



# Essential ingredients for international collaboration in psychiatric nursing

**World Mental Health Day 2009, Cyprus**

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# What is it?

Collaboration is a structured, recursive process where two or more people work together toward a common goal—typically an intellectual endeavor that is creative in nature by sharing knowledge, learning and building consensus.

Collaboration does not require leadership and  
can sometimes bring better results through  
decentralization and egalitarianism

Structured methods of collaboration encourage introspection of behavior and communication

# Assertiveness vs Cooperativeness

- Avoidance
  - Competition
  - Compromise
  - Accommodation
  - Collaboration
- “I don’t care”
  - “I win, you loose”
  - “Sometimes I win, sometimes I loose”
  - “You win, I loose”
  - Win - Win

**Assertiveness**

**Competition**  
I win, you lose

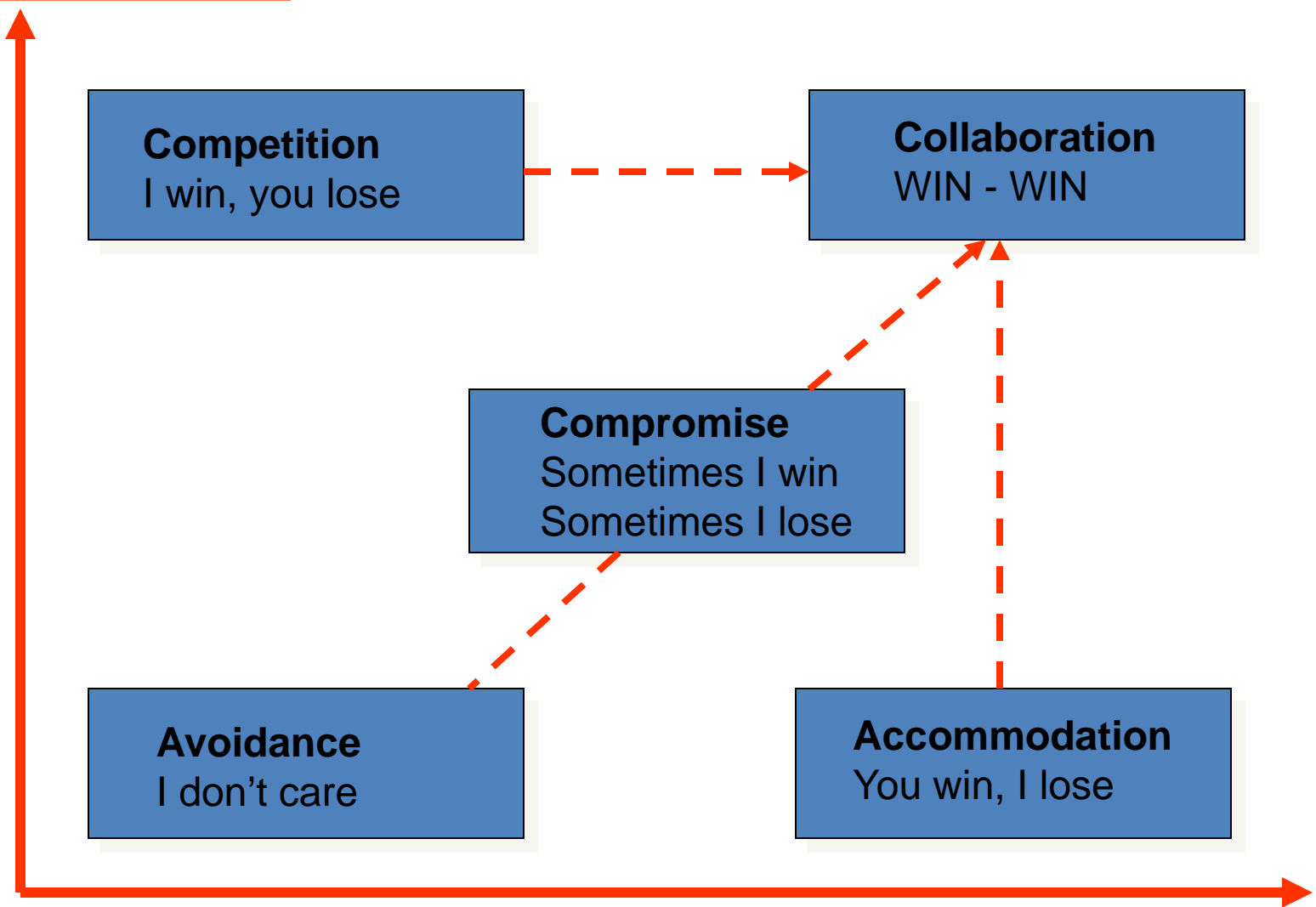
**Collaboration**  
WIN - WIN

**Compromise**  
Sometimes I win  
Sometimes I lose

**Avoidance**  
I don't care

**Accommodation**  
You win, I lose

**Cooperativeness**



# Collaboration

Partnerships in creativity



Konferenz von Yalta - Die Zukunft Europas





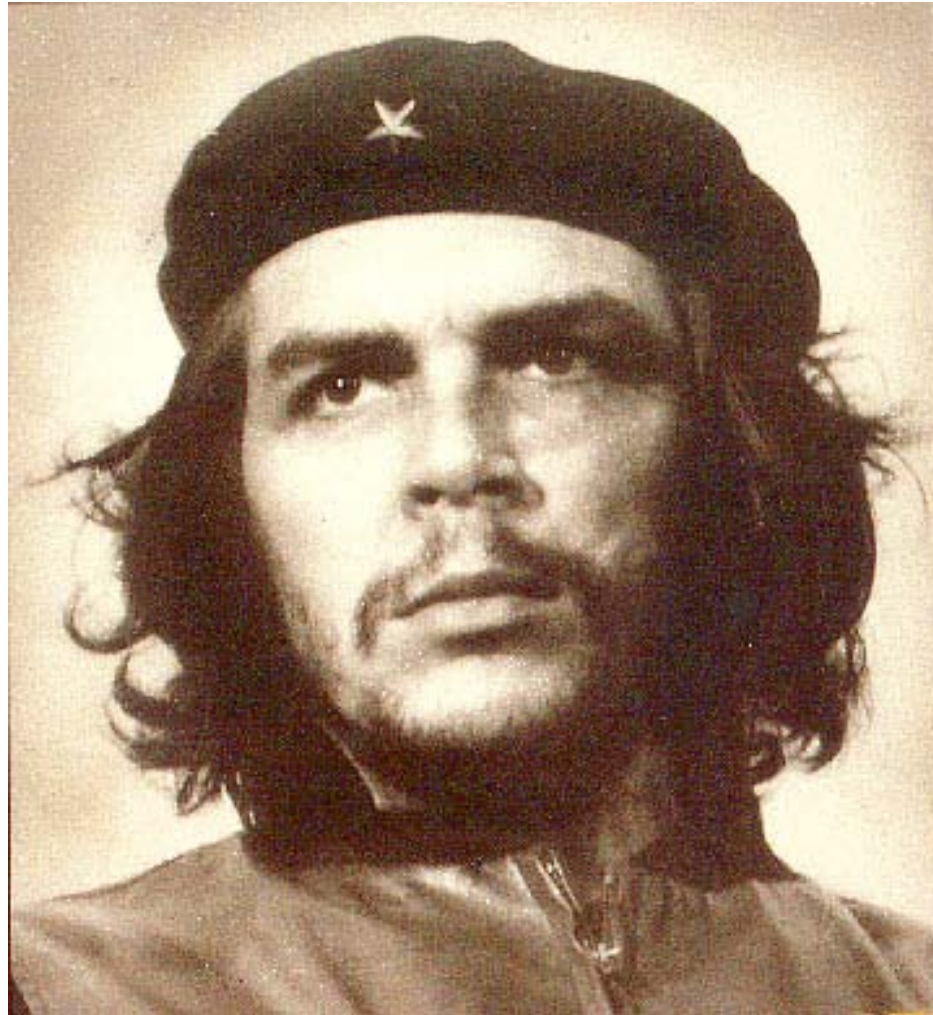


James Watson & Francis Crick



DNA 1953





Commandante Ernesto 'Che'  
Guovara



Che and Fidel Castro





The Manhattan Project



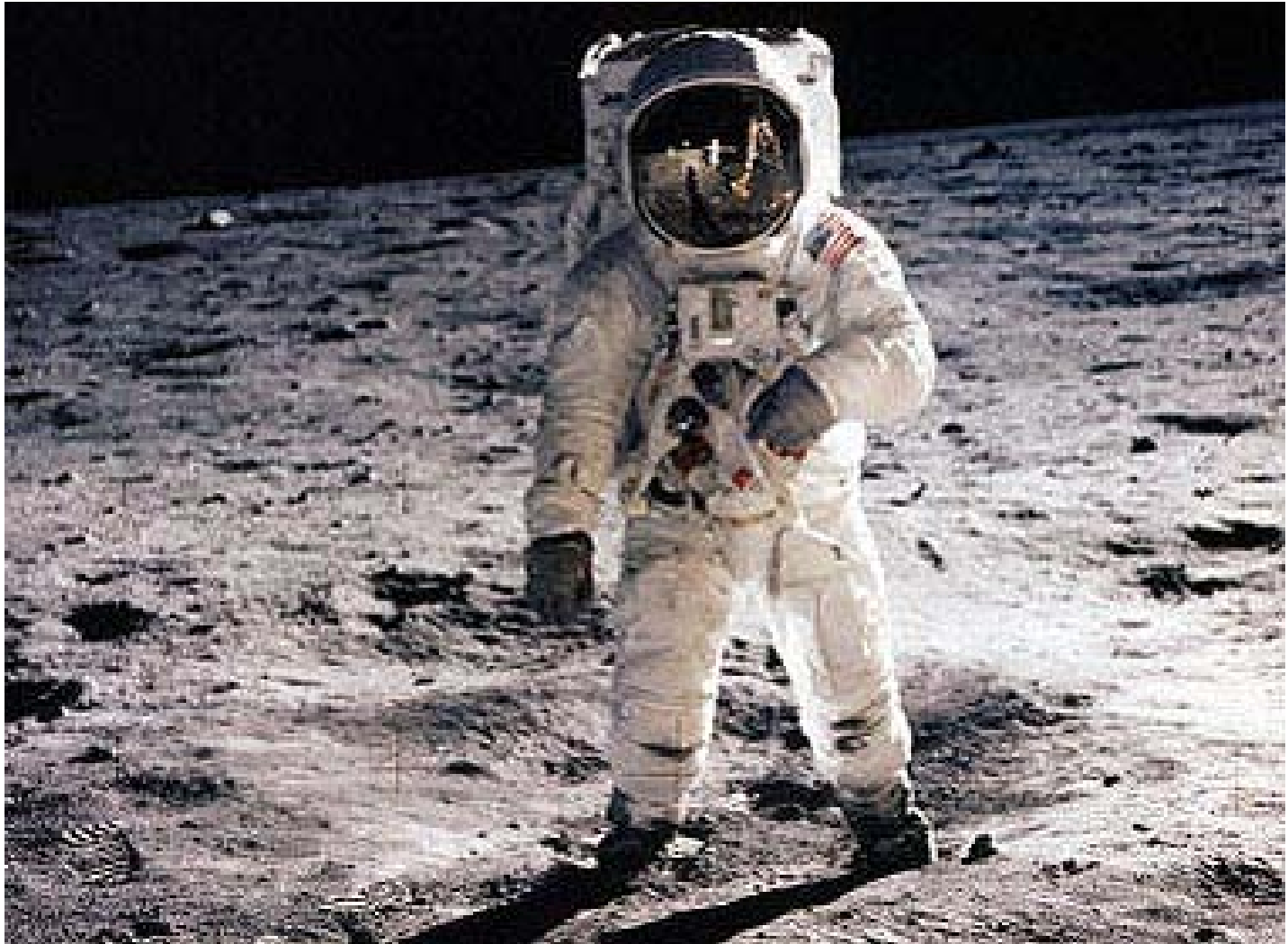




Jane Torvill and Christopher Dean







July 20<sup>th</sup> 1969 – ‘me on the moon, Mum!’



1969 - 1971

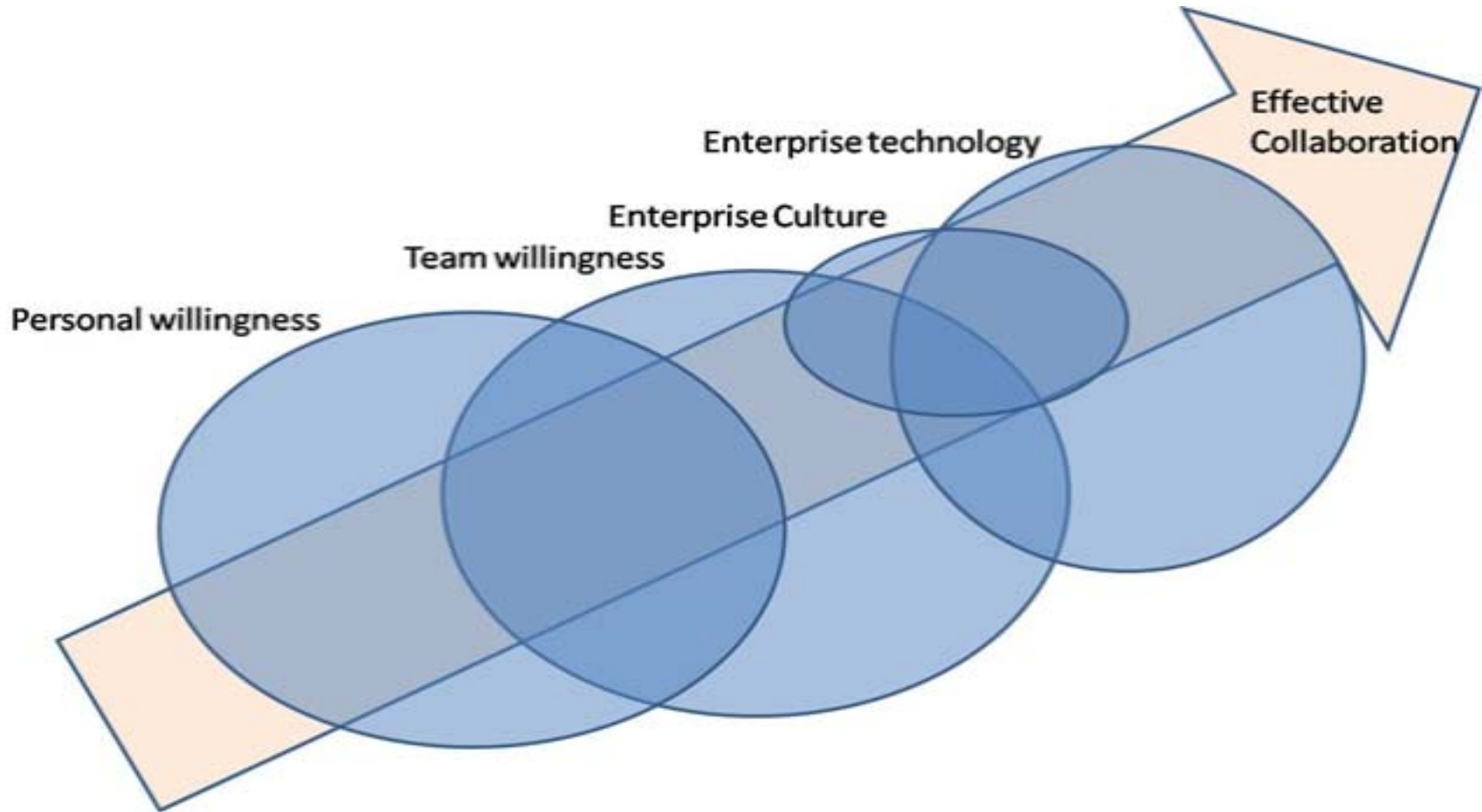
Robert Cailliau

Geneva - Switzerland – 1989

Sir Tim Berners-Lee



# Collaboration is a two way process



# EU Health Legislation?

- There is no recognised single health policy within the EU
- Consequently, each of the 25 member states protects its own health care service
- Each of these is the product of history, culture, power differentials, academic performance and the amount of national GDP spent on the health economy

# Health legislation via the 'backdoor'

- Direct input into health has come in the areas of:
  - Working time directives
  - Increased movement in the market of services
  - Drugs and pharmaceuticals
  - Precedents set through European Court judgements

# Impact areas

- Labour regulation
- Staff recruitment and retention
- Waiting lists
- Relationship with the Private Sector



# ..and Mental Health?

- MH sits on the fringe of the changes taken place, some without anyone realising their implications for service delivery. The key areas that might affect us directly include:
  - Staff mobility directives
  - Human Rights legislation
  - Mental Health Pact for Europe (2008)

# Directives on Patient rights

- DG Sanco launched an update July 2008
- Four areas of concern
  - Impact on the patient
  - Impact on the health professional
  - Impact on Health Systems in Member States
  - Impact on Socially Excluded citizens

# MH in Europe

- It's estimated that a total of 82 million people in the EU have a mental health problem
- That's the equivalent of the total populations of UK, Finland, Austria and the Czech Rep.
- There are estimated to be 350,000 – 500,000 nurses working with these patients.

# MH Pact for Europe

- Launched in Brussels June 2008 as part of the Slovenian Presidency
- Focuses on Five themes
  - Prevention of Suicide and Depression
  - Mental Health in Youth and Education
  - Mental Health in Workplace Settings
  - Mental Health and Older People
  - Addressing Stigma and Combating Social Exclusion

# Implications for Research

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# Web Addresses

- [http://ec.europa.eu/health/ph\\_determinants/life\\_style/mental/docs/pact\\_en.pdf](http://ec.europa.eu/health/ph_determinants/life_style/mental/docs/pact_en.pdf)
- [http://ec.europa.eu/health/ph\\_determinants/life\\_style/mental/docs/background\\_paper\\_en.pdf](http://ec.europa.eu/health/ph_determinants/life_style/mental/docs/background_paper_en.pdf)
- <http://www.supportproject.eu/news/homepage-news/pactlaunch.htm>