

## 1. Methodological Guide Quotes

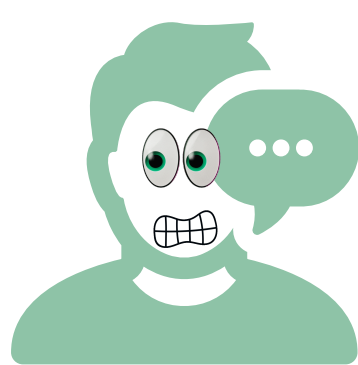


"The alternative, systematic approach, which is used in the guide, supporting people who experience mental challenges in a way that is inclusive and respectful, works well"

"The narrative of the guide moves away from professional stigma, I like this perspective"

"The Guide shows that the process starts from within the person, to the inner circle and then to the society"

## 2. (Professional) Point of View



Some professionals have more difficulties to move away from the professional definitions and perspective: "Although the essence of moving away from professional medical definitions is done very successfully, it probably will cause some confusion 'in a diagnostic sense'"

- \* Talking in terms of 'Mental health challenges' has been formally approved by the Dutch Focus Group

- \* The language used in the methodological guide is rated 'inclusive and thorough' by the Dutch focus Group members (professionals, volunteers, family and people with life experiences)

## 3. Process Methodological Guide



- \* Very clear how the views about mental health and support were shaped by the various roles and by the specific expertise each of the Empower.Ment partners had

- \* Very clear how the process and discussions worked from the different cultural perspectives: Process made sure that the Guide looks has a pretty uniform view

- \* Clear clarifications regarding the language used in the guide

- \* Very good detailed information and explorations around definitions and terminology used

## 4. Good Practices



The good practices addressed in the guide got good feedback from the focus group: "It's really tailor-made for the person and not - as said also in the guide - for the person by those who "know better".

I like the Dutch and Greek examples, with the approach of 'own responsibility'.

This even comes back in the Dutch slogan "Work is Treatment, Treatment is Work".

"In the short descriptions of the good practices shown it's not quite clear what are the pros and cons of the good practise"

## 5. Battling Stigma

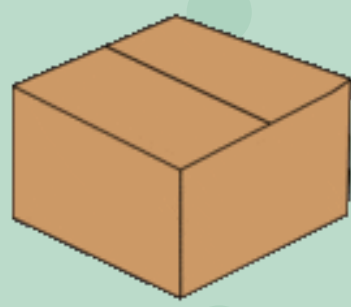


- \* The intention the guide has, 'battling stigma' is well explained and is providing new frameworks and guidelines.

- \* The methodological guide clearly explains the stigma issues and backs this up with a fresh and new narrative.

- \* Strength of the content of the methodological guide is that is developed with people with lived experiences

## 6. Final Conclusions



The tone of voice is pretty good.

The presented good practices are very "Good" examples, with a lot of belief in the potential of people

The narrative of the "chronic mental illness". is changed into an innovative path of nonmedical language, putting the person on the first place and not the illness': People are more than their illness.

The guide chose to exit the framework of putting people in boxes

