

## **Description of the Project and its Activities.**

The project includes three key activities: a) modernization and replenishment of the treatment process; b) quality, interesting and mental health-beneficial free time activities; c) improvement of freedom and allowing personal freedom and greater freedom of movement of child clients by introducing a security system, and also d) publicity of the project. For management of the project see chapter 6 of this study.

a) In-patient care of children and the youth with mental diseases is a specific and very demanding area of psychiatry, which requires considerate and modern therapeutic procedures and programs, thanks to which the treatment process will become friendlier and more “homely”. In order to use them, however, it is necessary to adapt the interior areas and to build new facilities. It will create conditions for the use of music therapy, art therapy, theater-assisted therapy, the plan is to purchase a small ceramic kiln, to build and equip a small kitchen, to purchase large plush toy animals for contact therapy. These individual methods shall synergically work within the entire therapeutic process. It will create an infrastructure for sensitive therapeutic procedures.

b) The most frequent diagnosis in child patients is behavioral disorders. As the average duration of one child client’s stay in the hospital is quite long, quality and pleasant free time is exceptionally important. Not only will the child patients’ stay in the hospital be more pleasant but they will also be more relaxed within these activities, they will more easily accept the treatment procedures, and it will help their re-socialization after going back home. The activities in our project cover the issue of using the free time comprehensively. The individual activities and procedures in this activity are interconnected and mutually complemented, and their ultimate effects are very comprehensive. The children will take the positive habits related to the use of free time with them after returning from the hospital.

c) The third and equally important part of the project is the implementation of a security system, which will enable the child patients to move freely within the hospital, and the above-mentioned therapies and free time activities can then work more comprehensively, and in general the stages of the project shall therefore have positive impact on the general condition of the mental disease. It is an access system using identification cards with various access rights and a monitoring system using cameras and noise sensors. The camera system should be located solely in public areas (corridors, play rooms, dining rooms, outdoor playgrounds) and should serve for quick response by the personnel in case of emergency (injury, health problems, etc.). Discreet areas (bedrooms, classrooms, bathrooms, restrooms, offices of doctors, psychologists, nurses, etc.) will naturally not be monitored by technical equipment at all.

d) Publicity. The basic objectives of the publicity will be to point to the actual existence of the financial mechanism EHP/Norway and to increase awareness of this mechanism and to promote the project itself as well as the sources of funding of the project.

Publicity shall be outsourced.

The target groups shall be the professional public, partially general public, employees of the hospital and our clients with their parents and close relatives, and also other healthcare facilities in the Czech Republic with the respective focus.

### Re a) modernization of the treatment process

Modern equipment of the premises of the hospital will contribute to better mental state of the child patients, the broad range of therapies will help children of various age categories and of various interests. Renovation and new equipment will help to rid of the stigma associated with being in a hospital, the care will therefore become more humane and considerate, and the children will develop positive feeling of mental well-being.

As for the material provision for the project, with respect to the fact that the hospital is located within a large park it is not a problem to build a greenhouse or to make a small zoo available.

Individual items	Detailed information	Outputs	Size of the target group
Acquisition of equipment for independent ceramic creativity of children and the youth	The calculation of the quantity of units acquired is based on the hospitalized patients in the previous years (year 2006 - 95 patients, year 2007 - 143 patients, half of 2008 - 83 patients, we expect 160 patients).	There is no ceramic shop within the building yet; work within art therapy (with clay, etc.) is very creative	Daily 6 children every 2 hours
Small safe ceramic kiln	One kiln for the firing of finished products.		
Potter's wheel with increased security against injury	One potter's wheel, the children will take turns.		
Wooden working tables	We envisage acquisition of 3 smaller quality working tables, so that children would have enough room and would not feel restricted		
Working chairs	We envisage acquisition of 15 - 20 chairs that will be used by the children as well as other children who will observe this activity. 5 chairs will be used by the personnel supervising this activity.		
Ceramic clay	We envisage 3 kg of clay per person, i.e., 18 kg of clay per day in total (6 children daily), the expected operation within the project period is approximately 165 days. I.e., 3000 kg of clay in total		
Tools for ceramic production (for details see the budget)	Derive from the number of patients and the life of the materials, e.g., modeling loops will not last more than six months, etc.		
Creation of conditions for extended application of music therapy – acquisition of musical instruments for considerate treatment using music therapy	The calculation of the quantity is based on the current situation in the hospital and the children's interest in musical instruments. We would like to offer the children not only new instruments but we would also like to enhance the current state in order to satisfy the demand of all children. The current state of musical instruments does not suffice	Music therapy is already used; new musical instruments would be more attractive for the children. CDs will motivate and inspire to music.	2 times a week 20 children / 40 children in a week /
Musical instruments (for details see the budget)			

	the number of 20 children. It is necessary to add more.		
Wooden CD stand, capacity 100 CDs	Even if we consider approximately 20 music CDs, we expect getting more CDs in the future.		
Quality music CDs	So far we consider approximately 20 music CDs; additional CDs will be purchased if savings are made in the project		
Construction of a greenhouse for the introduction of alternative therapeutic working activities for children and the youth, which ensure better relationship to the nature,	The quantities of the items acquired are calculated with the assumption that 10 children will be involved in the activity, some will work with the spade, some will work with shovel, etc. In winter time, involvement in the removal of snow is envisaged. At least 10 pieces of tools will be needed at a time, but it can be several different types, not just 10 shovels.	The first step toward re-socialization by being aware of the feeling of obligation and assignment when taking care of plants; possibility of at least minimum contact of timid children with live nature; the children will understand better the regular cycle of the four seasons and will experience satisfaction out of their work	10 children a day
Gardening tools (for details see the budget)			
Provision of the possibility to use animal-assisted therapy – provision of safe access to and movement within the existing small zoo establishment	Adaptations in the small zoo establishment, so that the children would have safe and sufficient access to the animals	Children and the youth will be able to have safe therapeutic contact with animals	Approximately 10 children a day
Creating a system of alternative theater-assisted therapy – acquisition of the curtain, sets, costumes and other equipment for pro theater-assisted therapy,	Curtain, sets, costumes, and other equipment will be acquired for pro alternative theater-assisted therapy, conditions will be created for the writing of their own screenplays, for rehearsals and their own performances, which will improve their approach to and coping with the world and their surroundings.		
Acquisition of a curtain with powered opening mechanism	We envisage acquisition of a safe curtain tailor-made to suit our requirements, with powered opening mechanism	Theater-assisted therapy teaches children to improvise, to express themselves, and it removes stage fright.	This activity would be used by 20 children 3 times a week
Acquisition of sets	We envisage acquisition of 20 different wooden set pieces (houses, forests...), some finished, some partially finished, which the children will paint themselves.		
Acquisition of costumes	We also estimate acquisition of 20 costumes for children (prince, princess, jester...), the children will be involved in the specific selection of the costumes, they will direct us, which fairytales they like. When 20 children participate 20 costumes is the exact quantity. The children also need to have space to select the costume.		

Acquisition of other theater tools (hand puppets, etc.)	These are tools that children can use in theater, e.g., hand puppets, puppet show, marionettes,... We envisage 10 hand puppets, 28 marionettes and 2 puppet shows.				
Child-friendly equipment of the small kitchen					
Normal kitchen furniture with safety features for children	We envisage acquisition of the kitchen furniture for children. It is necessary that it have safety features for children, e.g., to prevent finger squeezing, etc.				
Fast-cooking electric hot-plate panel with baking hot-air oven	Safety of the panel and the oven is necessary. We would like to purchase an oven where burning of children is prevented				
Dishwasher standard	The children should learn to wash the dishes but some items and amounts will be washed in a dishwasher.				
Kitchen robot	We will purchase a kitchen robot that will be operated by the personnel as well as the other kitchen appliances. The appliances will make the children's work easier and they will learn how to use them.	During joint cooking the children will divide the work, they communicate a lot, they learn to cooperate, and so their social adaptation is made easier. We envisage, for example, baking Christmas cookies, Easter bunny, etc.	Therapeutic kitchen: 6 children 2 times a week; kitchen area: 6 children 3 times a week		
Refrigerator standard	Refrigerator for storing food and finished meals.				
Kitchen dishes	We envisage acquisition of 2 sets of kitchen dishes (approximately 15 pots with lids)				
Deep skillet with lid	We envisage acquisition of 2 skillets for cooking crepes, etc.				
Kitchen tools (trays, plates, glasses, silverware, rolling pins, rolling boards, etc.)	Kitchen tools are essential for the kitchen as well				
Wooden tables	2 tables will be acquired to create large space for the children's work. Children need a lot of space in their activities and the kitchen counter for 6 children is very small.				
Cushioned wooden chairs	6 chair acquired for 6 children. If it is necessary to get more chairs it is possible to use the chairs from the ceramic shop.				
Studio for the children and the youth	The quantity of the units acquired is based on the number of patients hospitalized in the previous years (year 2006 - 95 patients, year 2007 - 143 patients, first half of 2008 - 83 patients, we expect 160 patients) .			art therapy is an important guide also when getting to know the child's personality and his or her current mental state	10 children 4 times a week / 40 children in a week in total/

<p>For detailed items see the budget</p>	<p>The quantities of the items acquired are calculated with the assumption that 10 children will be involved in the activity 4 times a week (total of 40 children a week), some will draw with colored pencils, some will paint. The quantities of the units are aimed at satisfying each child. Some tools are usable only once, e.g., A3, A4 quarter paper sheets. If they are used up and some money is saved we will purchase more. It is now difficult to determine how much paper, how many pencils the children will use.</p>		
<p>Massage chairs for relaxation therapy and lights, stationary bicycles – the child can control the mode and intensity of the massage according to his or her current psychic state</p>	<p>4 massage chairs are selected in order to ensure that 30 can smoothly take turns during the day. The children should get relaxed and free from being stressed by the other children. In 4 chairs the children can easily take turns during the day. We would like to purchase 2 classic massage chairs and 2 chairs with more advanced technology and joystick- controlled, which also include simulation of lymphatic massage, so that children can totally relax. The lights are for relaxation alternative therapy. In one chair the second waiting child would not be able to wait for the first child to finish, and therefore we will purchase lights as well as 2 stationary bicycles, in order to prevent long waiting periods for children. The stationary bicycles will also be used within the rehabilitation-recondition mini center where they will serve for everyday exercises.</p>	<p>The children will be relaxed</p>	<p>Up to 30 children a day.</p>
<p>Large hairy plush toy animals for contact therapy</p>	<p>We expect to purchase approximately fifty various safe plush toy animals. They will be not only for the youngest patients (although primarily for them) but all patients will be able to use them. That is why we wish 50 animals under the assumption of 160 patients annually. Some children also get fond of the toy and will want to be close to it, and so it will not be available to the others.</p>	<p>Primarily for the youngest patients</p>	<p>We envisage 160 patients</p>

## Re b) Providing quality, interesting and mental health-beneficial free time activities

Introduction of a broad range of free time activities has good conditions in the hospital because the management is aware of the importance of application of various therapies for successful treatment. This is demonstrated by events designed primarily for adult patients. Every year we organize, with the involvement of the general public, a musical festival “babí léto” (Indian Summer) in the autumn, in the spring the theater-musical festival called “Mezi ploty” (Between Fences). The hospital grounds host exhibitions and recently also literary competition “Kouzelný klíček” (Magic Key) for the patients of mental hospitals.

Individual items	Detailed information	Outputs	Size of the target group
Equipment of the rehabilitation/recondition mini center specialized in care of children and the youth. (for details see the budget)	To compile the items in the budget we used a common practice of building rehabilitation/recondition centers, i.e., what is necessary in the center and in what quantity, with respect to the user – i.e., the children.	For therapeutic physical exercises, recovery and relaxation. Unfortunately, so far the children must share such facilities with other adult patients. It will be more pleasant for the children to be among other children.	Daily, at least for 10 children
Whirlpool standard for 2 children	The children will be relaxed in the tub, it has also recovery effects. We envisage acquisition of 1 tub due to the necessary supervision by the personnel and the demands of the operation		
Punching bag	Punching bag for relaxation when waiting, e.g., for the stationary bicycle to be free.		
Fitness equipment (for details see the budget)	Different types of fitness equipment, which can be used by the children to exercise.		
Dumb-bells	We envisage purchasing approximately 20 dumb-bells ranging from 0.5 kg to 3 kg, so that the children could lift them and not hurt themselves. 20 dumb-bells for the mini center is sufficient in our opinion.		
Information and computer technology for re-socialization of the young clients by improving contact with the world;		It will improve the possibilities to communicate with the parents using the Internet; the children will be able to use different education programs to study languages, to prepare for school, to improve re-socialization. Today, only two obsolete computer stations, which do not meet the current conditions, are available.	Daily, 18 children, 2 hours each.
PCs and notebooks, standard, HDD 160 GB, 2 GB RAM	5 PCs and 5 notebooks will be sufficient for 18 children taking turns during the day. We envisage the computers to be supplied with software, an antivirus software and office software and the basic programs for drawing, etc.		
Software for language training – standard SW for English teaching	We would like to offer the children the opportunity to learn a foreign language. To this end we will purchase 10 licenses of quality		

	software for children. We assume that it will be for English.		
'School by playing' software	To improve the contact with the world, for which the children will use not only the Internet, we will also use various programs, so-called learning by playing, which use entertaining form to explain history, geography, physical phenomena, etc. we envisage purchasing 15 different licenses that will be installed on the computers and notebooks purchased.		
Equipment in the room for games – table soccer and hockey, pool, carpet for large chess game, table tennis, table games (for details see the budget)	The particular equipment and games have been chosen according to our own experience from the hospital, according to what the children are mostly interested in, how they spend their free time. All the games teach them to play and healthy competition. The number of units acquired corresponds with the requirements for the play room – i.e., 40 children a day.	Importance for active use of free time and the associated good habits.	40 children daily
Use of the positive impact of art on the youth and learning to perceive cultural experience in a group – acquisition of a speaker system, DVD and a data projector with screen, television set	The types of the resources selected are clear (from the speaker system up to DVD). We envisage acquiring the individual items, it is not necessary to have more than 2 television sets, etc. It also depends on the children's attitude; if their interest increases the audio system can also be enhanced with the possibility to use it within the music therapy.	This activity works not only through artistic impressions but also through group and social experience with others, to start the necessary social habits and build the basis of social contacts.	Almost all children
Equipment for free time modeling and handwork	When putting the list together, we were drawing on the difference between our situation and the requirements of the patients - children. The individual items and quantities expand or add to the current status. We also envisage that the workshop will be visited by 12 children a day, and most of the material is of consumer nature.	Modernization and expansion of the offer of the existing workshop	This workshop would be used by 12 children a day, taking turns every 3 hours.
embroidery, knitting, crocheting	We envisage acquiring 100 various tools for handwork, cotton threads, needles and whole sets. If necessary, the missing items will be purchased		
Loom	We envisage buying two children's looms that will add an attractive activity to our shop. It is also a very creative and relaxing activity. 2 looms because we expect the activity will be popular and we want more children to be able to		

	work on it.		
Car models, airplane models + tools to build them	We envisage buying 40 different models; if necessary additional models will be purchased using the applicant's own free funds.		
Possibility of outdoor sports activities as an outdoor therapy	When putting the list of items together we took into account that the patients are children, and so there is a risk of injury, and therefore we would like to purchase items with safety features. We assume some items will be utilized.	Any sports activity is very important for the mental health; various interesting activities will attract children to this activity, which is so important for them	All children in the hospital
Garden shelter – arbor 3x4 m wood	In case of bad weather; it will allow the patients to spend time outside.		
Small safe climbing wall (for details see the attachment P20 - documents are available at NFP)	A climbing wall is an excellent relaxation and training of coordination and assessment of own activities. This activity is good also as physical education. The climbing wall itself will attract children without having to force them to move.		
Slides, anchored in wood	We envisage acquiring two safe slides with safe access. As we expect 160 patients, 1 slide would not be sufficient.		
Climbing frames, swings, merry-go-round – all wooden	With respect to the number of children in the hospital we envisage purchasing 5 various outdoor activity elements that will make the children actively move and also ensure their safety.		
Table tennis + accessories (bats, balls, net)	We consider table tennis a good outdoor activity for older children who are no longer interested in swings.		
Suspended -ball ninepins	Ninepins are also considered a good outdoor activity for older children who are no longer interested in swings.		
Outdoor chess game with chessboard / wooden	We consider outdoor chess a good outdoor activity for older children who are no longer interested in swings.		
Garden furniture – wooden tables	Garden furniture - 2 tables and 15 chairs is calculated with respect to the number of patients who are in the hospital. Again, we think that some children will just relax outside, therefore we will purchase a bench, chairs, swing.		
Garden furniture - chairs, swing, bench – wooden			
Furniture for the library and library equipment	Adequate to the age of the children. Taken into account is also the number of children who are keen on reading (6 - 10 children a day)	Emphasizing the positive effects of reading; library as a separate area does not exist in the ward, the children do	6 – 10 children for reading

Smaller tables for the library	Purchasing 2 smaller tables for the library as a put-away place for books	not have sufficiently quiet room for reading	
Wooden bookshelves, glazed – tailor-made library system	To store the books, we would like to order a library system where the children could freely move, take out books and put them back. Again, it is necessary to ensure safety.		
Wooden chair, upholstered	We will place 9 chairs to the library for reading.		
Comfortable chairs for reading	To achieve more comfortable feeling when reading and relaxing we will purchase comfortable chairs, rocking chairs and a sofa/armchair set, which will allow the children to relax in a quiet environment of the library and to concentrate on reading		
Rocking chair			
sofa/armchair set – sofa for 3 persons			
Pillows and sitting cushions			
books, magazines, daily newspapers	For better orientation and contact with the world we will purchase not only various books but we will also provide the children with daily newspapers and magazines. Naturally, adequate to their age. For basic supplies for the library we envisage purchasing approximately 240 books. As subscription of magazines and daily press for children we will dedicate 10 copies.		
Durable toys that are motivating for the child psychiatry patients	For the youngest patients, but not only for them, so that they feel involved and also that they develop. We will take into account the number of patients because not only the youngest ones will be interested. For this reason we envisage buying a larger quantity of toys.		All children in the hospital

**Re c) Improvement of personal freedom and giving more freedom of movement to child clients by implementing a security system**

For successful combination of treatment and free-time activities it is important that the young patients have the maximum possible freedom, naturally under the condition that they will be supervised all the time for any cases of sickness, fall or other sudden incident. We therefore plan to implement a security monitoring system.

It is an access system using identification cards with the possibility to assign different access rights, and a monitoring system using cameras and sound sensors. The camera system should be installed solely in public areas (corridors, play rooms, dining rooms, outdoor playgrounds) and should serve for quick response by the personnel in case of emergency (injury, health problems, etc.). Discreet areas

(bedrooms, classrooms, bathrooms, restrooms, offices of doctors, psychologists, nurses, etc.) will naturally not be monitored by technical equipment at all.

For detailed plans of the system see the attachment to the application.

### **Re d) Publicity**

The basic objectives of the publicity will be to point to the actual existence of the financial mechanism EHP/Norway and to increase awareness of this mechanism and to promote the project itself as well as the sources of funding of the project.

Publicity shall be outsourced. Supervision have Manager, Financial officer et Organisation officer.

The target groups shall be the professional public, partially general public, employees of the hospital and our clients with their parents and close relatives, and also other healthcare facilities in the Czech Republic with the respective focus.

The project organizational employee will be responsible for publicity. His obligation will be to ensure that the publicity is in accordance with the Procedures for ensuring publicity, he shall coordinate the activities of the organization that will be in charge of the publicity.

This organization will be selected by the applicant based on a tender process organized according to all principles and act No. 137.

#### **The assignment for the tender shall have the following forms and scope of publicity:**

Activity	No. of hours
Posters, flyers, advertising stickers, permanent memory plaques - design, production, distribution	50
Advertising - design, provision of areas in the media	40
Conferences	
Introductory conference – providing the premises, inviting the participants, ordering refreshments, facilitating the program of the conference	55
Final conference - providing the premises, inviting the participants, ordering refreshments, facilitating the program of the conference	55
Supervision and work on the publicity during the project, checking whether the publicity is in line with the Procedures	89
<b>TOTAL hours</b>	<b>289</b>

At the beginning of the project, posters and flyers will be created, which should draw the attention of the staff and the public to the project and its funding. The posters and flyers will be placed in the area of the hospital and in the offices and the areas for this project.

Also, advertising stickers will be obtained; they will be used to mark the more expensive equipment registered as the assets of the hospital, e.g., massage chairs.

The hospital website will include a link to the project presentation (the funding of the project and the progress of the project including photos).

Addressing specialized magazines (“Psychiatrie pro praxi”, “Česká a slovenská psychiatrie”) to publish an ad about the project; we envisage publishing the ad twice during the project period.

At the beginning of the project a conference, a part of which would be dedicated to the possibility of acquiring funds from the Financial mechanism EHP/Norway and a part would be dedicated to information about the project (its goals and development).

At the end of the project a final conference, which will summarize the findings and conclusions from the project. So far, we envisage renting conference rooms and the technical equipment for the conferences.

All written documents as well as electronic processing will have the necessary form including the logos and text information on the funding from the Financial mechanism EHP/Norway.

All rooms occupied by the members of the implementation team will be marked with logos and text information on the funding from the Financial mechanism EHP/Norway. The next step will be creation of a specialized Datasheet, which will be distributed to the notice boards of the exhibition in the grounds of the Mental Hospital Bohnice with logos and text information on the funding from the Financial mechanism EHP/Norway.

We will create a project website, which will include complete information on the activities and course of the project, it shall be updated, and it shall also include a simplified chat – discussion forum. This web presentation will allow the information to be accessed not only by the specialists involved but also by the general public.

The system of the web discussion forum will allow immediate responses, corrections and adjustment of the opinions on this issue, it will offer alternative solutions, allow contact with experts (primarily where a “barrier” would normally exist), and also provide the individual groups with a new, fresh perspective of the issue. The website will naturally also include all the necessary publicity about the funding from the Financial mechanism EHP/Norway and marked with the respective logos.

Information on the implementation of the project will be continuously updated on the project exhibitions and website, and photos from the project implementation will be published.

A chronicle of the implementation of the project will be created, both in paper and electronic form (of course, it will also be downloadable from the website).

A board with logos and text information on the funding from the Financial mechanism EHP/Norway will be installed at child pavilion No. 28. The wards and facilities, where possible, will have a board with logos and text information on the funding from the Financial mechanism EHP/Norway installed. The lectures of the hospital personnel on child psychiatry will include, in a suitable form, also the information on this project and its funding from the Financial mechanism EHP/Norway.

The project will be promoted in the media (“Psychiatrie pro praxi”, “Česká a slovenská psychiatrie”); we envisage publication of an ad twice during the project period; all these materials will also be equipped with the necessary logos with a reference to the form and sources of funding.

A final report of the project will be prepared, which shall be published on the website as well as on the notice boards in the hospital.

Costs publicity – cost account for outsourcing	No. of units	Unit price inclusive of VAT	TOTAL including VAT
Poster A3 29,7 x 42 cm paper	20	0,70	14,00
Prospectus A5 14,8 x 21 cm paper	50	0,36	18,00
Self – adhesiv label 5,5 x 2,5 cm paper	50	1,94	97,00
Permanent memory plaques 30 x 50 cm	3	54,70	164,10
Advertising			
Journal Psychiatrie v praxi ¼ A4 10,5 x 14,8 cm	2	1 076,20	2 152,40
Journal Česká a slovenská psychiatrie A4 17 x 24,8 cm	2	1 461,00	2 922,00
Conferences			
Start conference			
Lease conference room and technique	1	358,00	358,00

Refreshment	1	359,00	359,00
Terminal conference			
Lease conference room and technique	1	358,00	358,00
Refreshment	1	359,00	359,00
Salaries (in outsourcing company)			
Manager			
salary	189 hours	12,50	2 362,50
Man for organisation			
salary	100 hours	8,75	875,00
<b>Total</b>			<b>10 039</b>

Supervision have Manager, Financial officer et Organisation officer.

For all project management see chapter 6 of this study.