

How to get involved

TAKE PART IN OUR STUDIES

There are several studies ongoing. You are very welcome to join them and to support our research. Contact us for details!

BECOME AN ADVISOR

Local advisory boards will be held to provide a forum to discuss research outcomes and experiences at the local level. Contact us for details!

MEET THE RESEARCHERS

Attend a public meeting at an UPSIDES site near you. Contact us for details!

Stay in touch

VISIT OUR NEW HOMEPAGE

We are pleased to announce the launch of our new website. Along with a new look, we have included some features that we hope will make visiting the site easier and a more interactive experience.

www.upsides.org

SOCIAL MEDIA

Stay up-to-date on all things on Twitter:
[@UpsidesProject](https://twitter.com/UpsidesProject)

Subscribe to our newsletter by contacting UPSIDES@uni-ulm.de

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NEXT NEWSLETTER: #02 - DECEMBER 2018

- Conceptual framework for peer support
- Description of the intervention
- First research projects
- Interview with Donat Shamba (Dar es Salaam, Tanzania)

Send your news to UPSIDES@uni-ulm.de to see it featured in the next newsletter!



Newsletter

#01
July 2018



#01 - Topics

INTRODUCING UPSIDES

Who are we and what do we do?
Get to know the project and participating study sites from all over the world.

1ST INTERNATIONAL MEETING IN KAMPALA

Read about the first international meeting of UPSIDES, which took place this March in Kampala, Uganda.



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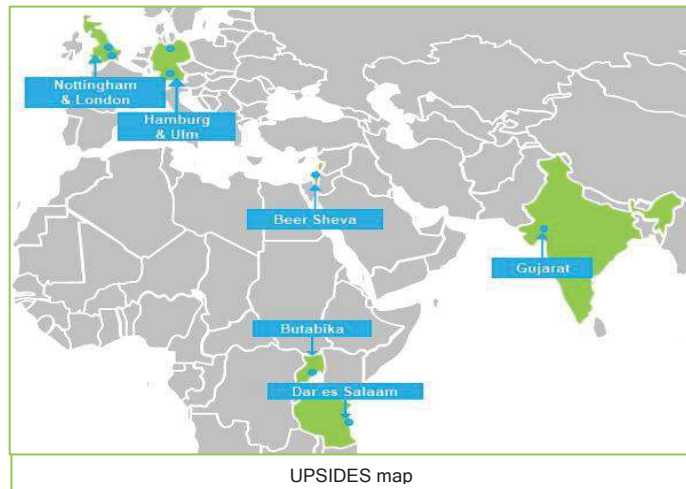
What is UPSIDES?

The partners of the research project UPSIDES have established a network to improve care for people with severe mental illness through peer support.

Peer support is an established intervention whereby people with mental illness receive support from a person with lived experience of mental illness. Peer support workers act as mentors and support the client's path to recovery. This support may include, for example, advice on coping with the illness, or even accompanying clients to medical appointments. Peer support can take many forms, but the key ingredient is the lived experience of the peer support worker.

In the first phase of the UPSIDES project, researchers from around the world will set up eight study sites in six countries. Then, they will analyse the current state of peer support at each site. Through UPSIDES, peer support will be expanded and evaluated for effectiveness and sustainability at each site.

Participating study sites all over the world



UPSIDES covers eight study sites in six countries, across three continents. For each site we will develop organizational and cultural adaptation with local stakeholders of a peer support intervention that fit the current state of implementation of peer support in that country. The coordinating centre is Ulm University Hospitals' Department of Psychiatry II. Other sites include:

- University of Nottingham (UK); London School of Hygiene and Tropical Medicine (UK)
- University Hospital of Hamburg-Eppendorf (Germany)
- Butabika National Referral Hospital (Kampala, Uganda)
- Ifakara Health Institute (Dar es Salaam, Tanzania)
- Ben Gurion University of the Negev (Beer Sheva, Israel)
- Centre for Mental Health Law and Policy (Pune, India)

Interview with Coordinator, PD Dr. Bernd Puschner

Q: Why Peer Support?

BP: "People who have a lived experience of coping with mental health problems know best how people in an acute crisis feel and what kind of help they need most. People with mental illness are more likely to confide in somebody that has been through similar experiences and more readily accept help from a peer support worker than from a mental health professional such as a psychiatrist or a psychotherapist."

Q: What is the aim of the study?

BP: "UPSIDES' main goal is to establish an efficient and effective peer support network for people with severe mental illnesses, not only in low- and middle-income countries but also in industrialized countries."

Q: What is special about the study?

"We desire to create awareness for the fact that mental health is a human right and that everything should be done to restore it. The basic principle of the project is cooperation on one level with the partners outside of Europe when developing and implementing peer support. What we don't want is to simply export 'Western' treatment models."

1st International meeting in Kampala

The partners of the research consortium came together in March for our first international meeting in Kampala, Uganda, to plan for the next five years of work.

During the three day-meeting, the sub-projects of the study were presented, and initial research was launched.



The meeting included a special visit to the Recovery College of the Butabika National Referral Hospital in Uganda, which is the first site ever to offer peer support in a low- or middle-income country.

"Coming together is a beginning. Keeping together is progress. Working together is success." - Henry Ford
