

ACTIVITY REPORT 2022

Purpose of the JAEC Foundation

The aim of the JAEC Foundation is to raise awareness of mental health through education, going beyond dogma and the current paradigm of psychiatry, to provide a better understanding of mental distress, the possibilities of the current care system and alternative solutions.

The foundation is continuing to develop its projects and raise its profile in order to achieve the objectives it has set itself.

Main achievements 2022

Support and sharing groups

JAEC participates in various support groups, either by organising them, offering the Foundation's platform or contributing human and/or financial resources:

Online support groups

Parent support group: Monthly meetings for the relatives of people suffering from mental illness; the number of participants is limited to 8 people.

JAEC Tapering: Monthly support for people wishing to reduce their medication. In order to be as supportive as possible, the number of participants is limited to a maximum of 5 or 6 people.

JAEC & Crazy Silly Wise Magick: Every Wednesday, online meetings of six to eight people.

Socialisation groups

Crazy Silly Wise Magick has organized once a month an informal get-together with participants from the online group. These meetings can take the form of a "café psy" or a boat trip.

Cultural Activities: Every two months, organized by Crazy Silly Wise Magick:

- Guided tour of the Musée de l'Art Brut
- Visit to the MUDAC: painting workshop and group sharing
- Visit to Nikki de Saint Phalle in Zurich: day trip

JAEC workshops

Christmas Biscuits workshop

World Cuisine Workshop

Arts and Crafts Workshop

Contacts

The year 2022 was full of meetings that enabled us to organise or plan concrete actions. Here is a list of our main contacts, which have enabled us to forge closer links.

The municipality of Pully: Presentation of the JAEC Foundation's activities to the municipality and the Social Affairs Department of Pully, with particular emphasis on eCPR, a method used by the police and fire services in the USA and Canada.

Achtsame Schulen Schweiz: A new collaboration with a project that focuses on mindfulness in schools. The project has already been implemented in a number of schools in the German-speaking part of Switzerland and aims to expand nationwide.

CoCreate Humanity: Several meetings were held to find out more about CoCreate, which was created to provide psychological support to humanitarian workers on return to their homeland. The idea is to eventually offer the staff eCPR training through the JAEC Foundation.

Institut Maïeutique: An important player in the canton of Vaud, the project brought the Institute together for support funded by JAEC and preparation for a 4-day training course (2 x 2 days) on an introduction to Open Dialogue with an emphasis on the principle of Reflection. The project has taken some time and will culminate in a training course to be given in March and May 2023. JAEC is lucky enough to be able to count with the facilitation of Olga Runciman, a Danish psychotherapist and Open Dialogue specialist.

Sarah Petitpierre: Various contacts have been made with this psychosocial speaker, who is very active in areas aligned with the JAEC Foundation. Discussion about developing mindfulness projects in prisons.

Andrea Zwicknagl: Peer helper, Psychiatrie der Spitäler fmi AG in Interlaken and Frutigen, specialist in Open Dialogue. Active participant and speaker at the Congress organised by JAEC.

Soteria Bern: Several discussions took place about organising a site visit and a possible collaboration project. Unfortunately, for scheduling reasons, Soteria Bern postponed the visit until 2023. This is an important step for JAEC, as the mission and objectives of the two entities seem to be aligned.

Angela Peacock: A wonderful meeting and a real "plus" for JAEC. Angela is an international pioneer in her fight against the abuse of medication for mentally ill patients. In recent years, she has spearheaded the international distribution of the film *Medicating Normal* (2020).

Daniel Fisher: American founder of the eCPR approach, for which two JAEC Foundation volunteers are now trainers. Our collaboration with Daniel Fisher is continuing, as the method can be used by anyone.

Communications

Our presence on social networks has been stepped up, particularly on Facebook.

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

Other mailings have been sent to defined audiences (segmentation), in particular for the JAEC scholarship offered for Open Dialogue training.

JAEC donations

The JAEC Foundation likes to support projects over the long term, in order to develop real links with the beneficiaries of its donations. With this in mind, there have been a number of follow-up collaborations and the development of new long-term projects:

- *Paranthèse Paccots-Dessus*: additional support to help restore chalets that are part of Vaud's heritage, enabling people with social difficulties to rebuild their lives through manual work in the mountains (building, animals, landscaping, etc.).
- *Association Achtsame Schulen Schweiz*: Swiss-German organisation working to introduce the practice of mindfulness into the Swiss school system, both for teachers and pupils (*already since the first school year*).
- *Asociación JAEC, Spain*: Spanish branch of JAEC.

Study grants

Proposals to award a scholarship to a professional for training in Open Dialogue online with the UK Open Dialogue Institute.

Two mailings were sent out in the spring and September to professionals on a predefined mailing list.

Open Dialogue Congress

The ***26th International Network Meeting for the Treatment of Psychosis 2022*** was organised by JAEC Spain and made use of numerous resources. The Congress was organised online and ran successfully from 24 to 27 August 2022.

The internationally recognised speakers were active and addressed innovative, interesting and evidence-based topics. The 360 participants attending from all continents are the confirmation of the success of the congress.

JAEC film & Open Dialogue

With a view to the 2022 Congress, the JAEC Foundation financed and produced a role play film on Open Dialogue with the theme :

Open Dialogue: psychosis and substance use - Carlos & family

This film is aimed at professionals who for the first time have a tool to work with for their personal investigation as well as for their courses. The film portrays a network meeting, role-played by volunteer actors and two Open Dialogue professionals.

Additional resources have been granted by the JAEC Foundation for subtitling in French, German and English. Portuguese subtitles are planned.

JAEC has created a YouTube channel to provide access to useful information about our activities. The film can be seen at the following link:

<https://www.youtube.com/watch?v=zUalqSWF7mU>

Projects prepared in 2022 for 2023

4-day workshop: An Introduction to Reflections in Open Dialogue

The 4-day Open Dialogue training course programmed to take place in 17 & 18 March 2023 and 5 & 6 May 2023 at the Institut Maïeutique.

10 members of Institut Maïeutique will be led by Olga Runciman, coming expressly from Denmark for the training, and Claudia Esteve, trained in 2019 in the UK.

Support group ECPA (Ecoute, compassion, partage, attention)

A complete analysis of the support groups offered to teenagers and preparations for 2022. Including the recruitment of a teacher familiar with the age group and the issue of bullying.

A face-to-face listening and sharing group for young people aged 12-16 attending compulsory school, not as a substitute for any medical treatment but as a place where they can feel welcome and establish social links. An inclusive and caring space, integrating both the person being harassed and the harasser, based on the premise that both are suffering.

JAEC Foundation, December 2022

www.jaecfoundation.org
