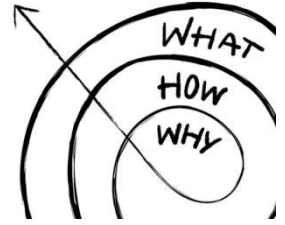


Bringing companions together

how we develop Soteria Houses
from Open Dialogue and Open Circles

bringing companions together

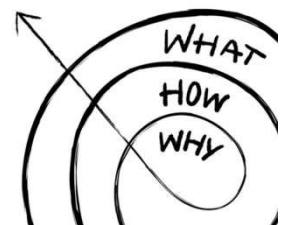
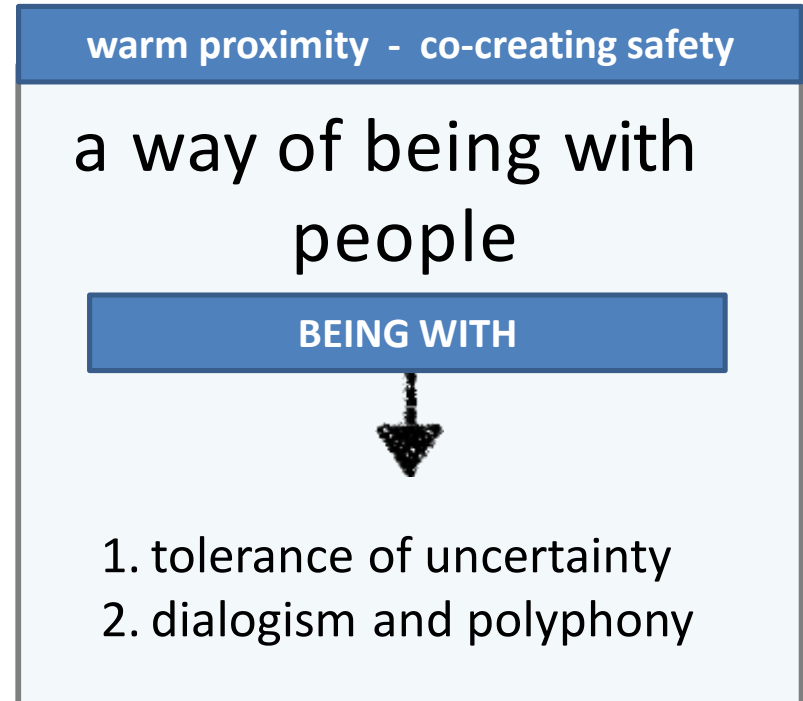
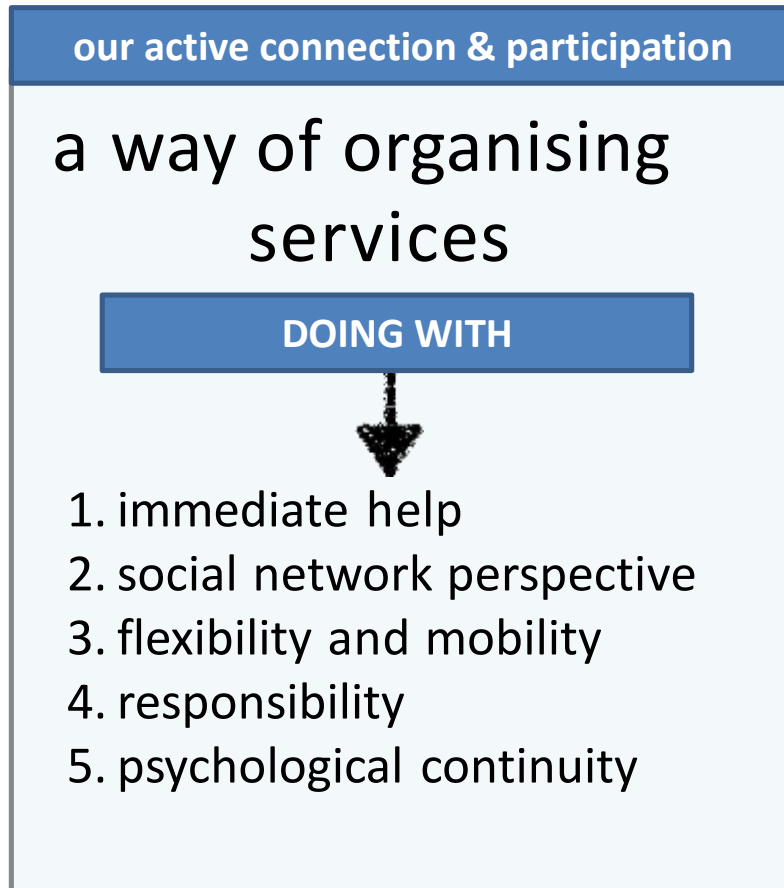


- finding **alliance on 're-thinking' mental health practice**, across organisations
- also seeking **connection with and between all people** who are already involved
- if we really want to **learn to work differently**, then let's do this **together**

- people with **lived experience** with psychosis, **family** experience and **professional** experience together sharing that something is missing in mental health practice:
the need for creating **home-like places** for people going through a psychotic crisis,
a **safe environment**, with the necessary care and **support, also for the others around**

- how can we be **COMPANIONS** to each other?
 - how can we be **supportive** as companions?
 - who are **your** companions?
 - who are **our** companions?
 - are there **any other** companions we could involve?

developing & spreading Open Dialogue practice, connecting two key aspects



the Soteria Houses Flanders working group

people with lived experience with psychosis, family members and professionals together promoting a **sustainable implementation of Soteria houses**,
in alliance with the existing mental health care organizations
and as **a complement to the current mental health care landscape**

networking: regional, Flanders, Belgium, international

- **Soteria info-evenings around Flanders**, leading to exchange with unsuspected allies, e.g. city administrations who are helping to connect with other projects, plans or partners
- official meetings with **regional Mental Health Networks & national Mental Health Reform**
- international **Soteria & Peer Support Summit**, webinar with **dr. Pesach Lichtenberg**
- international **ISPS conferences (Perugia, Kortenberg) and webinar**
- ...

among a growing network, a **Soteria Houses manifesto for Flanders** is spreading already signed by >1500 people, including many mental health care managers/organisations

Soteria Houses Flanders working group www.soteriavlaanderen.be

 welcome to sign our manifesto <https://www.tegek.be/soteria/manifest-ondertekenen>

psychiatrist Volkmar Aderhold
Soteria Germany and Open Dialogue trainer

“Of course we need alliance and friendship with the Mental Health Care organisations – and I think **our best chance of getting these values into the mainstream system** is Open Dialogue.”

psychiatrist Loren Mosher,
founder of the original Soteria House in San José, Californië
at the end of his life

“**If I would start anew** with a Soteria house, then I’d start from Open Dialogue.”

psychiatrist and professor Pesach Lichtenberg
founder and professional director of Soteria Israël

“From my experience, the principles of Soteria and Open Dialogue are **completely compatible, even synergistic.**”

WHO ‘Guidance on community mental health services’ (2021)
on Soteria Bern, Switzerland (psychiatrist Walter Gekle, successor of Luc Ciompi)

“In 2018, the Open Dialogue approach was introduced – during a **weekly ‘treatment conference’** a person reflects on the past week with team members, and focuses on next steps or aims in treatment.”

Open Circle evenings



- **El Camino Bekegem**, born from Open Dialogue encounters
- **Open Circle evenings**, inspired by Open Dialogue meetings
- the heart of El Camino – a gathering between people who each are touched by psychosis, from their own **lived experience, family experience or professional experience**
- talking and sharing about **psychosis and life**, focus on the here-and-now
- meeting around a **heartfelt open fire**, homely, connecting, ...



El Camino Bekegem

where Soteria meets Open Dialogue

Open Dialogue

- dialogue with and between everyone involved
- everyone listening to everyone
- offering a base of support
- stay with people's own words
- tolerance of uncertainty
- continuity, there's always a next time
- ends with collective reflections

Soteria

- small homely environment, cosy atmosphere
- support by and for family & loved ones
- warm proximity
- focus on living together
- being with & doing with
- community building
- what can we do for you, what can you do for us



project plan Soteria House El Camino

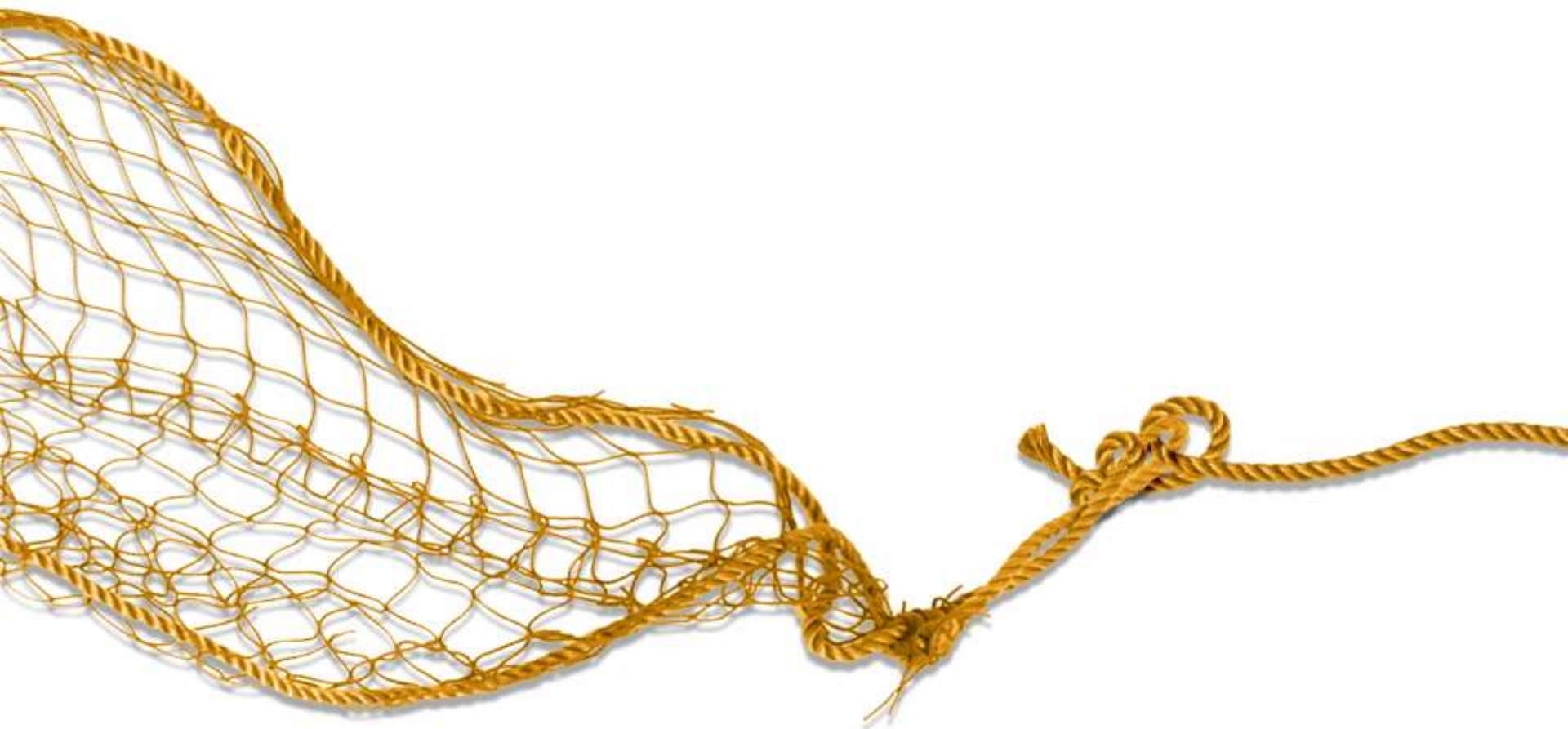
- in alliance with local companions, mental health partners and policy makers
 - meetings with the Federal & Flemish governments
- with Open Dialogue approach & Open Circle evenings as a double backbone



OTERIAHUIS

EL CAMINO





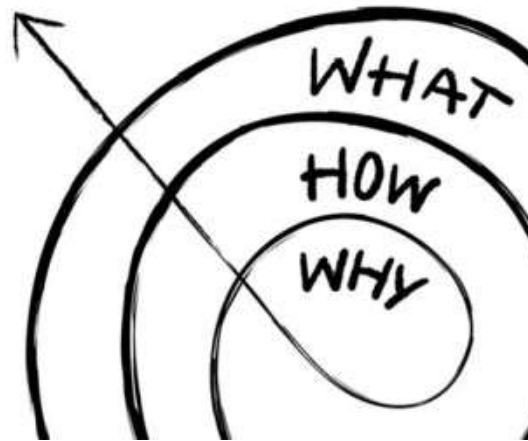








the importance of alliance



the sound of the 'why'
has become louder than the 'why not'
(Elke Haerick)

a path is only created by
walking on it **together**

"Learn to **listen** so others are invited to **speak**,
learn to **speak** so others are invited to **listen**."



www.elcaminobekegem.be



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