1st Community Based Services and Importance of Peer Support Symposium

“Do You Hear Our Voice?”

Bağlarbaşı Conference Hall, Üsküdar, İstanbul

Dec 20 Friday, 2019

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| **Time** | **Title** | **Speaker** |
| **9.30-10:00** | Opening speeches and music performance | İlhan Babaoğlu, Improvised saxophoneFatma Zengin, İYİ Social CooperativeInitiative |
| **10:00-10:30** | Peer support in community-based mental health services | Jan Berndsen, Mental Health EuropeModerator: Volkan Yılmaz |
| **10:30-11:00** | 100% Peer Support: Enik College | Martijn Kole,Enik Recovery CollegeModerator : Fahriye Oflaz |
| **11:00-11:20** | Break |
| **11:20-11:50** | Service providers and peer support (video conferencing) | Duysal Karakuş, New York Community AccessModerator : Kader Demirok |
| **11:50-12:20** | Narcotics Anonymous history in Turkey | Betül B, one of the founders of Narcotics Anonymous TurkeyModerator: Gonca Polat |
| **12:20-13:20** | Lunch Break |
| **13:20-14:00** | Experiences of those receiving mental health services,What did I do to heal?Moderator: Sevil Mıdık | Onur Taşdemir, a graduate of the department of traditional handicrafts, amateur theater player, a young person who stayed in mental hospital and now teaches in a community mental health center.Hakan Bilgiç, a man / father / grandfather with bipolar disorder who has undergone electroshock treatment several times but well in the last 13 years Mediha Bozkır Yıldız, a woman with severe cerebral palsy, who lives now independently after years of institutions and is sometimes mentally tested by psychiatrists for guardianship and to be sent back to the care center. |
| **14:00-14.40** | What do family members live in? What do they need?Moderator: Ayşe Göçer | Gülseren Koçer, a mother with a son diagnosed with schizophreniaSevil Mıdık, a mother with an autistic sonGülser Özkan, a mother with a daughter with down syndrome |
| **14:40-15:00** | Ara |
| **15:00-16:00** | Peer Support Initiatives in TurkeyModerator: Oğuz Mordağ | Abdulkerim Yalın, Bakırköy Mental and Neurological Diseases Hospital Client CouncilYasemin Şenyurt, Ankara Blue Horse CafeFikret Bektaş-Fatma Zengin, İyi Social Cooperative InitiativeCan Feyzioğlu, Rusihak and Istanbul Clubhouse Startup Group |

\*In all sessions 5 minutes will be devoted to the audience's questions. The questions will be collected in notes and the moderator classify them for the speaker.

Dec 21 Saturday, 2019

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| **9:15-9.30** | Music Performance | Fikret Bektaş, gitar |
| **9.30-9.45** | Planning and distribution of workshops (Moderator: Mücahit Öztürk) |
| **9.45-11:15** | Simultaneous workshops* 1. Hearing and being aware of the Body –Mind, Yoga&Thai Chi Instructor Özber Çin and Psychological Counselor Fatma Zengin
	2. Ask Me Also (an interactive dialogue meeting with all parties of the mental health) - members of the İyi Social Cooperative Initiative (8 people)
	3. Developing strategies for self-advocacy- Assoc. Dr Gonca Polat and Can Feyzioglu
	4. Live expertise/peer support training - Martijn Kole
	5. Community and home mental health services - Jan Berndsen, licensed nurse
	6. Thinking and experiencing for living together with different (people)- Nevin Eracar, Clinical Psychologist, Psychodramatist, Art therapist
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| **11:15-11.40** | Break |
| **11:40-12:40** | Sharing the experiences from workshops by the participants (Moderator: Fahriye Oflaz) |
| **12:40-13:30** | Lunch break |
| **13:30-14:30** | A road map towards the future5 groups separated participants will discuss how to sustain peer support movement in Turkey.(5 or 6 concepts related to peer support, participation and sharing of experience will be identified and small group discussions will be held.)(Moderator: Enes Taplı) |
| **14:30-15:00** | Break |
| **15:00-16:00** | Sharing and closing discussion results of small groups (Moderator: Kader Demirok) |