



Dear fellows

The Association KOLUMBUS had undergone many changes in the year 2017. The first one came just in the beginning of the year when on 30.1.2017 had unexpectedly died our long-term Director of the Association, Mr. Jan Jaroš. It was needed to re-unite, to accept required changes which required the transformation from union of persons to the Association and to continue in our work.

That all we have succeeded thanks to the effort of our members and management as well and at the current time we finish building up organizational structures in single regions and continuing on basic projects. We want to achieve that the users of psychiatric care receive similar attention and care also outside of walls of psychiatric hospitals as in the own course of cure inside of psychiatric institutions.

For that all we strive on the field of social, legal consultancy and engagement to life.

Ing. arch. Milan Jíša

Director of the Association KOLUMBUS



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## **1. Information about the Association KOLUMBUS**

### **The Association KOLUMBUS**

registered at the Regional Court in Ústí nad Labem, file number L 4200

Registration number (IČO): 26548127

Tax registration number (DIČ): CZ26548127

**Bank connection:** 985758309/0800 Česká spořitelna, a. s., Olbrachtova  
1929/62, 140 00 Praha 4

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## **2. Mission and goals**

### **The Association KOLUMBUS provides**

- a) monitoring over compliance of basic human rights of persons with mental illness
- b) increase and deepening of knowledge about mental illness
- c) broadening of offers for community services – patient trustees and advocates
- d) support in many aspects of life for people with mental illness – search for accommodation, jobs, leisure time

### **The Association KOLUMBUS**

- a) submits the state administration, as well as hospitals and medical institutions proposals for the improvement of care for persons with mental illness
- b) takes part community planning of local authorities and regions
- c) co-operates with organizations which have similar mission or follow similar goals
- d) helps by its activities for the improvement of understanding of problems which have persons with mental illness;
- e) acquires information about the activities of similar organizations abroad and co-operates with them



### **3. List of Projects carried out in the year 2017**

- 3.1. Patient trustees and advocates .....8 - 10**
- 3.2. Psychiatric Cell .....11 - 13**
- 3.3. Psychosocial Academy (lectures for the students of High Schools)  
2017.....14 - 15**
- 3.4. Monitoring and support of human rights for persons with mental  
illness .....15 - 20**



#### **4. Content of Projects and main activities in the Projects**

##### **4.3.1. Name of the Project: Patient trustees and advocates**

Term of start and end of the Project: 1. 1. 2017 - 31. 12. 2017

Place of realization of the Project: Czech Republic

Nine patient trustees and advocates had regularly visited 5 psychiatric hospitals and General Departments of Hospitals where they had been providing following activities in the course of the whole year:

- they had helped hospitalized patients with enforcement of their rights and interests especially during the hospitalization ;
- they had intermediated legal and social consultancy for the hospitalized patients;
- they had provided accompaniments for patients which are not allowed to move in the compound freely;
- they had accompanied patients to authorities, to their domiciles i.e.;
- they had monitored compliance of rights of patients in the institution in co-operation with further state non profit organizations;
- they had evidenced the complaints of patients and had been solving them with the management of the institution;
- they had distributed leaflets about rights of patients in the hospitals ;
- they had educated patients about the rights of patients in the hospitals;
- they had lectured seminars for the medical staff about projects of patient trustees and supporters at the Psychiatric Congress
- they had promoted the Association and had been taking lectures for social workers, medics and representatives of the Association at the Conference of social Psychiatry in České Budějovice (2. 11. 2017 – 4. 11. 2017);
- they had promoted the project Patient trustees and had been telling their own experiences with the mental illness at the seminar for the volunteers of ČCE (Evangelical Church of Czech Brethren) consecutive service for persons with mental illness DOBRODUŠ (25. 3. 2017 a 11. 11. 2017);



- they had lectured for students of High Schools about mental illness (the participants of the Project had tried to clarify students seriousness of their situation, they had told own story how to cope with the illness to be able to live adequate and dignified life) with the name „Psychosocial Academy (lecturers for the students of High Schools ) 2017“ for the schools of Prague 10.

Project "Patient Trustees 2017"			
Solved cases			
housing problems	35	men	145
hospitalization	34	women	63
job	24	Non differentiated persons	0
family	18	total	208
social affairs	9		
legal capacity	7		
financial affairs	20		
other	35		



#### **4.3.2. Name of the Project: „Psychiatric Cell – support of patients with mental disorder before and after the end of hospitalization in the psychiatric hospitals, in their domestic environment and community “**

Term of start and end of Project: 1. 1. 2017 - 31. 12. 2017

Place of realization of Project: Prague, Ústí nad Labem, Pardubice, Šternberk, Brno. The Project involved accompaniments of the target group of people with mental illness before and after the end of hospitalization to places where they necessarily need it as they would not be able to carry them out autonomously. These are especially following reasons - accompaniments to the Postal Office, to various state authorities (especially for the acquisition or defending Disability Pensions at the Czech Social Security Administration), to cashpoints or to bank companies, to ambulatory and specialized doctors, accompaniment home or for shopping, to Police, to other non – profit organizations, to Asylum Houses and lodging houses i.e. Furthermore, clients in their homes were visited by our trustees where they had been provided especially emotional support or family, social and social affairs were solved. Also the active Internet-based search of jobs and accommodation (especially protected accommodation or accommodation which can be obtained on the open market with flats) in the office of the Association Na Moráni 7, Prague 2, had worked well. The patient trustees in the Projects were regularly educated in the specialized seminars at the Clinics Ke Karlovu and in the further conferences and seminars in Czech Republic and abroad.

We strive for the development of publicly beneficial activity of the self-help Association of the users of psychiatric care KOLUMBUS in the field focused on the improvement of the health of citizens. By providing of this regular service life conditions of persons with health handicap are improved and also in the course of hospitalization we are preparing them for smooth transition outside of psychiatric hospital. After the hospitalization it is not necessarily needed to finish the co-operation with the Client, but the mutually achieved trust is developed at the visits at the patients or accompaniments.

Number of accompaniments in the year 2017 had been 378. In total, our patient trustees had worked off 1147 hours. The purpose of accompaniments and further interesting information are specified in a detailed way in the chart which is the co-part of this Final Report. Nevertheless, we can state that there is changing – increasing tendency in terms of spent hours and accompaniments and also in the year 2017 people mostly needed to be accompanied to state authorities, to their domicile for clean clothes or to shops. In the case of necessity of the service, after the consultation with the medical staff, we could provide the accompaniments. After the longer pause we have re-established our activity also in Brno and we hope in the development of our activities in the year 2018. The

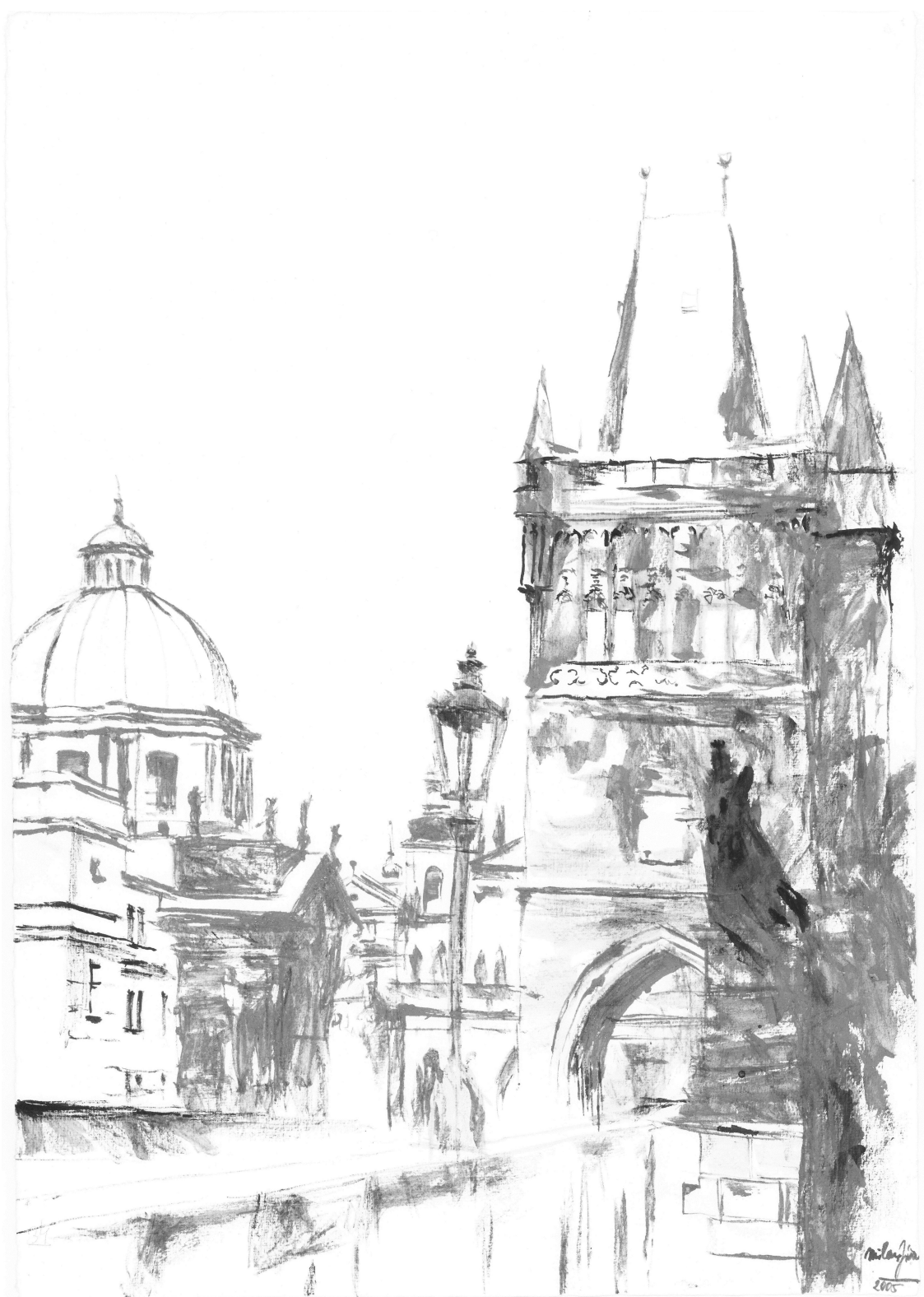
successfulness of the Project is being evaluated by the fact to how many Clients we had helped. How are our Clients and medical staff satisfied with our service.

The Project had been promoted in the year 2017 in following events:

- in the community planning of Prague 10
- in the Project Psychocial Academy, Prague 10 (lectures for the students of High Schools )
- the Project had been promoted by patient trustees which had been speaking about their own experience with the mental illness at the seminar for volunteers of Evangelical Church of Czech Brethren, consecutive service for the people with mental illness DOBRODUŠ

(25. 3. 2017 a 11. 11. 2017)

Cell Prague - year 2017			
Purpose of the accompaniment		Mesurable quantities	
home	36	Number of hours of accompaniments	1016
Postal Office	54	number of visits home	47
state authority	58	number of hours in the vistit	131
bank, cashpoint	8	number of visited persons	35
walk	16	total number of persons	216
housing	5	Total number of hours	1147
other	71		
shopping	64		
family problems	33		
medical institution	33		
Accompaniments total	378		





#### **4.3.3. Name of the Project: Psychosocial Academy (lectures for the students of High Schools) 2017**

Term of start and end of the Project: 1. 1. 2017 – 31. 12. 2017

Place of realization of the Project: Praha 10

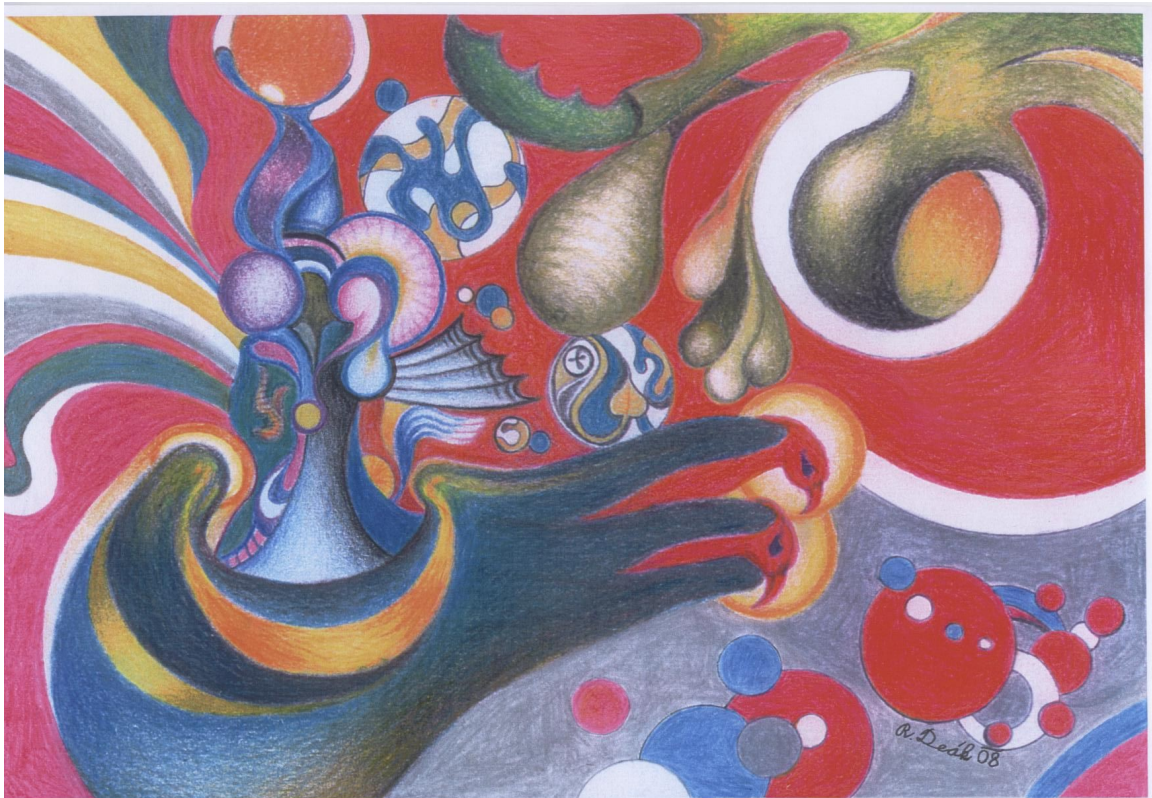
The main purpose of the Project was the involvement of the users of psychiatric care into the education of the target group – students of high schools and apprentice schools Prague 10. It was Prague 10 who supported this grant in the year 2016 same as in the year 2014. In the year 2017 this Project was supported by the Ministry of Health. In the context of the Project some members of our realization team - which consisted of 4 lecturers and 1 IT employee - had visited the Secondary School of Bratří Čapků and the First Czech Private Specialized Apprentice School, Trhanovské nám. 129/8, Prague 10 to educate the young students with their own stories in relation to their cure process. They had spoken about their families, about their experiences with the illness, about their work. Reform of the psychiatric care can't be neglected in this context.

In the year 2017 totally 71 students took part on lectures, hereof 17 boys and 54 girls in the age between 15 – 20 years. From the mentioned segment 4 persons came from the Secondary School and 67 from High School Apprentice School.

General goals of the Project:

- to inform about mental illness generally
- to inform about specific psychoses
- to increase the knowledge and awareness of students that the smoking of marijuana can work as trigger of mental disorder
- co-living of parents and members of families with mental illness
- to inform about low threshold institutions for the persons with mental illness
- to inform about destigmatization of psychiatry
- involvement of patients into discussion about mental disorders and personal experiences with mental illness

Evaluation of the Satisfaction Survey with the lecture		
Yes	59	83,0%
Rather yes	10	14,0%
Rather no	0	0,0%
No	0	0,0%
Haven't responded	2	3,0%
<b>Totally</b>	<b>71</b>	<b>100,0%</b>



#### **4.3.4. Name of the Project: Monitoring and support of human rights of persons with mental illness**

**Project consisted of following 6 main activities:**

##### **A) Monitoring of the Strategy of Reform of the Psychiatric Care.**

Activity is the monitoring of fulfilment of the Reform and the Participation on the implementation of the Strategy of Reform of the Psychiatric Care as co-part



of the National Plan of care for the persons with the mental illness (further MI). The fundamental element of the monitoring of the implementation of Strategy is the user's supervision of fulfilment of human rights of people with mental illness in the broadest context.

The members of the Association KOLUMBUS participate in the proceedings in the field of the Strategy of Reform of the Psychiatric Care. In the year 2017 the groups, which were created for the implementation of the Reform, did not meet each other. Nevertheless the topic of de-institutionalization of the Psychiatric care and the development of the community care is often being discussed. Into the system of the care are and will be introduced new elements (Centres of the Mental Health and expended ambulances). Our female member of the Association became a member of the Patient Board in the Ministry of Health and can vote into favour of people with mental illness.

Participation in 4 meetings for the year 2017 - MERRPS – Řehořova 10, Prague 3; National Institute for Mental Health (NÚDZ) Klecany

Participation in 6 meetings for the year 2017 in the Association Platforma

11. 4. 2017 – Conference: „Mind on Sould“, Marble Hall Clam – Gallasova paláce, Husova 20, Prague 1

26. 4. 2017 – Seminar: Reform of care for the Mental Health – carried out steps and nearest goals, Government Office – Úřad Vlády, Nábřeží Edwarda Beneše, Praha 1

- 4. 10. 2017 – active participation in the patient conference of the National Institute for Mental Health (NÚDZ) – Reform of the Psychiatric care „About us with us“

## **B) Creation and monitoring of the community planning in the Czech Republic.**

Members of the Association KOLUMBUS – self-help Association of users and ex-users of the psychiatric care covering the whole Czech Republic – participate on a long term basis on community planning of municipal authorities, towns and local municipalities where they defend the interests and necessity of provided services of the community care. Our members in the year 2017 had been active members of 2 community plannings in Prague 10 and Olomouc. In Prague 10 had been achieved a certain progress in the help for persons with mental health problems and have been established 2 community teams for the help to persons with mental illness in their domestic environment.

The Association KOLUMBUS has been however performing these visits at home for released or re-hospitalized patients for many years (since 2011) with the aspect that we are not allowed to help in the medical field with respect to the character of the performance, only in the social field. Our effort for the year 2018 is to become members of community plannings of Prague 8 and 12 and to renew

our participation in the community planning in the City of Brno, Pardubice and Ústí nad Labem.

Participation on 4 meetings – Community planning of Prahy 10 – persons threatened by the social exclusion, persons with the health handicap, City part Praha 10, Vršovická 68, Prague 10

Participation on 4 meetings – Community planning of the Olomouc City – Group persons with the health handicap

Participation on 3 fairs of social and consecutive services: Prague 10 at Eden, Capital City of Prague „HELP fair on the Střelecký ostrov, and Prague 12 in Modřany in the former shopping mall Prior.

**C) Monitoring of the Treaty of UNO, National Plan of creation of equal opportunities for persons with health handicap for the period 2015 – 2020 and further documents.**

Co-part of this part of the Project will be also monitoring of the fulfilment of the Treaty about Rights of Persons with Health Handicap in relation to persons with mental illness. Also enforcement of single articles of the Treaty into Czech legal regulations (laws, regulations and further documents). Inseparable co-part is also their fulfilment in the everyday's practice.

The Association KOLUMBUS helps the users of the psychiatric care to enforce publicly single legal regulations into laws and other documents, as well in the co-operation with the National Council of Health Disabled. We monitor our common activity. We nevertheless realize that there exist huge differences between target groups. We, as users of psychiatric care, have different barriers than physically handicapped people. Among our main barriers belong: despite the effort to be like the others we do not have such possibilities to find adequate qualified work in the standard open market of job possibilities. Our barriers in the state authorities can be overcome by the support of our Association which helps with accompaniments of hospitalized persons to these state authorities.

26. 1. 2017 – Conference: Influence of environment on the care for people with mental illness, Psychiatric Hospital Bohnice, Ústavní 91, Prague 8

22. 2. 2017 – Meeting Aliance 12, Evropský dům, Jungmannova 21, Prague 1

29. 3. – 30. 3. 2017 – II. National Conference of National Council of Health Handicapped (NRZP), Top Hotel Praha

15. 3. 2017 – Patient Board of VZP Insurance, Headquarter, Orlická 4/2020, Prague 10

Participation on 6 educative seminars of APO for the year 2017

**D) Involvement of users into the education about mental health, information activity about the Reform of the Psychiatric Care.**

In the year 2017 Patient Council was created. In this Council has our Association our female member so that we can influence the events in the health care. In the field of the psychiatric care we had lectured the volunteers of the Project Dobroduš Evangelical Church of Czech Brethren about mental illness – own experience with the illness and further information about the reform of the psychiatric care. In co-operation with the Project Psychobraní, which educates future doctors, psychologists and teachers, we had accepted main participation in the lecture for 180 persons during which we had also informed about the Reform.

2 Lectures for the volunteers of the Evangelical Church of Czech Brethren of the Project Dobroduš, Korunní 60, Prague 2

21. 11. 2017 – Lecture Psychobraní – Margarety Rettigové, Pedagogical Faculty, Prague 1

**E) Patient trustees and supporters – information support, protection of rights and persons with mental illness.**

The necessity of this activity has shown the fact of integration of stabilized patients into multidisciplinary teams of Centres for Mental Health. The Project also responds to changes which had brought new Civil Code for persons with limited capability for legal acts (legal capacity) for the reason of mental illness in the year 2014. The Civil Code supposes the existence and activities of so called „supporters“ which will help these persons in decisions. How the activities of the supporters will be realized in the practice and financed, is not known yet, but in many aspects these activities are similar to those of patient trustees. The target group and professional medical public is not very much informed about these changes, that is the reason why the information about the „supporters“ will be spread in the context of this Project, especially by the means of personal experiences and the important element is also emotional support of hospitalized patients. Patient trustees and advocates – this Project had first been shown in the year 2004.

Since 13 years the Association KOLUMBUS has been protecting the rights and interests of mentally ill citizens. In the year 2017 had 11 trustees and advocates worked off 1850 hours of help to users of psychiatric care hospitalized in the Psychiatric Hospital Bohnice. A lot of queries especially of legal character was directed to our Lawyer covering following hospitals: Psychiatric Hospital Šternberk, Psychiatric Hospital Kosmonosy, Psychiatric Hospital Horní Beřkovice, Psychiatric Clinic Ke Karlovu 11, Prague 2 and Military Hospital Střešovice. In the year 2017 we had helped 208 persons, hereof 145 men and 63 women. The most often solved cases concerned finding accommodation (35), hospitalization (34), job (24) and family (18). A hugh relief to these person is also listening to their story as they often do not need advice but emotional support (56).

**F) Organizational administrative service – development of the Association of the users of the psychiatric care KOLUMBUS.**

The members of the Association KOLUMBUS work in the conditions corresponding to their type of work in the regions. They commute for consultations to Prague to our Prague office Na Moráni 7 where they solve single assigned tasks. They are present to co-ordination meetings and consultations in the context of Association. They are also mutually connected thanks to skype consultations of affiliated management and broader public of the Association. In the office of the Association take place dealings and meetings with other organizations and individuals.

In the office of the Association takes place PC lecture for people with mental illness in the scope of IT teaching room. Programme and the way of teaching is always carried out individually for every single interested person for our services.

year 2017	Number of persons	Men	Women	Number of hours
January	9	5	4	28
February	9	5	4	26
March	9	5	4	28
April	0	0	0	0
May	0	0	0	0
June	8	4	4	51
July	7	4	3	39
August	8	4	4	39
September	9	7	2	31,5
October	5	2	3	21
November	4	1	3	29
December	4	1	3	27
<b>totally</b>	<b>72</b>	<b>38</b>	<b>34</b>	<b>319,5</b>





## 5. Overview of economical activity of the Association KOLUMBUS for the year 2017

<b>Overview of income for the year 2017</b>	<b>CZK</b>
Governmental Office of Czech Republic	532 150,00
Labour Office in Ústí nad Labem	908 143,00
Ministry of Health	220 000,00
Magistrate of the Capital City of Prague	280 000,00
Municipal district Prague 10	58 000,00
Softstar s.r.o. - administration and creation of web	18 000,00
Turnover for own performance and for goods	0,00
Other revenues	57 492,13
Accepted financial donations	0,00
Credit interests	1 976,01
<b>TOTALLY</b>	<b>2 075 761,14</b>

<b>Economical result for the year 2017</b>	<b>-137 958,34</b>
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<b>Overview of expenses for the year 2017</b>	<b>CZK</b>
Consumption of material	4 634,60
Office equipment	13 812,00
art equipment, books, magazines	13 911,00
toners, cartridges, PC components	20 394,00
Minor tangible assets	52 970,00
Consumption of electrical energy	55 729,00
Internal travel expenses	64 099,10
Internal meal allowance	16 180,40
Travel allowance abroad	6 455,00
Meal allowance abroad	1 510,00
Coupons - fare	706,00
Refreshment - costs for representation	4 908,00
Other services	33 421,00
Telephone services	98 998,00
postage	6 518,00
Internet	28 708,00
Rent	56 453,00
Rent of advertising space + marketing	11 144,00
Trips, entrance fees	0,00
Minor repairs - maintenance	0,00
Conference fees	0,00
Authorial fees	0,00
Training of employees	32 050,00
Consultancy	0,00
Purchase of computer programme	13 402,00
Other costs	0,00
Wage costs - employees	966 119,00
Wage costs - Employment Work Agreement	408 550,00
Wage costs – Employment Activity Agreement	0,00
Social insurance	241 058,00
Health insurance	17 912,00
Other taxes and fees	965,38
Fee stamps, government stamps	70,00
certification	780,00
Provided donations	10 000,00
Bank fees	4 220,00
Insurance for the activities by the law	0,00
Provided membership contributions	4 347,00
Exchange rate losses	0,00
Amortization of the uncollectible debt	23 600,00
Other fines and penalties	95,00
<b>TOTALLY</b>	<b>2 213 719,48</b>



## **Co-operation with other organizations in the Czech Republic**

Denní sanatorium Ondřejov II., Prague

MDAC, Brno

Liga lidských práv, Brno

SelfHelp, Ústí nad Labem

Fokus Praha Mosty, Prague

Andělská křídla, Prague

Dotyky 2, Brno

Horizont, Zlín

Oblastní Charita Vyškov a Brno

Fokus Praha, Vysočina, Labe, Mladá Boleslav

Bona, "Prague

Green Doors, Praha

National Council of Persons with Health Handicap (NRZP), Prague

Mana, Olomouc

APO – Akadémie patientských organizací

and further

## **Co-operation and contacts with foreign organizations:**

Mental Disability Advocacy Center, Budapest

GAMIAN Europe, Bruxelles

ENUSP Europe

WNUSP World

SMES – Europe, Bruxelles

Liga pre duševné zdravie, Slovakia

ODOS, Bratislava

Delfin, Zvolen

Mozaika Žilina

ADHD Hellas - Greece

and others

### ***Thanks***

The Association KOLUMBUS would like to thank all who have supported our activities in various ways. We thank you for finances, information, time and also sympathies which you had devoted us.

***We appreciate very much your support !***

**For the financial support in the year 2017 we would like to thank following institutions and organizations:**

Governmental Office of the Czech Republic

Ministry of Health of Czech Republic

Magistrate of the Capital City of Prague

Municipal district Prague 10

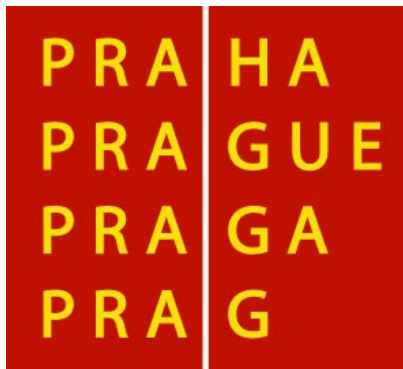
Labour Office in Ústí nad Labem

Gamian

Softstar s.r.o.



MINISTERSTVO ZDRAVOTNICTVÍ  
ČESKÉ REPUBLIKY



Úřad práce ČR

Úřad vlády České republiky

