



## **ACTIVITY REPORT 2023**

### **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 2023**

#### **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*

JAEC Tapering: Monthly support for people wishing to reduce their medication. 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 12 people.

##### Socialisation groups (culture & leisure)

Groupe Crazy Silly Wise Magick : members meet informally five or six times a year, with support from JAEC. These meetings can take the form of an "Apero" or cultural activities such as guided tours of museums, movie nights, etc.

## **Contacts**

The year 2023 has been synonymous with new encounters and the consolidation of acquired knowledge. Here is a list of our main contacts, which have enabled us to forge closer ties and/or develop specific actions.

**MoMento** (formerly Achtsame Schulen Schweiz): continuation of our collaboration with a project that focuses on mindfulness in schools and the development of didactic tools. The project has already been implemented in several schools in German-speaking Switzerland and is currently being developed in French-speaking Switzerland.

**Institut Maïeutique**, Lausanne: an important player in the canton of Vaud, we have been collaborating with the Institute at various levels for several years. 2023 was above all an opportunity for us to give a four-day introductory workshop on Open Dialogue to a dozen professionals. The training was given by Olga Runciman, a psychologist and family therapist certified in Open Dialogue in Denmark, having previously been a psychiatric nurse and herself a patient of the system. Olga considers mental distress from a post-psychiatric point of view and does not believe that there is one correct way to define madness. On the contrary, she advocates that "we should go beyond psychiatry, encouraging acceptance that not all human problems can be tackled in a modernist technological way".

**Sarah Petitpierre**: various contacts have been made and still active with this psychosocial speaker, who is very active in areas aligned with the JAEC Foundation. Discussion about developing mindfulness projects in the prison environment.

**Point d'Eau Lausanne**: a center dedicated to health and the reintegration of the most vulnerable. We are currently considering what form a possible collaboration might take. It's highly likely that we'll be moving towards introductory training in OD, as the association has at least 130 volunteers involved, offering thousands of hygiene services and medical, paramedical and dental care to all those in need every year.

**Mère Sofia Foundation**, Lausanne: the philosophy of the Mother Sofia Foundation is to help the underprivileged without discrimination and with respect for human dignity. This wonderful meeting initially led to logistical support with winter equipment for people in precarious situations, and we hope to be able to continue our social and human action in the future.

**Fondation As'trame**, Lausanne : their mission is to support families in the aftermath of a relationship upheaval, giving them the opportunity to remobilize and acquire the resources and skills they need to regain their strength and ability to live life to the full. We are in discussion on several levels, including the idea of offering the 4-day workshop in Introduction to Open Dialogue for teams working throughout French-speaking Switzerland.

**Daniel Fisher**, USA : American psychiatrist who was also a patient in his youth; thanks to his own experience he developed the eCPR approach; this one remains important for the JAEC Foundation, who has two trainers who would like to apply their skills more frequently, in order to train others. In its current form, eCPR is an accessible tool, linked to all our numerous emotions.

## ***Communication***

Our presence on social networks continues.

Newsletters are edited twice a year (June and December).

Other mailings have been sent out depending on the topic (segmentation), notably for the JAEC scholarship offered for Open Dialogue training.

To make Open Dialogue more accessible, we have also opened and developed our Youtube channel: [https://www.youtube.com/channel/UC0aJtnPpP6fVSUhveL7\\_FuQ](https://www.youtube.com/channel/UC0aJtnPpP6fVSUhveL7_FuQ)

It presents interventions related to the theme of mental health, as well as a film directed and produced by JAEC; it is the unfolding of an Open Dialogue session, in the form of a role-playing game.

The film is available in Spanish with subtitles in :

German : [https://www.youtube.com/watch?v=B\\_UhsuNmqsQ&t=9s](https://www.youtube.com/watch?v=B_UhsuNmqsQ&t=9s)

French : <https://www.youtube.com/watch?v=zUalqSWF7mU&t=20s>

English : <https://www.youtube.com/watch?v=MoQli4b45w4&t=239s>

The development of the YouTube channel goes hand in hand with our desire to promote Open Dialogue even further and to open up to the world.

## ***Donations by JAEC***

The JAEC Foundation likes to support projects over the long term, 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:

- ***Parenthèse Paccots-Dessus***: additional support to help restore chalets that are part of the canton de Vaud's heritage, enabling people with social difficulties to rebuild their lives through manual work in the mountains (building, animals, truire à travers le travail manuel en montagne (bâtiment, animaux, paysagisme...)

- **Momento (anciennement Association Achtsame Schulen Schweiz)** : Swiss-German organization working to introduce mindfulness into the Swiss school system, both at teacher and pupil level (already since the first school year); the project is aligned with our values and is gradually developing in French-speaking Switzerland too
- **Fondation Mère Sofia**: support through concrete actions with equipment, especially for winter for now
- landscaping, etc.).
- **Asociación JAEC, Spain**: Spanish branch of JAEC.

### **Scholarship**

We have set up a promotional action for an annual scholarship awarded by the JAEC Foundation to a professional for training in Open Dialogue with the UK Open Dialogue Institute (under the aegis of Nick Putman). We are delighted to have selected a psychiatrist from Lausanne for the 2023 grant, who will start training in January 2024. Her collaboration with JAEC will undoubtedly continue once she has completed her training.

### **Work in progress 2023 for 2024**

**4-day workshop introduction to Open Dialogue**: As the first workshop was held in 2023, we were able to optimize some of the training materials and design even better ways of running the courses. Our aim is to have a few professionals benefit from some by JAEC sponsored workshops, before offering a training plan in French from 2025 onwards, at an affordable price and possibly enabling them to benefit from credits via the ISFM.

**Report on all foundations in French-speaking Switzerland**: we have carried out a long-term study of all the structures to determine with which we could collaborate, whether in the form of donations or training courses. Some contacts have already been made, but the bulk of the work will take place in 2024 and will occupy a good part of our time.

**Psychologie**: first draft of support work by young people for young people (from age 16). We are in contact with the young founder and are looking for a way to link it with our ECPA (Ecoute, compassion, partage, attention) discussion group project for youngsters.

**Our Foundation remains consciously human-scale and modest, with very different forms of support, always with the hope of making a concrete difference, if only for one person.**

**JAEC Foundation, February 2024**  
[www.jaecfoundation.org](http://www.jaecfoundation.org)