

## COST Action FOSTREN

What can a new European network to reduce coercion in mental health services provide to us?

Dr Tella Lantta, Scientific Communication Manager (FOSTREN)  
Manchester Metropolitan University/University of Turku, Finland

# Greetings from FOSTREN members, Ms. Yvonne from France



# Greetings from FOSTREN members, Prof. Jorun from Norway



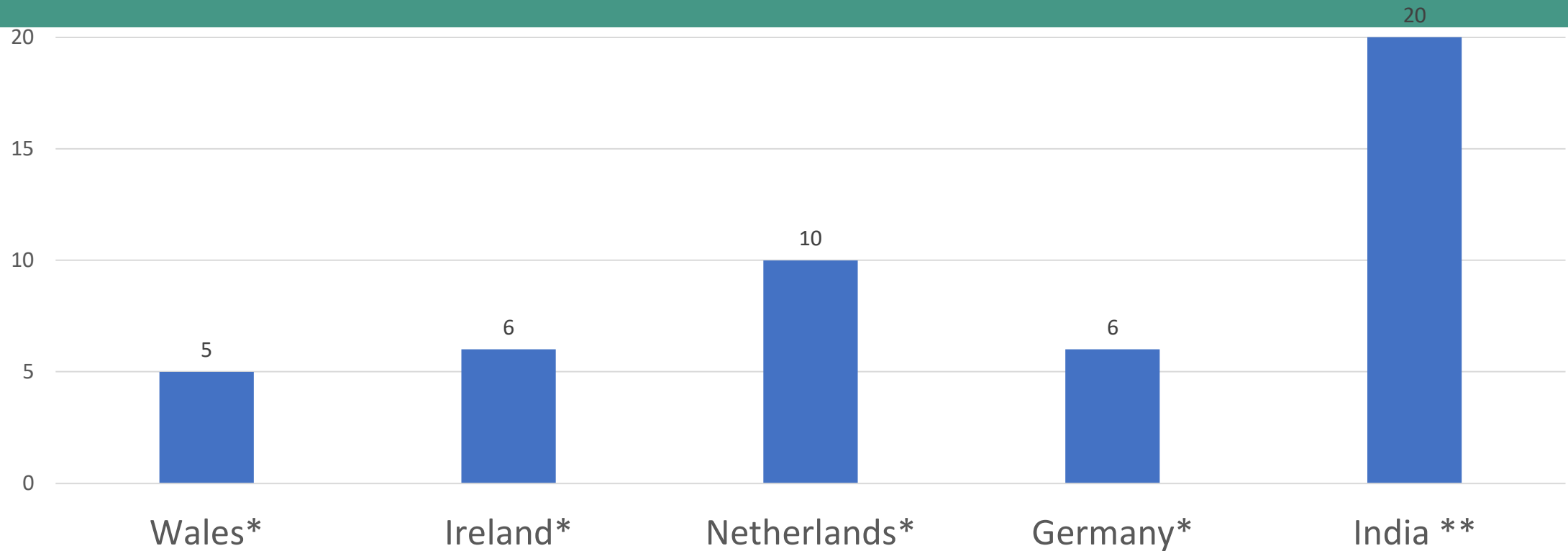
# Background of the network



**FOSTREN**



# Prevalence of patients / service users restrained in mental health services (%)



\* Lepping et al. (2016) \*\* Gowda et al. (2018)

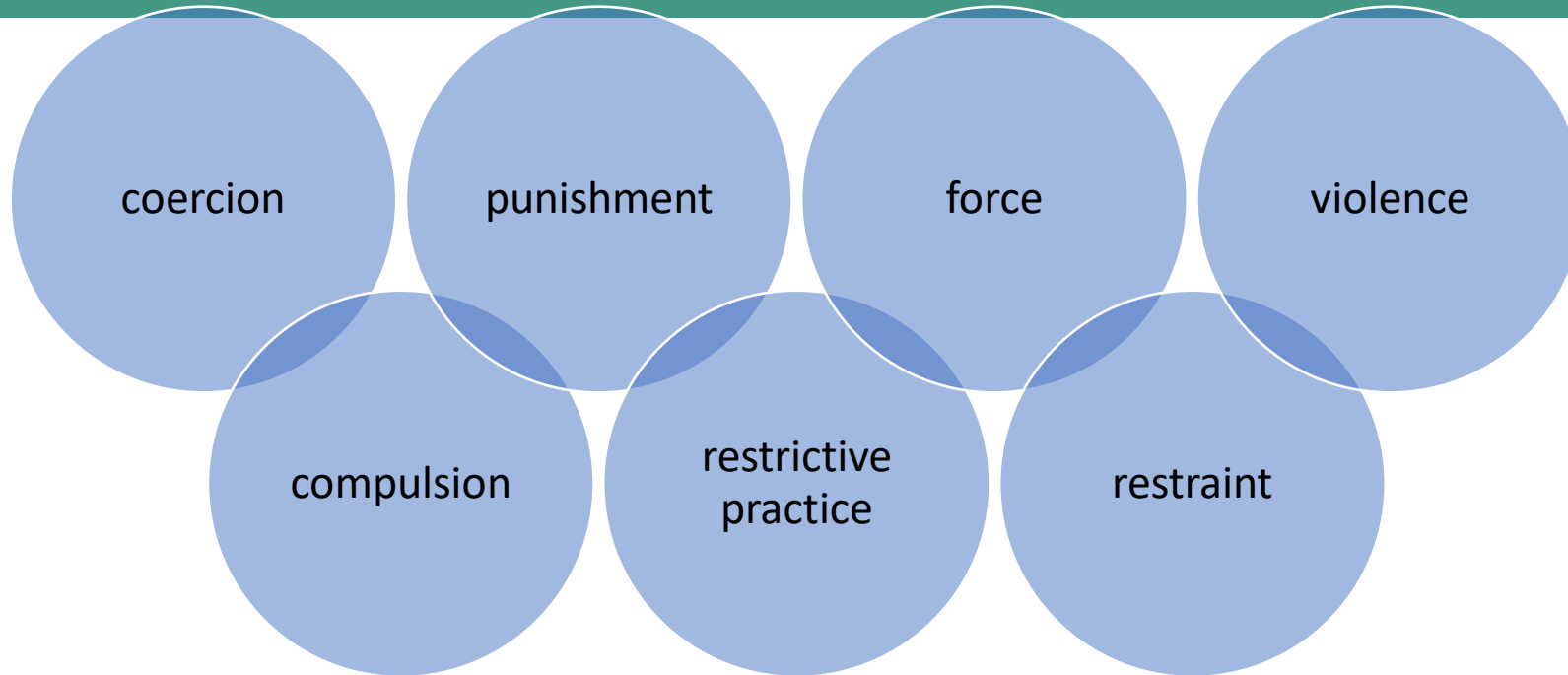


**Countries with Community Treatment Orders (CTOs)**



Turnpenny, Agnes and Petri, Gabor and Finn, Ailbhe and Beadle-Brown, Julie and Nyman, Maria (2018) *Mapping and Understanding Exclusion: Institutional, coercive and community-based services and practices across Europe*. Project report. Mental Health Europe, Brussels, Belgium

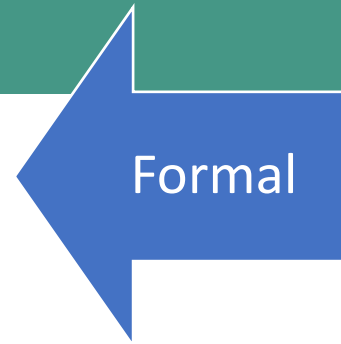
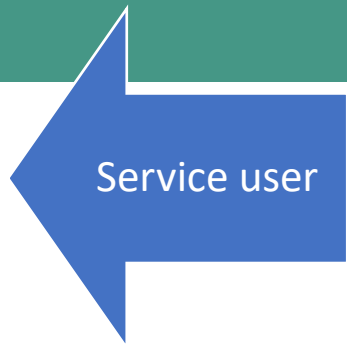
# The concept of coercion



“a person receiving mental health care (i.e. a patient or service user) is compelled through physical force or threat to accept care or treatment against their will”  
(Szmukler, 2015)

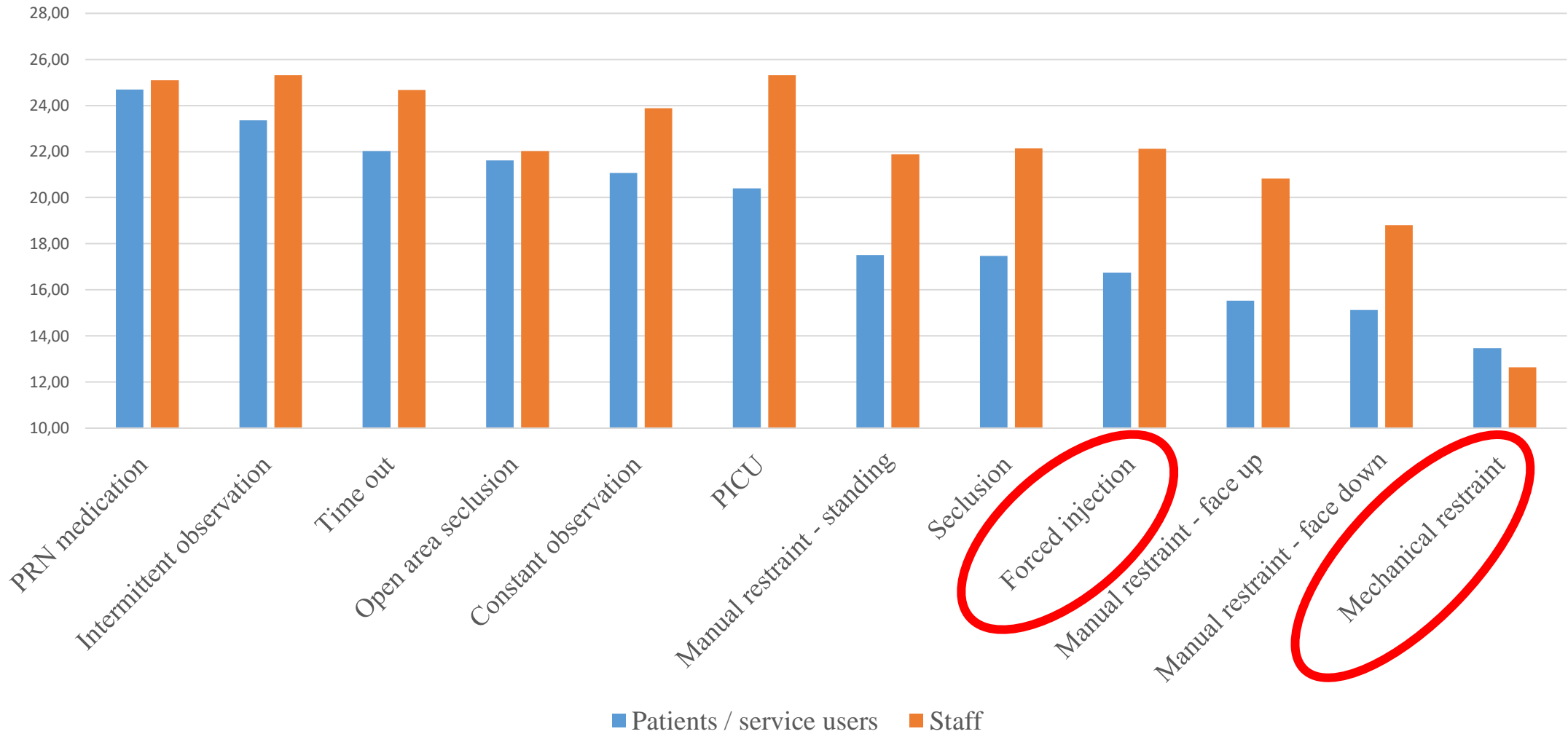


# Dimensions of coercion





## Approval of in-patient coercion measures (England, 2016)




# Conventions ✓



CPT/Inf/C (2002) 1  
English

**European Committee for the Prevention of Torture and Inhuman or Degrading Treatment or Punishment (CPT)**



**European Convention for the Prevention of Torture and Inhuman or Degrading Treatment or Punishment**

**Text of the Convention and Explanatory Report**

European Treaty Series - No. 126.  
Text amended according to the provisions of Protocols No. 1 (ETS No. 151) and No. 2 (ETS No. 152) which entered into force on 1 March 2002.



**United Nations**

Department of Economic and Social Affairs  
Disability

Search UN DESA



[Home](#) [About Us](#) [\\*COVID-19](#) [CRPD](#) [COSP](#) [SDGs](#) [International Day](#) [Issues](#) [Resources](#) [Multimedia](#) [News](#) [Calendar](#) [Contact Us](#)

[Home](#) » [Convention on the Rights of Persons with Disabilities \(CRPD\)](#)

## Convention on the Rights of Persons with Disabilities (CRPD)

**THE CRPD**

[CRPD Homepage](#)



**Course Guide**

**Mental health, disability and human rights**

WHO QualityRights core training - for all services & all people

QualityRights World Health Organization

Transforming services and promoting the rights of people with psychosocial, intellectual and cognitive disabilities

# Policy ✓

You are here: Commissioner for Human Rights > View

## SPEECH

### It is time to end coercion in mental health

STRASBOURG | 26/06/2019



Addressing the Parliamentary Assembly's debate on "Ending coercion in mental health: the need for a human rights-based approach", the Commissioner delivered the following statement today:

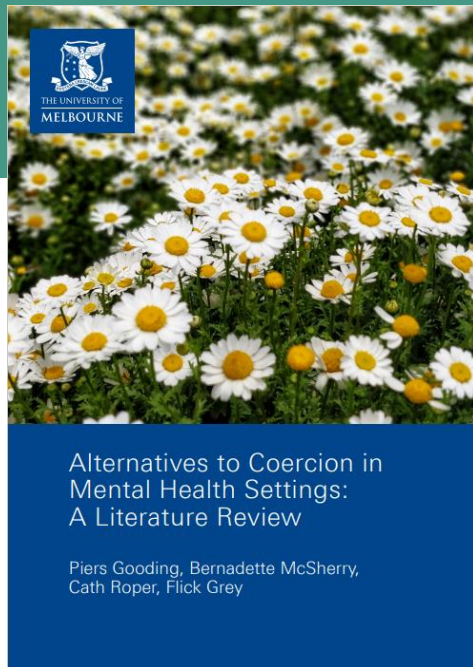
> [Download the speech CommDH/Speech\(2019\)7 \(Pdf\)](#)

It is a great pleasure to address the Parliamentary Assembly on a subject that lies very close to my heart.

I would like to start by saluting the great work accomplished by the Rapporteur for the report in front of you today. I strongly agree with her findings and conclusions, as well as the contents of the draft resolution and recommendation.

“We must immediately start to transition to the abolition of coercive practices in mental health settings”

# Evidence ✓



## Six Core Strategies

**NIHR** | National Institute for Health Research

Journals Library



Health Services and Delivery Research

Volume 9 • Issue 5 • February 2021  
ISSN 2050-4349

Non-pharmacological interventions to reduce restrictive practices in adult mental health inpatient settings: the COMPARE systematic mapping review

John Baker, Kathryn Berzins, Krysia Carvin, Iris Benson, Ian Kellar, Judy Wright, Rocio Rodriguez Lopez, Joy Duxbury, Tim Kendall and Duncan Stewart



**FOSTREN**

**cost**  
EUROPEAN COOPERATION  
IN SCIENCE & TECHNOLOGY

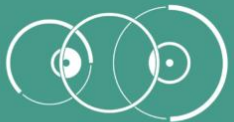
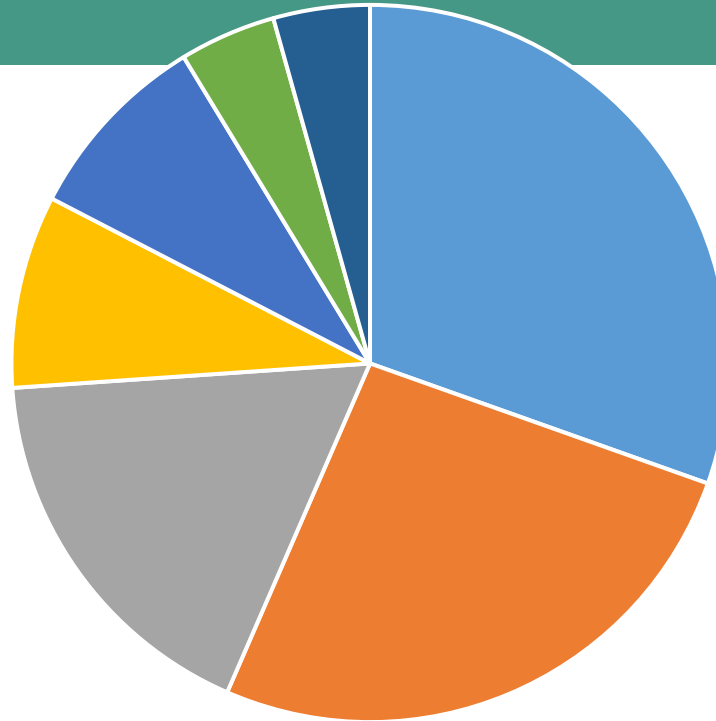
# But...

- Variation
- Fragmentation
- Implementation (lack of...)

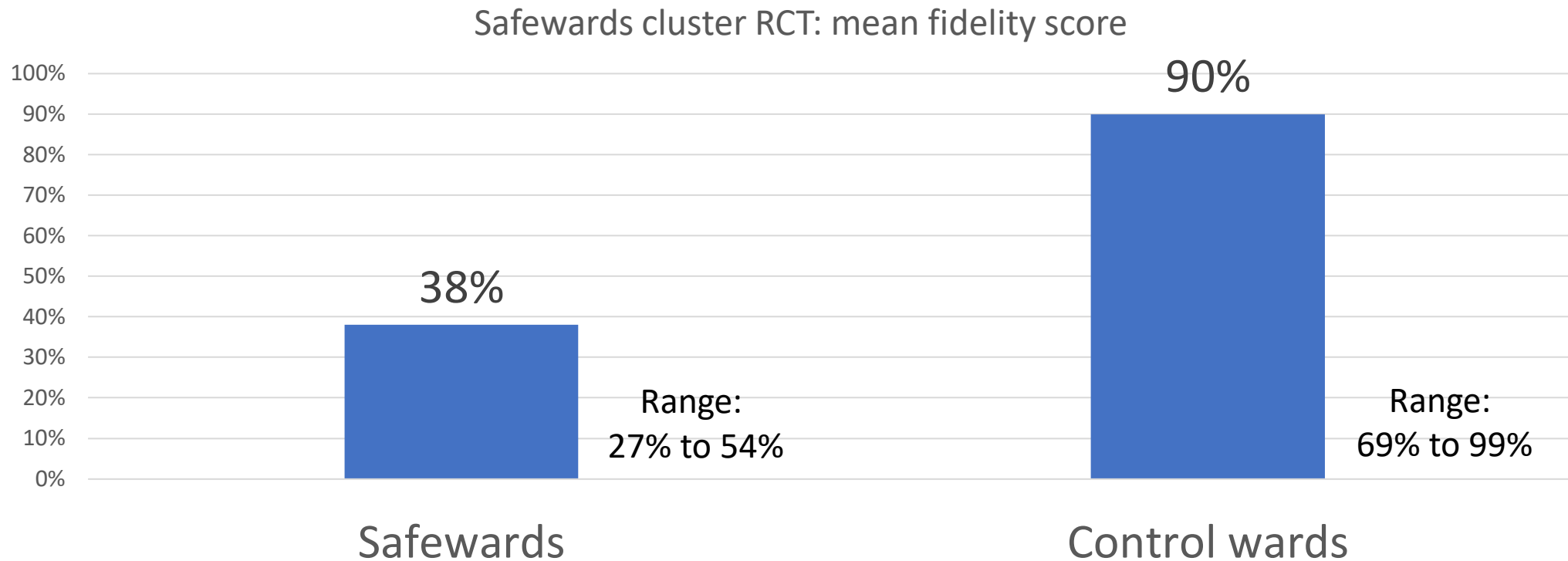


# Fragmentation

Location of 23 coercion reduction intervention RCTs published 2010-2020



# Implementation (lack of...)



Innovation



What works?

Implementation



How can we get people to use 'what works'?





# What is COST Action FOSTREN? (2021-2024)

# COST Actions

- international mobility
- open interdisciplinary research network
- any science or technology field
- 4 years
- scientific and capacity building objectives
- academia, public institutions, policy organisations, advocacy groups, SMEs etc.
- all levels of seniority
- balanced gender and geography



# FOSTREN objectives

Research co-ordination

Capacity building

Advance understanding of the processes underlying the use of coercion

Advance understanding of successful interventions for reduction

Summarise knowledge on implementation and service transformation

Exchange knowledge



Multiplicity of service contexts

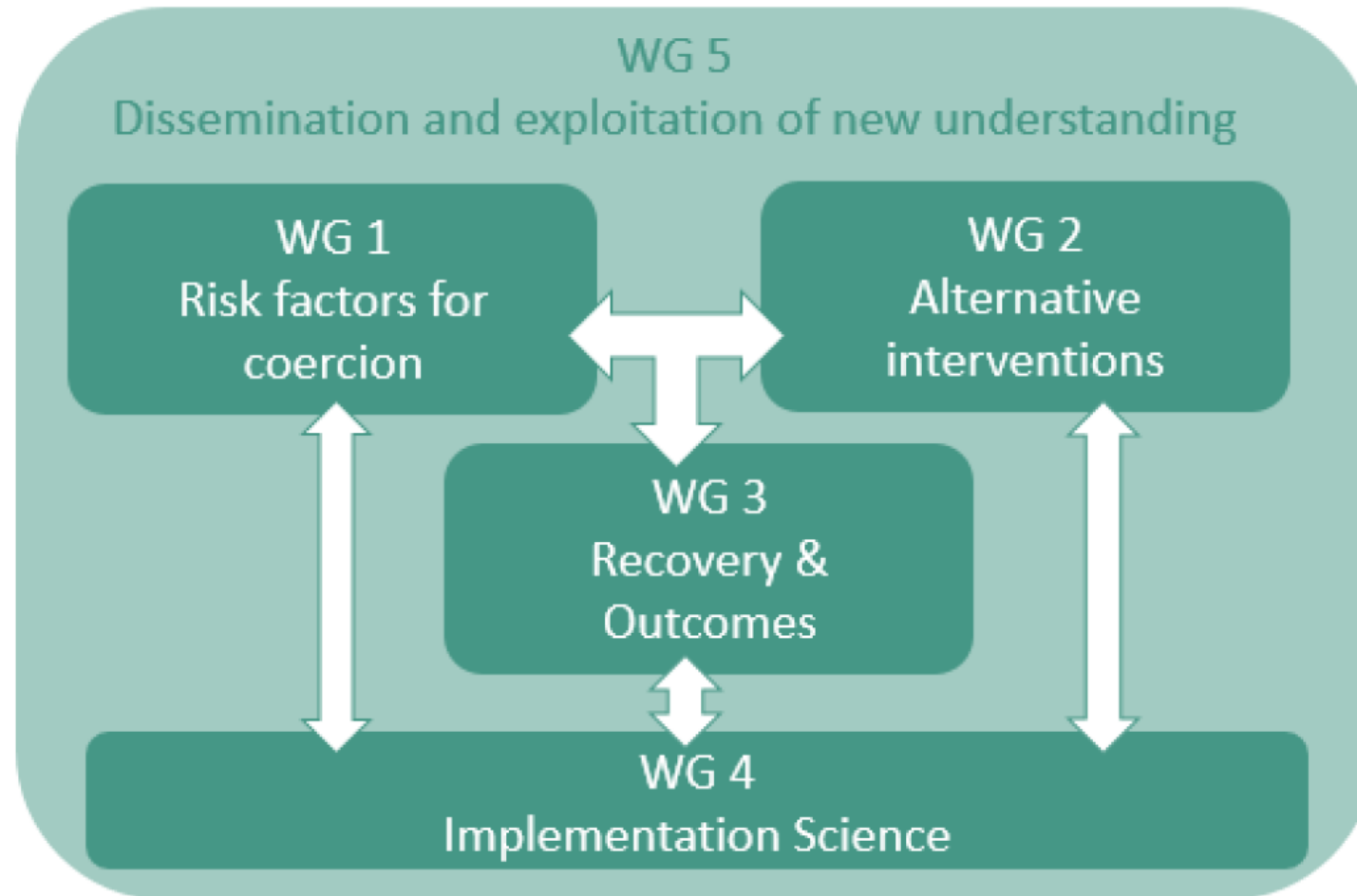
Build a network of researchers and practitioners

Set best practice standards

Communicate best practice to multiple stakeholders

European mental health services

# Five working groups



*Fig 1. Interrelationship of the Working Groups*

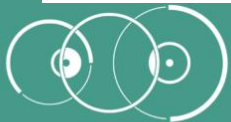
# Are all important and topical areas covered?



■ FOSTREN MC member  
■ FOSTREN member (+ US and Australia)



	MC Members	WG Members
Spain	2	17
Norway	2	11
Greece	2	9
Finland	2	7
Turkey	2	6
Denmark	2	5
Germany	2	5
Netherlands	2	5
Portugal	2	5
Belgium	2	2
Sweden	2	2
Croatia	2	1
Ireland	2	1
Austria	2	0
France	2	0
Romania	2	0
Italy	1	6
United Kingdom	1	6
Switzerland	1	3
Montenegro	1	2
Bulgaria	1	1
Czech Republic	1	1
Latvia	1	1
Poland	1	1
Slovakia	1	1
Cyprus	1	0
Estonia	1	0
Malta	1	0
Moldova	1	0
North Macedonia	1	0
Albania	0	1
Hungary	0	1
Australia	*	1
USA	*	1
<b>Total</b>	<b>46</b>	<b>102</b>



## Core Group

**Richard Whittington**  
Chair



CV

**José Miguel Caldas de Almeida**  
Vice Chair



CV

**Roger Almvik**  
Grant Holder  
Institution Scientific Rep



CV

**Jovo Dedovic**  
STSM  
Co-ordinator



CV

---

**Tella Lantta**  
Scientific Communication  
Manager



CV

**Frederik A. Gildberg**  
Training  
School  
Co-ordinator



CV

**Andres Fontalba Novas**  
Leader WG1 "Risk Factors for  
Coercion"



CV

**Frans Fluttert**  
Leader WG2 "Alternative  
Interventions"



CV

---

**Sabine Hahn**  
Leader WG3 "Outcomes and  
Recovery"



CV

**Joy Duxbury**  
Leader WG4  
"Implementation Science"



CV

**Boukje Ehlen**  
Leader WG5 "Dissemination  
and Exploitation of New  
Understanding"



CV

# What can FOSTREN offer for UK participants?



**FOSTREN**





# What are your priorities for international networks – a poll

- Networking with different stakeholders from other countries
- Finding research partners
- Learning about latest evidence
- Sharing experiences/ expertise
- Something else, what?



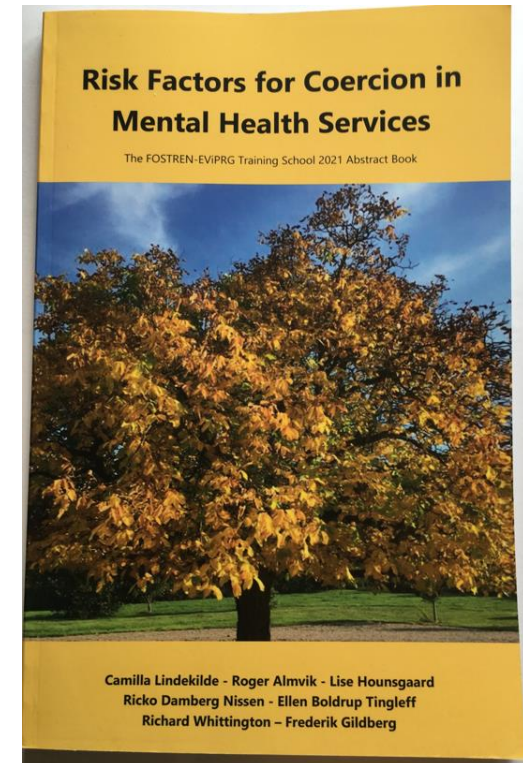
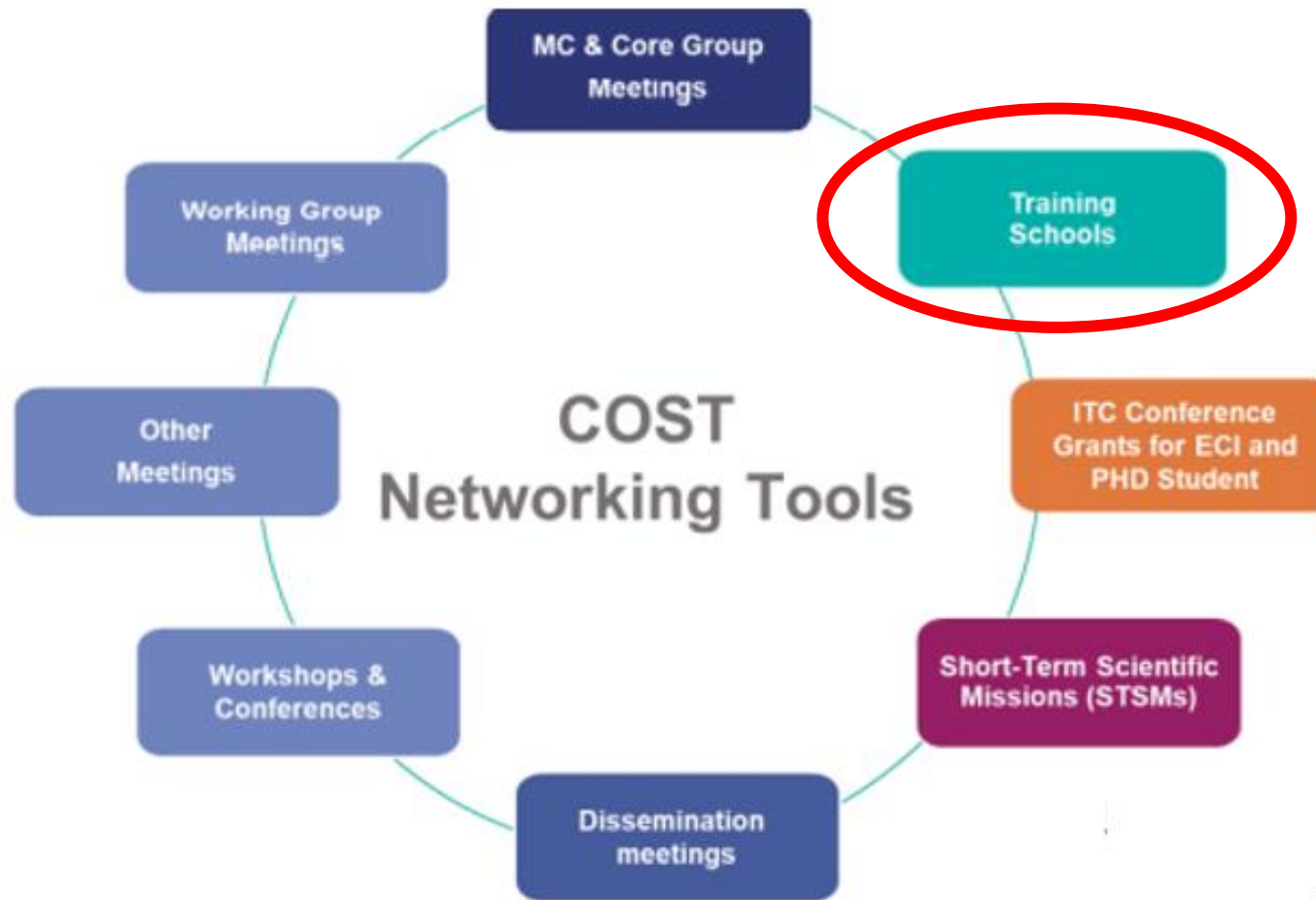
# What FOSTREN can offer?

# Latest evidence



- Risk factors for coercion
- Alternatives to coercion
- Best practices for debriefing
- How to implement research evidence in sustainable way to create real change?

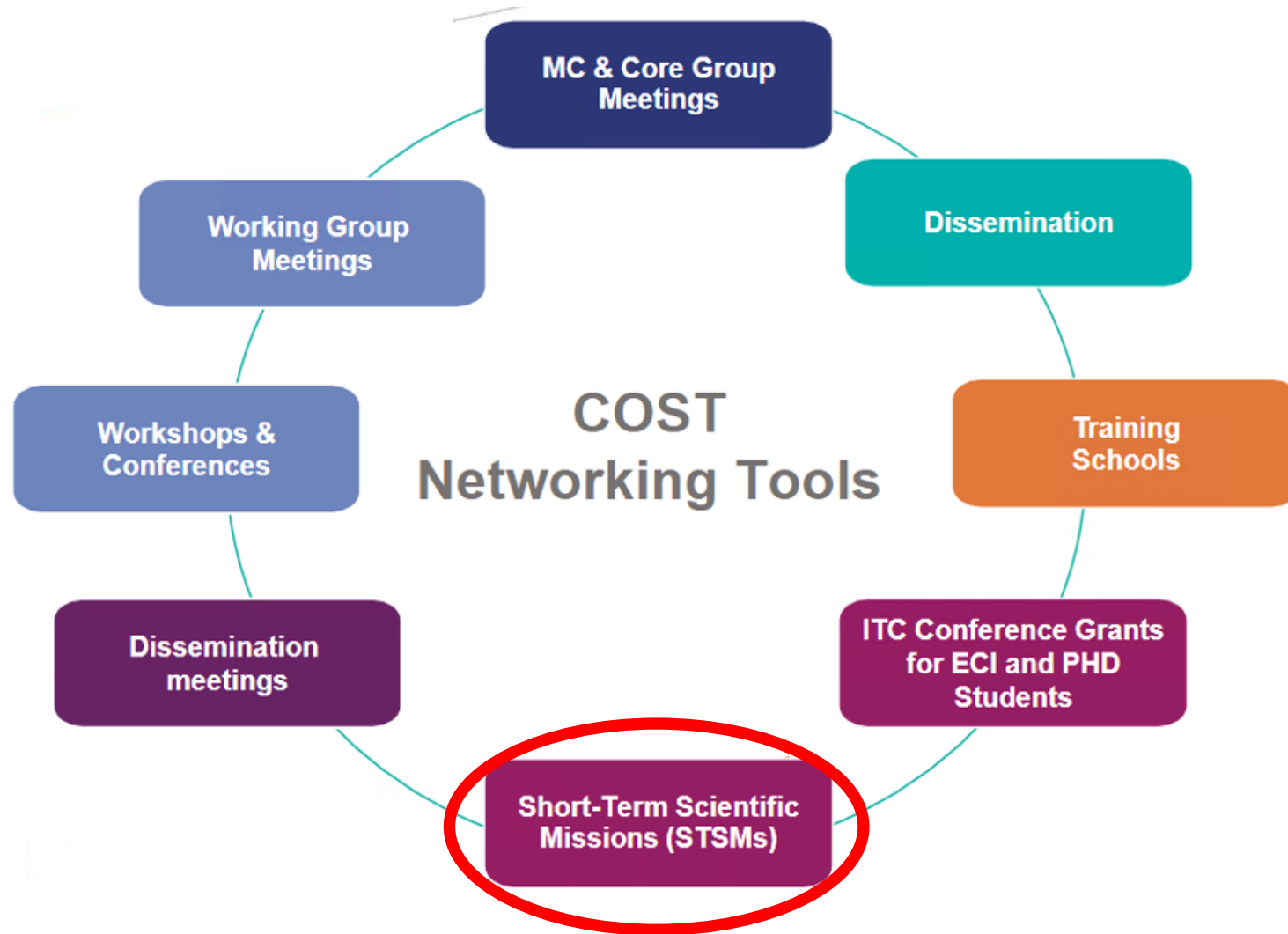




# Training schools

- Yearly training schools
- Full funding, ECR
- Application period: Spring
- Next one: September 2023, focuses on outcomes and recovery (WG3)





# Short Term Scientific Mission (STSM) grants

- Especially ECR (students and max. 8 years after PhD)
- 5-90 days, full funding
- In any country
- University, hospital, research institution...
- What is can offer: networks, new methods for clinical practice and research, shared dataset etc.

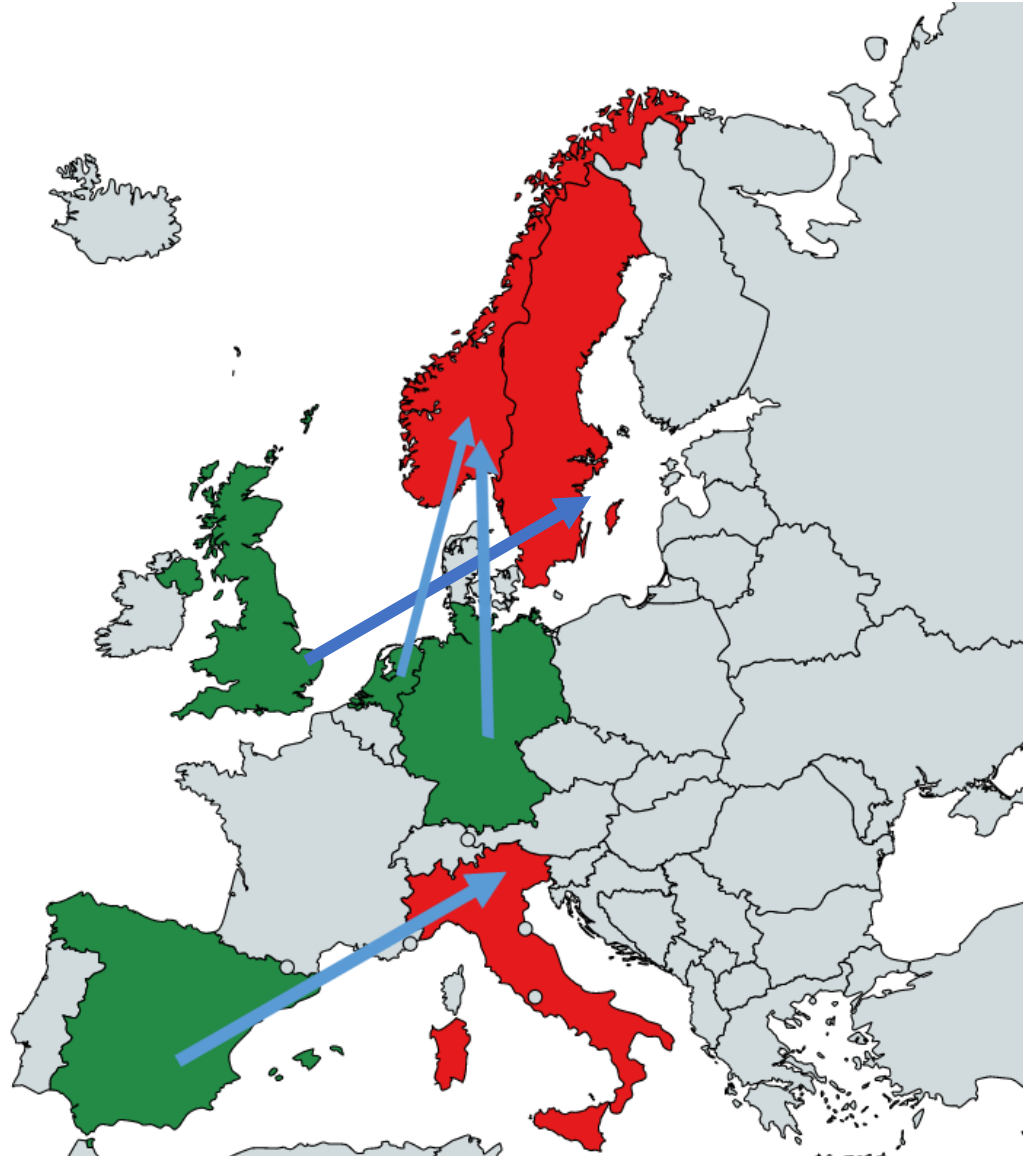


■ STSM Home Country  
■ STSM Host Country



## Short-term Scientific Missions (STSM)

2021-22



OSTREN

**cost**  
EUROPEAN COOPERATION  
IN SCIENCE & TECHNOLOGY



# Webinars and workshop

- Free of charge
- Online/in-person
- Topics related to FOSTREN
- All members welcomed!

## FOSTREN Spring Workshop

17th. March 2021

9-3 CET

Zoom

**Main theme: alternative interventions to coercion:  
some ideas on what we know and/or what we need to know**

09.00-09.30 Welcome / introductions / aims / programme (Richard Whittington)

WG2 Presentations (Frans Fluttert)

9.30 – 9.50 Open-door policies in Germany: Concept and empirical evidence. (Simone Efke, Matthe Scholten).

9.50 - 10.10 Design, architecture and psychology in mental health. (Otto Paans).



## AGENDA May 27th 2021 9AM CET ZOOM video conference

### FOSTREN

09.00 - 09.15 Welcome by Richard Whittington and Trond Hatling

09.15 - 10.00 **P1: Keynote:**  
Tessa Maquire PhD-DASA study (Swinburne University of Technology / Forensicare, Melbourne, Australia) and  
Dr. Tella Lantta (University of Turku, Finland): "Enhancing risk assessment and intervention to prevent aggression and reduce the use of restrictive interventions: Development of the eDASA + APP"



# Työskentelytapaamisia ulkomailla

- MC + aktiiviset jäsenet
- 3-4 tapaamista vuodessa
- 1. 'live' tapaaminen 10/21  
Málaga

## Analizan la prevención de medidas coercitivas en salud mental

Un centenar de especialistas participan en la Facultad de Medicina en la reunión europea 'FOSTREN'

La Opinión

Málaga | 15.10.21 | 04:00



PUBLICIDAD



Un momento del encuentro, que se prolongará hasta hoy. / LA OPINIÓN



# FOSTREN Deliverables for 2022-

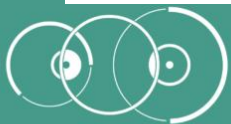
Mapping exercise

Glossary

Datasets and toolbank



# Anyone can participate



FOSTREN


**cost**  
EUROPEAN COOPERATION  
IN SCIENCE & TECHNOLOGY

## Join us...

FOSTREN is an open network and we welcome applications to join us from anybody who has:

- an interest in the issue of coercion in mental health services
- some professional or personal expertise relevant to the topic
- a willingness to share ideas and to collaborate positively to help us to achieve our objectives

# CA19133 - Fostering and Strengthening Approaches to Reducing Coercion in European Mental Health Services

 Downloads[Home](#) > [Browse Actions](#) > [Fostering and Strengthening Approaches to Reducing Coercion in European Mental Health Services](#)

Description

Management Committee

Main Contacts and Leadership

Working Groups and Membership

## Description



FOSTREN is an Action designed to establish a sustainable, multidisciplinary network of researchers and practitioners focused on reducing the degree to which mental health services use coercion in hospital and community mental health services. Many people receiving mental health care are subjected to coercive practices such as outpatient commitment in the community and physical restraint in hospital. Such practices can violate human rights and there is a growing international policy momentum to reduce reliance on them. Given the biopsychosocial complexity of mental health service delivery, successful initiatives in this area require sustained multilevel interventions which can be implemented effectively in the long term. Clinical practice in this area is extremely variable across Europe and relevant research activity is highly fragmented. The FOSTREN network will address these issues by enabling research and practice expertise to be exchanged in order to create an integrated framework for mental health service transformation.

The network objectives are: to advance understanding of successful interventions to reduce coercion within an implementation science paradigm by building a stable interdisciplinary network of European researchers and practitioners; and to apply this understanding by articulating and communicating best practice to key stakeholders responsible for mental health service delivery. This will be achieved through networking activities organized along four themes: risk factors; alternative interventions; outcomes & recovery; and implementation science. Key deliverables such as a framework for shared datasets and a coercion reduction implementation model will contribute to a pan-European effort to enhance human rights for vulnerable people with mental health problems.

## Action keywords

Coercion - Mental Health - Violence - Organizational change -

### Action Details

 MoU - 036/20 CSO Approval date - 24/03/2020 Start date - 22/10/2020 End date - 21/10/2024 <https://fostren.eu/>

### How can I participate?

- Read the Project Description [MoU](#)
- Inform the Main Proposer/Chair of your interest to participate
- [Apply](#) to join your Working Groups of interest
- Please note, Management Committee nominations are carried out through the [COST National Contact Points](#)

# FOSTREN contact details

- Chair: [richard.whittington@ntnu.no](mailto:richard.whittington@ntnu.no)
- Science Communication manager: [tella.lantta@utu.fi/](mailto:tella.lantta@utu.fi)  
[t.lantta@mmu.ac.uk](mailto:t.lantta@mmu.ac.uk)
- Web pages: <https://fostren.eu/> (blogs etc.)
- Joining us: <https://www.cost.eu/actions/CA19133/>
- LinkedIn: <https://www.linkedin.com/company/cost-action-fostren-coercion-mental-health-europe/>

**Richard  
Whittington**  
Chair



# Q&A about FOSTREN and international networking