



Best practices recommended by ENUSP

ENUSP recommends the following services for the consideration of policymakers.

- **Open Dialog Approach from Finland** (see: <http://www.mindfreedom.org/kb/mental-health-alternatives/finland-open-dialogue>)
- **Family Group Conferencing (FGC) from the Netherlands** (see: <http://punkertje.waarbenijj.nu/reisverslag/4567654/presentation-text-on-eindhoven-model-cosp>)
- **Advance Directives** (See: Lehmann, Peter: “Securing human rights in the psychiatric field by advance directives”, in: Journal of Critical Psychology, Counselling and Psychotherapy, Vol. 15 (2015), No. 1, pp. 1-10 – http://www.peter-lehmann-publishing.com/articles/lehmann/pdf/lehmann_advance-directives-2014.pdf)

Lehmann, Peter: “Forced psychiatric treatment (and protection against it) in Germany in 2013”, contribution for “Mad in America – Science, Psychiatry and Community” (webzine of Robert Whitaker), September 7, 2013 – <http://www.madinamerica.com/2013/09/forced-psychiatric-treatment-protection-germany-2013/>)

- **The Personal Ombudsman from Sweden, organization Po Skane** (see: <http://zeroproject.org/policy/sweden-2/>)
- **Leeds Survivor-Led Crisis Service** (see: <http://www.lslcs.org.uk/>)
- **Maytree Sanctuary for the Suicidal in London** (see: <http://www.maytree.org.uk/>)
- **Peer-Advocacy and Peer train-the-trainers programmes, Fundacion Mundo Bipolar in Spain** (see: <https://ru.scribd.com/doc/295988242/Articulo-Vertex>), and **Advocacy-France in France** (see: <http://www.pairadvocacy.eu/>)
- **Peer-run crisis and support services, including peer-run respite houses, Western Mass Recovery Learning Community (RLC), USA** (see: <http://www.westernmassrlc.org/about-us>) and **Weglaufhauses Villa Stöckle, Germany** (see: <http://www.weglaufhaus.de/>)
- **Soteria Network, the UK** (<http://www.moshersoteria.com/articles/soteria-and-other-alternatives-to-acute-psychiatric-hospitalization/#2ndGenSibling>)
- **Support for withdrawal** (see: <http://www.peter-lehmann-publishing.com/books1/withdraw.htm>)

We also recommend:

The 4PI National Standards, developed by the National Survivor User Network (NSUN), in the UK. These are standards for good practice and to measure, monitor and evaluate involvement, which consist of: * Principles * Purpose * Presence * Process *

Impact (see: <http://www.nsun.org.uk/assets/downloadableFiles/4pi.-ni-standards-for-web.pdf>).

Most of these services and practices are user-led and not only provide help to people in need, but they also serve as a tool for empowerment of user groups and contribute to their meaningful inclusion in the community.