



## ACTIVITY REPORT 2021

### **Purpose of the JAEC Foundation**

The goal of the JAEC Foundation is to raise awareness of mental health through education, going beyond dogma, to better understand mental distress, the possibilities of the current system of care and alternative solutions.

The foundation continues to move forward with the development of its projects and visibility to achieve its goals.

### **Main realizations 2021**

#### ***Administration***

Revision and restructuring of the databases in French, English and Spanish, in order to optimize the different communications to the concerned target audiences (newsletters, mailings, trainings, support groups, etc).

#### ***Support Groups***

JAEC participates in different support groups, either by organizing them, by offering the Foundation's platform, or by contributing to them:

Groupe de soutien Proches (online)  
Crazy Silly Wise Magick  
Groupe ECPA (nouveau, dès 01.09.22)  
Tapering

#### ***Contacts***

The last months have been rich in meetings allowing us to organize or plan concrete actions. We had the chance to get closer to, among others:

La Commune de Pully  
Achtsame Schulen Schweiz  
Co.Create Humanity  
Institut Maïeutique

#### ***Communication***

The presence on social networks has been intensified: Facebook, LinkedIn.

Newsletters are now published twice a year (June and December).

Other mailings have been undertaken with defined audiences, particularly in relation to the proposal of the JAEC scholarship in Open Dialogue.

### ***Donations***

The JAEC Foundation likes to support projects over the long term, to develop real ties with the beneficiaries of its donations. In this spirit, the collaboration has continued with:

- **Breakdown Wake-Up:** A podcast that aims to highlight the wisdom contained in our emotional distress through personal stories that touch on broader themes of what is happening in our society. We can thus go beyond the individual experience to question in a deeper way what should be awakened in our culture.
- **Parenthèse Paccots-Dessus:** Additional support to contribute to the restoration of chalets belonging to the Vaudois heritage by allowing people with social difficulties to rebuild their lives through manual work in the mountains (building, animals, landscaping...)
- **Institut Maïeutique Lausanne:** Participation in various concrete projects of the institute to support people from 18 years old in social rupture.
- **IIPDW (International Institute for Psychiatric Drug Withdrawal):** contributing to evidence-based practices for the reduction and withdrawal of psychiatric drugs, and facilitating their inclusion in general medical guidelines, while ensuring the human right to informed choice regarding psychiatric drugs.
- **National Empowerment Center:** NEC contributes to the development of eCPR, which is a different approach coming from the US but being used internationally to find a way to connect to anyone in emotional crisis.

### ***New collaboration***

- **Association Achtsame Schulen Schweiz:** A Swiss-German organization working for the introduction of mindfulness in the Swiss school system, both for teachers and students (already since the first school year).
- **Institut Maïeutique:** In addition to the donations already made, a 4-day training in Open Dialogue for 2022 is planned and offered by JAEC.

## **Projects In the Making, 2022**

### ***Open Dialogue Congress***

The **26th International Network Meeting for the Treatment of Psychosis 2022** is organized by JAEC Spain and uses many resources. The Congress is organized to be scheduled online, from Spain. This event will take place from **August 24 to 27, 2022.**

We are convinced of the scope and importance of this congress that opens us to different approaches to mental health through a rich program with recognized international speakers.

### ***Trainings***

#### **4-day introductory Workshop to Open Dialogue**

This 4-day workshop is designed for mental health professionals. It focuses on the concept of reflection and resonance which is the essence of Open Dialogue.

## **eCPR**

To set up a pilot training in French (approx. 12 hours) for people willing to develop their listening and empathy skills.

This first group would serve as a laboratory to get feedback on:

- Teaching skills
- Content and materials provided
- Feasibility/adaptability to the French-speaking culture

In the medium to long-term, we will take steps to offer the course adapted and in French to peer helpers as well as to institutions, teachers, firemen, police officers, EMS employees, social workers, etc.

## ***Support group (new 2022)***

**ECPA (Ecoute, compassion, partage, attention which means listening, compassion, sharing, attention)**

- A listening and sharing group for 12–16-year-old, not replacing any medical treatment but offering a place of welcome, of establishment of social links; the teenagers find themselves among themselves and realize, through sharing, that they are not alone.
- On the premises of the Foundation, every other Thursday, led by a pedagogical teacher, familiar with the age group and the theme.
- An inclusive and caring space, integrating both the bullied and the bullies, based on the assumption that both are suffering.

