

## IOI WORKSHOP FOR NPMS

### “Preventive Monitoring in Mental Health Institutions” “Creating Change for NPMs Fulfilling the Mandate for Many Years”

9 – 11 February 2026 | Oslo, Norway

## AGENDA

### DAY 1 | Monday, 9 February 2026

#### **Topic 1: Preventing ill-treatment in mental health institutions: Risks, Rights, and monitoring strategies**

08h30 – 09h00

#### **Opening and introductions**

- Welcome remarks, objectives, expectations

09h00 – 10h30

#### **Session 1: The preventive lens in mental health institutions**

- Why deprivation of liberty in mental health care is unique
- Key human rights and preventive standards  
(CRPD, OPCAT, CPT, WHO)

10h30 – 10h45

*Coffee break*

10h45 – 12h00

#### **Session 2: Risk and safeguards mapping exercise**

- Moments, circumstances and practices that constitute risks of torture and ill-treatment in the context of mental health institutions
- Key safeguards needed to prevent violence, abuse and ill-treatment
- Group work: identifying high-risk situations and related safeguards integrating an intersectional lens

12h00 – 13h00

*Lunch break*

- 13h00 – 13h45      **Session 2: Risk and safeguards mapping exercise (continues)**
- Group work restitution and plenary discussion
- 13h45 – 15h00      **Session 3: Interviewing and observation in mental health facilities**
- Approaches to interviewing persons with mental health conditions
  - Building trust, confidentiality, and safety
- 15h00 – 15h15      *Coffee break*
- 15h00 – 16h00      **Session 3: Interviewing and observation in mental health facilities (continues)**
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## DAY 2 | Tuesday, 10 February 2026

- 08h30 – 10h30      **Session 4: Documentation and engagement with relevant actors**
- Documentation / medical files in mental health institutions
  - Engagement with persons with lived experience / users of mental health institutions, families, communities, CSOs
  - Engagement with medical experts and staff
  - Peer discussion and lessons
- 10h30 – 10h45      *Coffee break*
- 10h45 – 12h00      **Session 5: Wrap-up and takeaways in relation to topic 1**
- 12h00 – 13h00      *Lunch break*

### **Topic 2: From Monitoring to Change**

- 13h00 – 14h00      **Session 6: From visit to reform**
- How to frame findings for maximum preventive effect
  - Building alliances inside and outside government

- 14h00 – 15h00      **Session 7: Keeping momentum after years of monitoring**
- Strategies to avoid fatigue and institutional stagnation
  - Re-thinking priorities and using data trends to show progress

*15h00 – 15h15      Coffee break*

- 15h15 – 17h00      **Session 8: Strategic communication and influence**
- Creative advocacy methods; using visuals, data, human stories
  - Engaging media and civil society

*(time tbc)                  Dinner at Skurr 33 (by invitation of Parliamentary Ombud Norway)*

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## DAY 3 | Wednesday, 11 February 2026

- 08h30 – 09h30      **Session 9: Photo Lab**
- Using images in NPM reports and advocacy

- 09h30 – 10h30      **Session 10: Designing a change pathway**
- Group work: Groups develop a strategy for a real or hypothetical case

*10h30 – 10h45      Coffee break*

- 10h45 – 11h45      **Session 11: Main takeaways and other issues for discussion**
- Discussion of main lessons and issues from topic 2

- 11h45 – 12h30      **Session 12: Next steps, closing and forward planning**
- Plenary discussion: lessons, commitments, next steps

*12h30 – 13h30      Lunch*