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## *Get to Know EUFAMI*

**Paradise Meeting**  
**21st March 2023**

***John Saunders***  
***Executive Director***



## Mission

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*EUFAMI's mission is to represent all family members of people affected by severe mental ill health at European level so that their rights and interests are recognised and protected.*



## Vision

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*EUFAMI's vision is that every person affected by mental ill health and their family members receives the understanding and support they need to participate in their community as they choose and to contribute in the social, economic and political rights of that community, without exclusion or discrimination.*



# Strategy 2022-2024

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## Our Strategic Pillars

Advocacy

Membership

Research



# Families and Inheritance

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Genetics - Physical health status  
- environmental influences

Social Inheritance    Physical health  
                                  Mental Health  
                                  Income  
                                  Education  
                                  Housing



# Mental Health Service Issues

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Availability of services

Quality of services

Access to services

Model of services

Inclusion of Persons and their Families

Government Policy

Funding



# Challenges

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The myth of parental Fault

Dealing with parental Guilt

Limited medical model interventions

Assumptions of bad behaviour/aggression

Stigma and discrimination



# Strategy 2022-2024 (contd.)



## ADVOCACY

EUFAMI will advocate at European level for families and carers affected by mental ill health, regardless of social, economic, cultural or ethnic differences, by:

- (i) Building closer networks and collaborations with European institutions, international statutory and not-for-profit mental health and professional organisations.
- (ii) Leading the fight against stigma and promoting the inclusion of families and carers.
- (iii) Upholding and safeguarding the human rights of families and carers.
- (iv) Promoting the involvement of families and carers in the development and provision of modern, effective mental health services based on multi-disciplinary interventions and recovery.





# Strategy 2022-2024 (contd.)



## MEMBERSHIP

EUFAMI will connect and support EUFAMI membership more effectively by:

- (i) Supporting and enhancing two-way communication with its members.
- (ii) Encouraging and supporting the establishment of new family associations and strengthening those already in existence.
- (iii) Engaging in specific projects, which create and improve capacity of national member organisations.
- (iv) Strengthening and diversifying its financial and human resources and working more closely with like-minded organisations and other partners, to become an alliance-based organisation



## RESEARCH

EUFAMI will ensure the participation of families and carers is heard in research by:

- (i) Supporting and promoting family-focused research and collaboration with relevant stakeholders, including EUFAMI member associations.
- (ii) Actively supporting family focused research projects of other organisations.
- (iii) Using the most beneficial methods determined through research to support family members.
- (iv) Sharing research outcomes with member organisations, the media and the wider public.



# Strategic Outcomes - Advocacy

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- EUFAMI will continue to engage in advocacy supporting the interests of families and carers.
- Advocacy activities can be stand-alone or in partnership with like-minded organisations.
- Advocacy engagement can be with national governments, national mental health services and professional or European organisations.



# Strategic Outcomes - Membership

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EUFAMI sponsored projects will be created to allow participation by individual member organisations or groups of organisations.

- Member organisations will be supported to seek information, support and advice from EUFAMI via a designated contact.
- Member organisations will receive a regular newsletter update on EUFAMI activities and other related information.
- Member organisations will be invited to contribute information to the EUFAMI Newsletter.
- Member organisations will be invited to share links with the EUFAMI website.



# Strategic Outcomes - Research

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- EUFAMI will continue to engage in research that supports the organisation's objectives and its member associations.
- EUFAMI will only engage in research related to the social, physical and psychological wellbeing of families and carers in the context of caring for persons with mental ill health.
- EUFAMI will partner in research projects that are aligned to the previous two objectives.
- EUFAMI will develop and produce position and discussion papers on topics of interest to the membership organisations.



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***Thank you!***

*For more information please visit: [www.eufami.org](http://www.eufami.org)*

*Drop us an email at [executive.director@eufami.org](mailto:executive.director@eufami.org)*