



**Mental  
Health  
Europe**

**Mental Health Europe  
Rue de la Presse 4, 1000  
Brussels,  
Belgium  
+32 2 227 27 08**

**info@mentalhealtheurope.org  
www.mentalhealtheurope.org**

**Friday, 21 June 2024**

## **MENTAL HEALTH EUROPE**

### **CALL FOR EXPERT**

#### **Research and report on recovery based human rights indicators in mental health services.**

Mental Health Europe is seeking an expert to support the development of a report aiming at taking stock of the current method to assess recovery services and their compliance with human rights (specifically the UN Convention on the Rights of Persons with Disabilities).

**Candidates are invited to respond to this call by the 5th of July 2024** by sending their proposal to Camille Roux at [c.roux@mentalhealtheurope.org](mailto:c.roux@mentalhealtheurope.org). Candidates can get in contact before submission for questions and clarifications. **Proposals will be assessed on a rolling basis and therefore the consultancy may be assigned before the deadline should a proposal meet the technical and financial requirements.**

**The selection of the expert will be completed by the 10th of July and the selected candidate should be ready to start the assignment no later than the 17th of July and complete it by end of October 2024.**

### **About Mental Health Europe**

Mental Health Europe is the largest European independent network organisation representing mental health users, their families and carers, health professionals and service providers in over 30 countries across Europe. MHE has been working for over 35 years to promote positive mental health, prevent mental distress and advocate for social inclusion and the protection of the rights of persons with psychosocial disabilities. MHE subscribes to the [psychosocial model of mental health](#), according to which mental ill-health is a human experience and is influenced by a variety of factors including wider socio-economic and environmental issues (e.g., access to employment, education, living conditions, etc.).

**Equal rights. Better mental health. For all.**

MHE's work is underlined and guided by key international and European frameworks such as the CRPD. A human rights-based approach to mental health and disability is founded on the principle that people with disabilities, including people with psychosocial disabilities, must fully enjoy their human rights. MHE advocates for the full inclusion in society of persons with psychosocial disabilities without discrimination and on an equal basis with others.

## I. Background information

With the prevalence of the biomedical approach (for more information on Mental Health Europe's psychosocial approach see [here](#)) to mental health, very few services in the EU have been developed following a recovery approach based on human rights. As the special rapporteur on the rights of persons with disabilities pointed out in his 2022 report on [Transformation of services for persons with disabilities](#), there is a paradigm shift in the way persons with disabilities and services are seen, with personhood, inclusion and human rights taking a central part. This of course has an effect on persons with psychosocial disabilities and can have a ripple effect on persons with mental health problems and services workers in general as it influence the way that society view services, as a mean to achieve human rights.

European countries willing to modify their services provision lack models and quality frameworks to undergo the reform or are simply not aware or understanding what are recovery-based services. Civil Society Organisations that want to advocate for a change do not have a common understanding of recovery based services or indicators to assess their success and compliance with.

Several separate frameworks already exist with indicators on recovery, on quality of life based on the UNCRPD, quality of life, quality assurance framework for services. None is fully bringing together recovery and human rights from a mental health perspective.

### Scope of the study:

The study represents the first step of an effort led by Mental Health Europe to contribute to the creation of a complete framework to assess the compliance of mental health services with a recovery approach that promotes the realisation of all the rights under the UNCRPD. This study will constitute a scoping exercise to clarify the state of play and get a common understanding and definition of recovery system for Mental Health Europe.

## II. Scope of assignment

### Overall task:

The expert is expected to carry out research and draft a report on recovery based human rights indicators in mental health services. The expert will focus on a literature review on the current state of understanding of recovery in mental health in Europe and on the answers to a survey disseminated to Mental Health Europe

membership and key partners. The survey will gather their definition of recovery and several human rights compliant recovery practices that they are working with. The survey will be launched by Mental Health Europe and the results will be communicated to the expert to be used in the review. The final report from the expert will comprise the analysis of the current understanding of recovery in mental health settings, illustrated by concrete practices, recommendations on definitions, and examples of human rights based recovery indicators inspired by such analysis. It should not exceed 15 pages and contain a set of at least 5 indicators.

#### Description of tasks:

- Carry out a literature review on human rights compliant recovery definition used in mental health settings;
- Analyse the results of the literature review and of the survey to map out the situation in Europe and draw recommendations;
- Write a 15 pages report highlighting findings, recommendations, and including a set of at least 5 indicators that could be successfully employed.

### III. Budget and deliverables

The maximum budget planned for this assignment is 6.000€ including VAT.

Please find below a list of milestones and deliverables and their indicative timeline. The final timeline will be agreed with the winning bidder:

<b>Deliverables (D) and milestones (M)</b>
M1. Preparatory meeting between MHE Secretariat and the expert. Agreement on the overall structure and outline of the report. <b>July 2024</b>
M2. Literature review and analysis of the result of the survey. <b>By end August</b>
M3. Potential interview with MHE members to clarify survey results – <b>1<sup>st</sup> half September</b>
D1. Draft preliminary report outlining the different visions and systems of recovery in the EU, associated good practices, first recommendations, and insights on indicators that could be used to assess services. <b>End of September</b>
M4. At least 2 working meeting with MHE secretariat + relevant stakeholders to provide feedback on the draft - <b>by mid October</b>
D2. Final report integrating feedback provided by MHE and members - <b>end of October</b>

### IV. Selection process

In order to perform this assignment according to expectations the expert must have:

- Proven expertise in carrying out research in the field of human rights and mental health;
- A highly methodological approach and excellent writing skills;

- Fluency in English (written and spoken).

To respond to this call, applicants shall submit:

1. A CV describing expertise and experience in carrying out similar assignments;
2. An outline of their approach to this assignment (maximum 1 page);
3. Financial proposition, which should include number of days of work, daily rate and VAT (if applicable).