



Valladolid Statement.

“Recovery in Mental Illness is possible and probable”

We, the participants in the III FEARP (Federación Española de Asociaciones de Rehabilitación Psicosocial) Congress and II WAPR (*World Association for Psychosocial Rehabilitation*) European Conference, in Valladolid, Spain 18-19th June 2010;

Recalling that many documents from high European institutions express and endorse that mental health is an emerging priority in the Europe Union for the next future.

Mindful of how mental health conditions have impact on the individual, families and society, are a major cause of disability functioning and premature death, heightens the risk of poverty and exclusion and give challenges to health, educational, economic, labour market and social welfare systems across the EU;

Mindful that the current global economic crisis will affect specially the most vulnerable groups in society;

Noting that research has revealed that recovery in severe mental illnesses, considered as a creative and many faceted path people take in their everyday lives in order to overcome the problems and obstacles associated with the illnesses, and achieve an active, fulfilling and meaningful life, is real and possible;

Recalling that Psychosocial Rehabilitation aims to support the person in reaching the optimal level of functioning, attend environmental barriers in societies, stressing individual's choices on how to live successfully in the community, and consumer empowerment by enhancing consumer's and carer's autonomy, self sufficiency and self-advocacy capabilities;

Mindful that stigma and social exclusion are both risk factors and consequences of mental health conditions, which may create major barriers to help seeking and recovery;

Call policymakers, professionals, social agents, users, carers, and other civil society stakeholders, *including those from the health, labour, education, social and justice sectors, social partners, research as well as NGOs* to continue efforts to:

Enhance public mental health policies, programmes and legislation based on current knowledge and considerations regarding human rights, in consultation with all stakeholders in mental health, with particular attention to more vulnerable groups;

Promote active inclusion of people with serious mental health problems in society, including when necessary, opportunities to access a safe home, safe economy, appropriate employment or meaningful occupation, training and educational opportunities and social inclusion in significant roles;

Design and implement community based recovery oriented mental health and rehabilitation services, based on the principles of quality, accessibility, equity, users and carers' participation, shared decisions, choice and self-determination, maximum use of natural supports and settings, and professional relationship built on trust and support;

Involve people with mental health problems and their families and carers in relevant policy and decision making processes and recognize the experience and knowledge of service users and carers as an important basis for planning, developing managing and evaluating mental health services;

Address the need for a competent workforce including individuals with lived experiences of mental health problems and family members, effective for promotion, prevention, treatment and rehabilitation, and sensitive to recovery oriented knowledge and values;

Fight stigma, prejudices and discrimination promoting campaigns and activities such as in media, schools and at the workplace to promote the integration of people experiencing mental health conditions;

Develop and disseminate the best available research and evidence on good practice, taking into account that recovering in mental illnesses is a non-linear and complex process where subjective, contextual and biological factors are involved.

Valladolid, June 19th 2010.

References.

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3. WHO Europe: "*Policies and practices for mental health in Europe: meeting the challenges*". 2008.
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5. WHO-WAPR: "*Consensus Statement on Psychosocial Rehabilitation*". 1996.
6. European Parliament, Committee on the Environment, Public Health and Food Safety: "*EU Report on Mental Health*" 2008. (Reporter: Evangelia Tzampazi). 2008.
7. User empowerment in mental health – a statement by the WHO Regional Office for Europe "Empowerment is not a destination, but a journey". WHO 2010. . <http://www.euro.who.int/document/e93430.pdf>