



# Implementation of Elements of the Belgian Best Practice in Malta

## **BACKGROUND**

## Context

The Mental Health Strategy for Malta 2020-2030 prioritizes person-centred community mental health care with the involvement of peer workers at micro, meso, and macro level.

## **General Purpose**

Transfer and Pilot Implementation of Elements of the Belgian Best Practice on Mental Health Systems Reform.

#### Aim

To enhance and strengthen community mental health services by adapting a system reform.

## **Pilot Implementation Site**

Community Mental Health Teams (CMHTs) situated in the Southern Harbour and Southern Eastern Area of Malta (2 CMHTs).

#### **Timeline of Implementation Process** RAWA launch; Delivery of 2 coproduced & co-delivered courses; **Collaboration with Health Setting up of Recovery and Wellbeing Exploring training opportunities; Networking Promotion Setting up of WP5 team** & collaborating with stakeholders Academy (RAWA) Team Oct 23 **Drafting protocols for the Transition from Inpatient** Identifying the WP5 Situation analysis, needs to Community Care; Pilot implementation of Risk **Action Plan** assessment, proposal and

advocacy stage

## PILOT ACTION PLAN

- Setting up of the Recovery and Wellbeing Academy (RAWA) to enhance mental health literacy and wellbeing.
- Developing protocols to guide the transition from inpatient to community care.
- Exploring ways on how to meaningfully recruit Experts by Experience.

**Assessment & Safety Plan** 

- Discussions with Primary Care aiming at improving collaboration in patient care.
- WHO Quality Rights e-training on mental health, recovery and community care.

### KEY LEARNINGS

## **Challenges and Solutions**

Reluctance to embrace change can hinder progress.

Solutions: Recognizing the importance of upskilling healthcare professionals through training, advocacy, collaboration and coproduction.

Collaboration within and outside mental health services. Solution: Perseverance is important.

#### **Positive Outcomes**

- Good leadership within Mental Health Services
- Innovative ideas
- Service amelioration and development

#### **Key Lessons Learned**

- The participation and expertise of Experts by Experience adds value to our organization.
- Teamwork is crucial.

## GAINS FROM JA ImpleMENTAL NETWORK

Training opportunities

Collaborating at EU level (Belgium, Italy, USA, Scotland)

Strong networking with community stakeholders



Improved motivation of the team