

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.

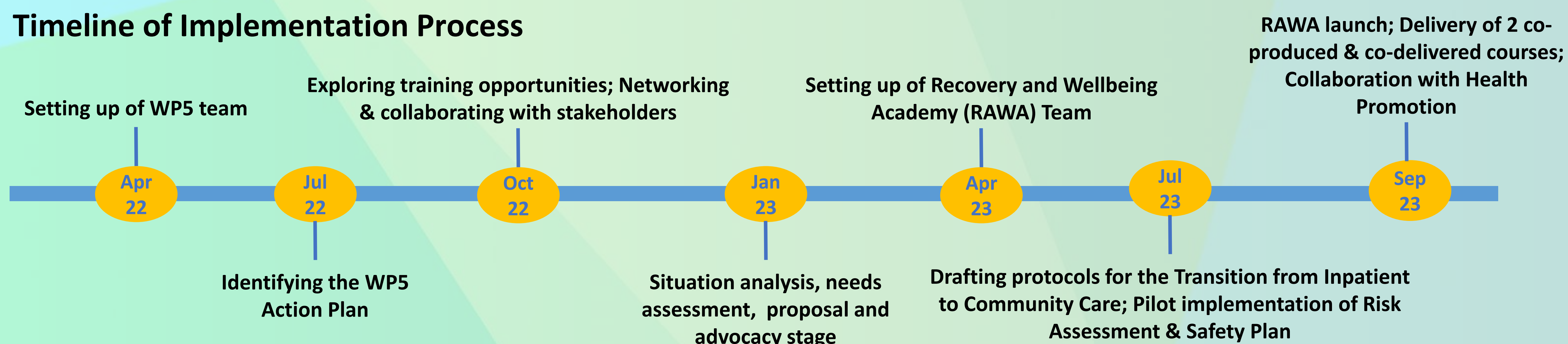
Aim

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



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.
- 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 co-production.

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

