

GENERAL HOSPITAL OF MYTILENE

1. Background data

The General Hospital of Mytilene is a public organisation (public legal entity) and the only supplier of secondary care on the island of Lesbos.

Apart from other departments, the hospital operates a psychiatric clinic and a psychiatric outpatient dispensary. It also operates outpatient Children's Psychiatric dispensary, which accepts children and adolescents from 0-18 years. The hospital's structures of mental health receive a lot of requests related to mental health care and corresponding needs from people leaving in remote areas of the island.

The main objective is early intervention, diagnosis and treatment of the whole range of psychiatric and psychological problems and at the same time designing individualised psychosocial support, so the individual do not leave the community and not be removed from its natural environment (family, education, work, etc.).

2. Services

The Mental Health structures of the General Hospital of Mytilene provide preventive services, diagnostic assessment and treatment, nursing services, psychosocial rehabilitation and reintegration and implement community education programs. Specifically, the Mental Health structures of the General Hospital of Mytilene are providing services when the request comes from:

- the patient
- the family of the patient
- the friends or relatives of the patient.

3. The participants of the TRAVORS trainings

The TRAVORS trainings were attended by the psychiatric staff (case managers).

4. Conclusions

The training experience is judged by the participants as very valuable, as well as the educational material.

In details:

The participants learned the meaning and importance of **the self-efficacy, the graded return to work planning process, the goal setting process, the application of the "tripod model", how to work in multidisciplinary teams, etc.**

When after the training was attempted to analyse the successes and failures as outcomes of cases or situations, was totally understandable how much the outcome of each case was influenced by the training of the case manager.

They understood the "tripod" model, which is a very important tool for the advisors.

They learned the importance of alternative targets assessment.

Also was very useful the field of maintaining the job and especially the anticipation of potential problems to be addressed in order to have the best possible results.