Writing articles to mental health publications, production of lecture- and training material, preparing meetings with decision makers for mental health services.
- Dissemination of the outcome (information on new approaches, service modules, their impact and experiences) to be utilized by other mental health- and educational organisations, as well as informing decision makers regionally and nationally in Finland and Russia. Seminars, round table discussions, publications, lectures and training sessions.

## BENEFIT OF CROSS BORDER COOPERATION

Mental health issues are a present and future thread to the society and economy both in Finland and Russia. A thread that is unfortunately in public only rarely expressed or widely acknowledged. The partner organisations are renown for the high quality of their work in their own regions. The project with the cross-border cooperation program funding enables an exceptional opportunity to tackle this common problem, discuss and develop solutions together, based on joint studying of best practices in mental health work in both countries and in the EU and outside the EU.

## Relevance

### Objective

**Problem analysis: Describe the problem that will be solved by the project and how it has been identified?**

According to World Health Organisation (WHO) fact sheets, year 2017:

"...The burden of mental disorders continues to grow with significant impacts on health and major social, human rights and economic consequences in all countries of the world.

- globally, an estimated 300 million people are affected by depression

- bipolar disorder affects about 60 million people worldwide

- schizophrenia is a severe mental disorder, affecting about 21 million people worldwide

Determinants of mental health and mental disorders include not only individual attributes such as the ability to manage one's thoughts, emotions, behaviors and interactions with others, but also social, cultural, economic, political and environmental factors such as national policies, social protection, standards of living, working conditions, and community support. In addition to support from health-care services, people with mental illness require social support and care. They often need help in accessing educational program which fit their needs, and in finding employment and housing which enable them to live and be active in their local communities....."

The InnoMent project partners are interested in the acquisition and utilization of the best methodology and practices in mental health rehabilitation work in Russia, Finland, Scotland and Switzerland. The objective of the InnoMent project partners is first to gain information on the best practices available (through bench marking visits, exchange of experiences, workshops and training), and then start with the own development work to plan new approaches and service modules for mental health rehabilitation.

A special focus of the InnoMent project is on the recovery-oriented approach.

#### RECOVERY ORIENTED APPROACH IN MENTAL HEALTH REHABILITATION:

- supports individuals to build on their strengths and take as much responsibility for their lives as they can, ensuring that there is a balance between duty of care and support for individuals to take positive risks and make the most of new opportunities
- acknowledges that each individual is an expert on their own life and that recovery involves listening to, learning from and acting upon communications from the individual and their carers about what is important to the individual promotes and protects an individual's legal, citizenship and human rights supports individuals to maintain and develop social, recreational, occupational and vocational activities which are meaningful to them instills hope in an individual about their future and ability to live a meaningful life
- recognizes that recovery is not necessarily about cure but is about having opportunities for choices and living a meaningful, satisfying and purposeful life, and being a valued member of the community accepts that recovery outcomes are personal and unique for each individual and go beyond an exclusive health focus to include an emphasis on social inclusion and quality of life empowers individuals so they recognize that they are at the center of the care they receive

#### **Overall objective of the project**

To increase the level of education among young and elderly people and to guarantee skilled workforce

#### **Specific objective of the project**

To increase level of inclusion and mental well-being of persons recovering from mental health problems, through meaningful (non-formal) educative and innovative activities. - enabling (in long term) paths to working life (including supported work activities) and more formal education.

#### **Why is cross-border cooperation needed for reaching the objective of the project?**

Cross-border cooperation is beneficial for the development of innovative approaches and services supporting mental well-being of the population in St. Petersburg, Russia and Kymenlaakso Region, Finland. The South-East Finland – Russia CBC programme financing opens a unique chance for this development work.

The partner organisations know each other, for more than ten years. They have realised and experienced the benefits and opportunities of cross border cooperation. Cooperation opens a



chance for "learning from each other" and reflective discussions on each organisation's own operation.

The InnoMent project enables a further comprehensive joint learning process for the partner organisations both in Finland and Russia. The problems the project is targeting are similar on both sides of the border. This means that solutions can be developed and utilized with joint efforts by both Finnish and Russian organisations. This is a good example also for other sectors of economic and social life.

All partner organisations have an equal role in the development and learning process. The additional role of the Lead Partner is to take care of the project management, as it has experience in coordinating EU projects.

**Does the project contribute to the cross-cutting issues of the programme? If yes, to which and how?**

The InnoMent -project contributes to the strategic objective 1) Promote economic and social development in regions on both sides of common borders:

Mental health of the population is an essential social and economic factor.

The project partners are qualified specialist organisations in the mental health sector, with experience of joint cross-border cooperation for more than years. The InnoMent project enables the introduction innovative solutions in mental health rehabilitation work for the benefit of both regions Kymenlaakso in Finland and St. Petersburg in Russia - promoting economic and social development in both regions.

## Thematic indicators

Thematic indicator name	Target value
Number of enterprises using programme support for cooperation with research institutions	4
Number of persons under age of 24 years and over 45 years participating in educational events	120
Number of new cross-border curricula created	3

## Project specific indicators

Indicator	Target value
Overall feedback from all project activities : mental health professionals, clients, their family members and friends, decision makers and InnoMent -project workers (measuring relevance, usefulness and need) on scale 0-5 (0 = poor, 5 = excellent) expected average outcome to 50 questions at least 4	4

Evaluation feedback from professionals attending the training sessions on scale 0-5 (0 = poor, 5 = excellent) expected average outcome to 50 questions at least 4	4
Number of piloted new services (programs / approaches) in partner organisations. Pilots: 1. Family work, 2. Cultural-based methods and 3. Promoting inclusion	3
Number of participants in all project activities.	200
Evaluation feedback from the participants (clients) of the piloting (on scale 0-5   0 = poor, 5 = excellent) expected average outcome to 50 questions at least 4	4
Printed project publication (120 -160 pages) in 200 copies in two languages FI, RU and 100 copies in EN. The publication is also available in pdf format	400
The project presents at least (five) concrete recommendations for development of mental health services, described in project publication	5
Articles produced by the project in professional publications or publications for users of services. At least 4 articles.	4
At least 400 views for a InnnoMent YouTube video informing about the project activities.	400
At least one (1) local TV program broadcast in St. Petersburg with information and news about the InnoMent project.	1

## Work plan

Name	Description	Output	Location
WP1 Coordination	Project coordination securing, that the project proceeds according the project plan and program rules	Project reports and monitoring reports	Finland-Kymenlaakso,Finland-Uusimaa,Russia-City of Saint Petersburg
WP2 Benchmarking visits outside the program region	The project partners make a study / bench marking visit an European region, (e.g Edinburgh / UK) , to aim is to obtain valuable information at site, that is not available in the program region. The visit takes place within the first project year. The participants for this visit are staff members of the InnoMent project organisations and in charge for development and decision making in their organisations. One five day visit (including travel days).	Access to valuable information, that is not available in the program region. Joint travel report.	

WP3 Knowledge acquisition	Training, lectures and work shop discussions on: recovery oriented practices, family engagement in rehabilitation, anti-stigmatisation work and inclusion, including 4 two day seminars (one in Helsinki, one in Kotka and two in St.Petersburg).	Training and lecture material. Feedback from the participants and the lecturers	Finland-Kymenlaakso,Finland-Uusimaa,Russia-City of Saint Petersburg
WP4 Planning of new approaches in mental health rehabilitation	Joint planning by Finnish and Russian mental health professionals, to develop innovative approaches, activities and models to serve mental health rehabilitation.	The three main partner organisations develop an own approach based on joint discussions and planning, to be piloted in WP5 Piloting.	Finland-Kymenlaakso,Russia-City of Saint Petersburg
WP5 Piloting of new approaches in mental health rehabilitation	The three main partners test new approaches supporting mental health rehabilitation. The piloting covers an active time period of 18 months. At least 12 clients in each partner organisation participate in the piloting. One professional in each main partner organisation works 100% of working time in WP5.	New approaches, models and services for mental health rehabilitation. Reallife testing, development and learning more by doing, based on the ideas from the previous work packages	Finland-Kymenlaakso,Russia-City of Saint Petersburg
WP6 Evaluating, Documenting and Reflecting experiences and the developed new approaches in mental health rehabilitation	The project partners discuss, evaluate and analyse the project outcome. They produce documentation including case studies on the project experiences, especially on the piloting of the new approaches. The documentation includes also recommendations to mental health service providers and decision makers.	120-160 page publication, published in three language versions: Finnish (200 copies), Russian (200 copies) and English (100 copies).	Finland-Kymenlaakso,Russia-City of Saint Petersburg
	Dissemination includes seminars	Dissemination enables full utilisation of the	

WP7 Dissemination of project outcome	and round table discussions to and with mental health care professionals and decision makers both in Finland and Russia.	project results also in other organisations and also possible further development of the activities and approaches	Finland-Kymenlaakso, Finland-Uusimaa, Russia-City of Saint Petersburg
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## Activity planner

Name	Start date	End date	Duration
WP1 Coordination	01/06/2019	31/05/2022	1096
WP2 Benchmarking visits outside the program region	15/02/2020	30/04/2020	76
WP3 Knowledge acquisition	01/09/2019	30/06/2020	304
WP4 Planning of new approaches in mental health rehabilitation	01/09/2019	29/02/2020	182
WP5 Piloting of new approaches in mental health rehabilitation	01/03/2020	30/06/2021	487
WP6 Evaluating, Documenting and Reflecting experiences and the developed new approaches in mental health rehabilitation	01/02/2021	31/03/2022	424
WP7 Dissemination of project outcome	01/04/2021	31/05/2022	426

## Roles of the partners

■ RESPONSIBLE 
 ■ ACCOUNTABLE 
 ■ CONSULTED 
 ■ INFORMED

	Social Psychiatric Association of South-East Finland	.St. Petersburg Public Health Institution "Municipal Psychiatric Hospital No.3 named after I.I. Skvortsov-Stepanov	St. Petersburg Public Health Facility "Psychoneurology Dispensary No. 5	FinFami Uusimaa ry
WP1 Coordination	R	C	C	C
WP2 Benchmarking visits outside the program region	R	C	C	C
WP3 Knowledge acquisition	C	C	C	R
	■	■	■	■

WP4 Planning of new approaches in mental health rehabilitation	R	C	C	I
WP5 Piloting of new approaches in mental health rehabilitation	R	C	C	I
WP6 Evaluating, Documenting and Reflecting experiences and the developed new approaches in mental health rehabilitation	R	C	C	C
WP7 Dissemination of project outcome	R	C	C	C

 RESPONSIBLE
  ACCOUNTABLE
  CONSULTED
  INFORMED

## Impact

### How and by whom will the project's main outputs be further utilized once the project has been finalized?

The main outputs will be utilized by the project partners in their daily work (after the project). The partners play an important role in the implementation of mental health services in their regions (St. Petersburg, Russia and Kymenlaakso, Finland). They also have influence in the development of the mental health services nation wide in their countries ( Russia and Finland).

The partners envisage, that their advocacy and contact to policy makers (dissemination activities during the project) will affect a broader utilization of the project recommendations, outputs and results.

There are four stages to spreading the impact of the project:

1. Development work between project partners
2. Piloting the results of development work in partner organisations
3. Evaluation and modeling of piloting
4. Dissemination of models outside partner organisations

This is the most important aspect of the project's continuity. All the project partners are committed to developing and disseminating operational models after the project. This means that the outputs of the projector are disseminated in partner countries through training and workshops. Effects are presented and trained, among others, Psychiatric Hospitals and Psychological Dispansers of St. Petersburg and Leningrad Oblast. In Finland, impacts are presented and trained to mental health and cultural organisations and public sector actors.

In addition to project partners, public authorities and other experts are invited to participate in the project to develop and promote the impact of the project. Briefings and negotiations form an important part of the work during and after the project.

Practical tools to spread the project's impact include:

1. Seminars
2. Workshops
3. Publications where work patterns are described
4. Training local trainers
5. Collaboration with the media

**How will the sustainability of the expected results be maintained financially and operationally?**

The project partners will utilize the results in their own work. It will become part of their daily operation. The project experiences and new approaches will have an impact also to the operation of other mental health service providers in Finland and Russia. No special extra financing is expected to be needed to use the new methodology and approaches. New approaches replace old procedures in mental health services, using financing existing (available) financing. On the other hand this does not remove the fact, that more resources are needed for mental health services in general (according to World Health Organisation).

## Implementation

**Describe the proposed team and the administration structure of the project:**

The administration is based on the administration structures of the participating organisations. The lead partner nominates a lead project coordinator, who works half time for the project. The lead project coordinator is in charge: for the overall administration of the project, transfer of finances and the work flow of the project, supervises the communication between the project partners on administrative issues and the reporting in the PROMAS system. The lead coordinator is also the contact person to The South-East Finland – Russia CBC 2014–2020 Program Managing Authority.

Partners 2 and 3 nominate sub-coordinators who work part time (25%) for the project. Their task is to supervise the project and the budget in their own organisation. They are also in charge of the communication between the own organisation and the lead partner. Email messaging is the main tool for communication between the partner organisations. Emails and documents can be sent in Russian, Finnish and English between the coordinators. The project will use a FI-RU interpreter / translator in St. Petersburg as a “switchboard” for email communication between the partners. The coordination team has seven coordination meetings during the project, five in Finland and two in Russia. Partner 4 has a monitoring role and attends all coordination team meetings. The coordination team also attends all other project meetings and takes part in the project activities, when applicable.

Coordination of the project includes:

- securing, that the project proceeds according the program rules
- securing communication between all persons and organisations involved in the project
- overall supervision of the project activities and work packages
- overall scheduling and timing of the project activities
- securing that all necessary resources are available
- supervision of all project reporting
- communication with the program officials
- overall administration of the project
- monitoring of the project

#### Internal Reporting

The sub-coordinators send the lead coordinator short two month reports (by the 15th day of every second month) describing the state and progress of the project activities in their own organisation and also use of the finances. These partner reports form the backbone for the PROMAS reports. Mental Health Experts from the lead partner organisation and the partner organisations work periodically full, or part time in the project. Their task is support the implementation the work packages with their expertise with an innovative and developing approach. They are responsible for documenting the professional outcome and results of the project.

#### External Experts

External experts are used as lecturers to give information about state of the art and new approaches in mental health services in the partner regions and elsewhere in EU and Russia and outside the EU.

The project forms a steering committee representing project organisations and external experts. The committee follows the progress of the project according plan. Proposed key members are:

Vesa Salminen, Chair, Senior Advisor, Chairman of the Board, Kakspy Palvelut Oy

Sofronov, Alensandr, Chief Physician, St. Petersburg Public Health Institution "Municipal Psychiatric Hospital No.3 named after I.I. Skvortsov-Stepanov

Elkin, Sergei, Deputy Chief Physician, St. Petersburg Public Health Institution "Municipal Psychiatric Hospital No.3 named after I.I. Skvortsov-StepanovSerazetdinova

Larisa Serazetdinova, Chief Physician, St. Petersburg Public Health Facility "Psychoneurology Dispensary No. 5

Moskotseva Olga, Deputy Chief Physician, St. Petersburg Public Health Facility "Psychoneurology Dispensary No. 5

Leif Berg, Executive Director, Finfami, Uusimaa

Timo Tuori, Senior consultant, MD, PhD, Associate Professor in Psychiatry

Further participants are:

Markku Kärmeniemi, Director for International Affairs, Kakspy ry

Pekka Kivilahti, Project Coordinator, Senior Advisor, Kakspy ry

**Describe the communication and visibility channels, tactics and tools that will be used:**

The project uses interpreters in communication between the Finnish and Russian partners. Interpreters are used in all project meetings, training events and workshops, as well as during the benchmarking visits. Also, most of the email between the lead partner and the Russian partners (Partner 2 and Partner 3) goes through a "switch board" interpreter in St. Petersburg.

The partners send short two month reports to the lead partner keeping track on the progress of the project in the partner organisations. These reports are used also in the internal promotion of the project in the partner organisations.

All partners publish up to date information on the project on their internet pages, in addition the project uses basic info material such as A4 leaflets, roll ups etc., to promote the project. The project has an own InnoMent logo designed already at the application stage. The name InnoMent



represents innovation in mental health care.

The tactics in promoting the project is, that the visibility increases step by step - as the project proceeds and there is positive outcome. All persons who have positive experiences from the project activities are channels in spreading the information.

Other visibility channels and tools:

- round table discussions with decision makers
- project seminars
- articles professional publications
- 120- 180 page project documentation (case studies and recommendations) in FI, RU and EN
- local and national media reporting on positive project outcome

The visibility and publicity benefits the dissemination of the project outcome and supports the utilization of the best practices, also after the project.

The project organises a visit to Edinburgh, Scotland, UK. The Scottish Recovery Network is renowned for its work with Recovery Oriented practices in mental health rehabilitation work. This visit enables an insight view into innovative practices to be utilised in the InnoMent project. Preliminary list of participants:

Elkin, Sergei, Deputy Chief Physician, St. Petersburg Public Health Institution "Municipal Psychiatric Hospital No.3 named after I.I. Skvortsov-StepanovSerazetdinova

Leonteva, Inna, Physician, St. Petersburg Public Health Institution "Municipal Psychiatric Hospital No.3 named after I.I. Skvortsov-StepanovSerazetdinova

Liikanen, Petteri, Family Work Coordinator, FinFami

Moskotseva Olga, Deputy Chief Physician, St. Petersburg Public Health Facility "Psychoneurology Dispensary No. 5

Larisa Serazetdinova, Chief Physician, St. Petersburg Public Health Facility "Psychoneurology Dispensary No. 5

Saveleva, Olga, Metal Health Expert, St. Petersburg Public Health Facility "Psychoneurology Dispensary No. 5

Vesa Salminen, Senior Advisor, Chairman of the Board, Kakspy Palvelut Oy

Kärmeniemi, Markku, Director for International Affairs, Kakspy ry

Pekka Kivilahti, Project Coordinator, Senior Advisor, Kakspy ry

Stepanov, Igor, Interpreter RU-FI

**Describe the monitoring and evaluation arrangements; how will the project implementation and achieving of the expected results be monitored and evaluated?**

Partner 4 is responsible for the monitoring of the project, the implementation according to project plan and the quality of the outcome, writing short monitoring reports on the progress of the project. The project activities and the outcome is evaluated by feedback from the participating mental health professionals, clients (their family members and friends), decision makers and the InnoMent -project workers.

This evaluation feedback includes answering questions measuring the quality and impact of the project. The evaluation of the project is also part of the Work Package 6 "Processing, reflecting, evaluating and documenting experiences and the developed of new approaches in mental health rehabilitation" The project partners discuss, evaluate and analyse the project outcome. They produce documentation including case studies on the project experiences, especially on the piloting of the new approaches. The documentation includes also recommendations to mental health service providers and decision makers.

**6.1 Does the project have any negative or positive environmental impact? Analyze the environmental impact, if any:**

The project activities and the outcome have no specific environmental impact. Environmental impact is caused mainly by office work, seminars and via travelling (heating, use of electricity, catering services). The project partners are committed to environmentally friendly solutions where appropriate and possible (waste treatment/recycling etc.).

**Are any permits, for example building permits, needed for implementing the proposed project activities?**

No

## Project budget

<b>Title</b>	Project budget			
<b>Programme name</b>	South-East Finland - Russia CBC Programme 2014-2020			
<b>Type of cost</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Total</b>
Staff	84068	133848	78408	296324
Travel	47654	50708	37445	135807
Equipment and supplies	29407	7200	540	37147
Outsourcing costs, services	22135	22222	33553	77910
Infrastructure investments	0	0	0	0
Administrative costs (overheads)	0	0	0	0
Total	183264	213978	149946	547188
Project revenue	0	0	0	0
Net eligible costs	183264	213978	149946	547188
<b>Financial plan</b>				
Requested programme financing	437751 € 80.00 % of total financing			
Co-financing from the project partners	109437 €			
Co-financing from other sources	0 €			
Total co-financing	109437 € 20.00 % of total financing			
Total financing	547188 €			
<b>Investments included in total costs</b>				
Amount of investment				0 €
Share from total cost				0.00 %

## Annexes

**File name**

**Description**

LEGAL ENTITY STATEMENT - LEAD PARTNER.pdf

LEGAL ENTITY STATEMENT - LEAD PARTNER

Communication-and-visibility-plan Grant-contract-annex-SEFR-CBC-2014-2020.docx

VISIBILITY PLAN

2 ANNEX PROJECT BUDGET InnoMent.xls
2 ANNEX, PROJECT BUDGET InnoMent
3 ANNEX LOGICAL FRAMEWORK InnoMent.docx
3 ANNEX, LOGICAL FRAMEWORK
VISIBILITY PLAN InnoMent.docx
VISIBILITY AND COMMUNICATION PLAN InnoMent
ANNEX 1B TO APPLICATION PARTNERSHIP STATEMENT.pdf
ANNEX 1B LEAD PARTNER KAKSPY
ANNEX 1A PARTNER DISPENSARY.pdf
ANNEX 1A PARTNER DISPENSARY
ANNEX 1A PARTNER FINFAMI.pdf
ANNEX 1A PARTNER FINFAMI
ANNEX 1A SKVORTSOIV STEPANOV.pdf
ANNEX 1A SKVORTSOV STEPANOV