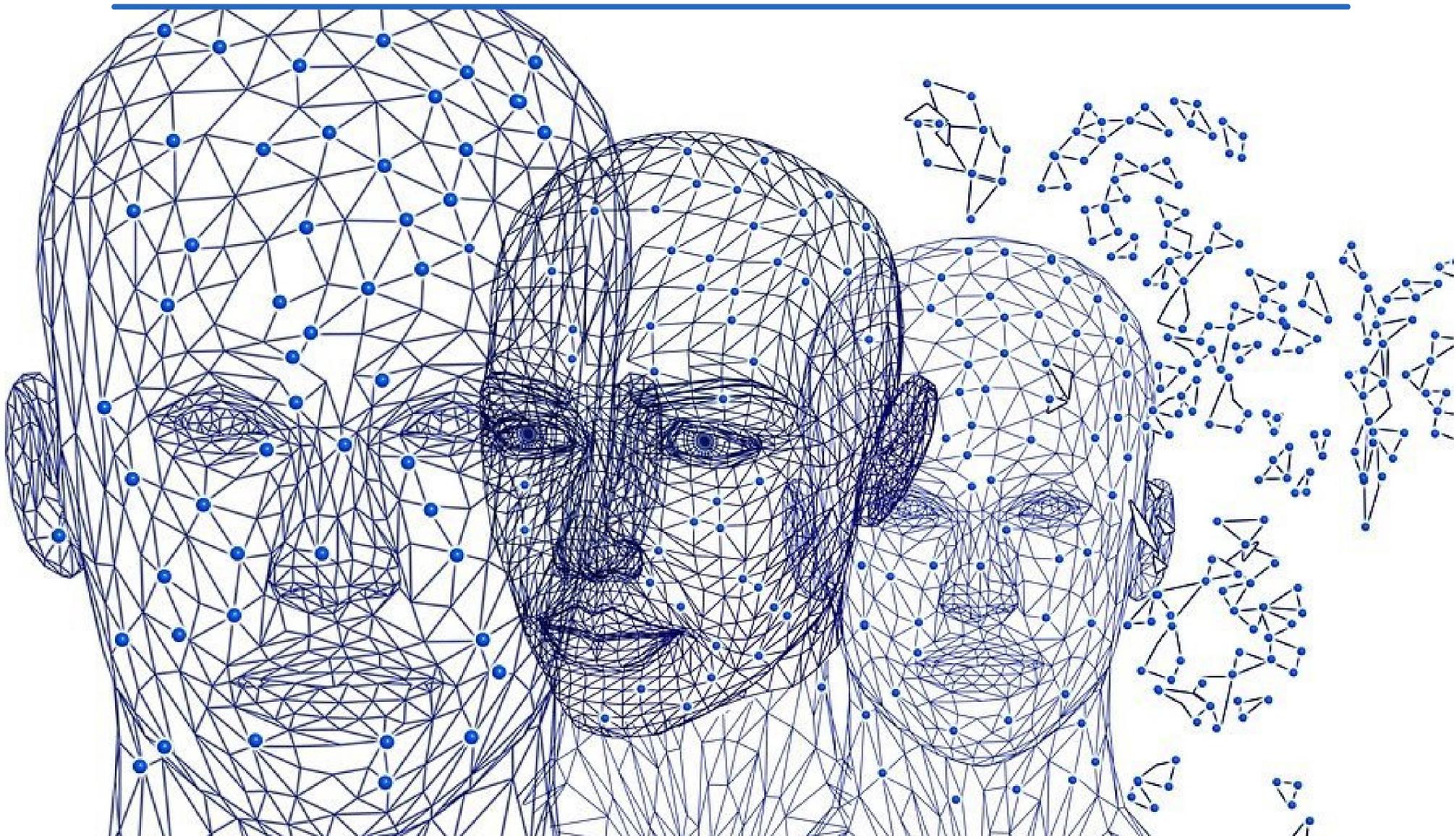




IncluPsy



Guide of good practices FOR THE SOCIAL INCLUSION OF PEOPLE WITH MENTAL HEALTH ISSUES



Co-funded by
the European Union



Presentation

WHY?

The IncluPsy project, co-funded by the European Union, gathers 6 European partners around the assessment that, too often, living with mental health issues still means to experience social exclusion. Thus, the presence of long-lasting disorders, the stigmatisation of mental health issues and the often-injurious effects of the long and repeated hospitalisations push gradually people towards marginalisation. They then experience isolation, autonomy loss (housing and working), loss of capability to act, self-worth loss and self-stigmatisation. Consequently, the IncluPsy project particularly aims to raise awareness towards the issue of social inclusion and to contribute to the diffusion of tangible ideas and practices to foster social inclusion of the people living with mental health issues. This guide is one of the means towards that goal.

HOW?

Based on a shared ethics, the recovery in mental health, each partner has identified, among its own projects or around it, practices promoting social inclusion in mental health. During the different transnational meetings, each partner was able to display its practices to the others. We thus developed cross-fertilisation during two years through those exchanges of good practices. This guide is the opportunity to share them with all the people interested in the subject and to support the blossoming of new practices that consider the full-fledged individual. It was imagined in order to leave some space to the testimonies of people involved, but also to offer ideas and solutions for you to transfer the good practices in your own activity thanks to the "How to?" section.

HAVE A NICE READING AND PRACTICAL APPLICATIONS!



www.inclupsy.eu IncluPsy



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Introduction

SOCIAL INCLUSION & MENTAL HEALTH

Mental health is defined as a state of well-being in which every individual realizes his own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to her or his community (WHO, 2013).

Sense of belonging to a community and social inclusion are connected with good mental health and prevention of mental illness, therefore stimulating the development of fair and inclusive communities is an essential but neglected part of supporting mental health and well-being. Mental illness can limit people capacity to participate in society, and so can social exclusion base on stigma and discrimination against people with mental illness. To be equal with others, many people with mental health difficulties need support to participate in the community. Social inclusion for full participation in society like everyone else is also a right according to United Nations Convention on the Rights for Persons with Disabilities (UNCPRD), which makes the government and the whole society responsible of the respect of this right and to provide support in social inclusion to those who need it. There is a growing body of evidence that demonstrates that people living with mental illness who are provided with well-planned and comprehensive support in the community have a better quality of life, improved functioning, more social contacts, increased self-esteem and self-determination and have fewer relapses. It demonstrates as well that taking part in social and educational training, volunteering or employment opportunities support the recovery process.



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Social inclusion is about being able and having the opportunity to participate in and contribute to community life in economic, social, psychological, and political terms. It is related to the experience of being part of and belonging to a community and using resources in the community according to the individual preferences. To do this requires having personal skills as well as access to resources in the community such as employment, recreations, sport, cultural and spiritual resources and other resources as well as support if it is needed. Social inclusion also means being free from social exclusion which comes from stigma and discrimination, both of which have negative impact on all life's areas of people with mental health difficulties. Social inclusion and exclusion are closely linked to each other and to the recovery from a mental disorder. Increase of social inclusion will decrease social exclusion and promote recovery and vice versa: reducing social exclusion by, for example, decreasing stigma will increase social inclusion. The World Health Organisation (WHO) defines the social exclusion as: "the dynamic, multi-dimensional processes driven by unequal power relationships interacting across four main dimensions - economic, political, social and cultural - and at different levels including individual, household, group, community, country and global levels." Social exclusion is connected to the inability of individuals and groups, such as disabled people, long-term unemployed, etc., to participate in the economic, social and cultural life of the society where they live. The emphasis here is on non-participation arising from constraint -rather than being a choice- as a result of a range of factors which combine to effectively preclude participation. These factors include unemployment, income, educational attainment, housing, financial exclusion and a lack of financial assets, health and mobility, and for people with mental illness, personal factors such as lack of skills, low self-esteem and social isolation due to stigma. Social exclusion is more a process than a state, which is very often difficult to reverse. It should therefore be prevented and replaced with social inclusion as soon as possible. Viewed in a broader way, social exclusion is not just about exclusion from social roles – it is also about reduced access to many of the resources in the community in areas important for the quality of life.





Strategies to increase the social inclusion and eliminate social exclusion -. Strategies must be individualised, because social inclusion may have different meanings and goals for each person. For example, many service users have desire for more friends and relationships, more acceptance by their neighbours, employers and families, and more opportunities for various leisure and cultural activities as well as being part of various groups in the community.

Strategies include:

Developing recovery and mental health services that respect rights, both of which helping people in skills building for community life as well as giving them support for social inclusion

Socially inclusive mental health services include recovery-oriented practice, an emphasis on social outcomes and participation and respect of the rights of people with mental health difficulties, the promotion of citizenship, equality and are free of stigma and discrimination. A key role of recovery services is to support people to gain/regain their place in the communities in which they live and to take part in mainstream activities with everyone else. All the interventions they provide should empower people with mental health difficulties and their families to be more resilient to stress and to engage in the community according to their choice and preferences, should develop and sustain social support network, and should improve employment opportunities. Interventions which involve social skill training in real life situation, self-management, which support employment, family intervention, which cope with stigma and self- stigma may empower a person and facilitate social inclusion. Access to a well-developed social network may have benefits for individuals to improve their subjective sense of belonging. These networks may also facilitate access to economic, cultural and information resources, which then benefit the individual. Socially inclusive and recovery-oriented services must have strong strategic relationships with the necessary range of social care agencies, for example housing, employment or community networks. People generally do better in services that support social inclusion, with mental health professionals using psychosocial interventions in order to improve social functioning and social inclusion, connect people through employment services and other resource in the community which increase connections as well as personal and social relationships.



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Promoting engagement and support in different activities in community including employment -

Involvement in various community activities available to all citizens such as participation in meaningful recreational, cultural, art, educational or cooking activities alongside other community members without disabilities that share similar interests increases social skills and social inclusion. By participating in diverse activities, people can develop social skills, improve self-esteem, form interpersonal relationships, improve their ability to live independently, and overcome loneliness.

Although many persons with severe mental health difficulties want and can work, they need support to find and maintain their job. There is good evidence that supported employment programs for people with serious mental illness are effective strategies for social inclusion. The possibility of inclusion in work through the social economy and special employment assistance programs such as Individual placement and support (IPS) is an important social inclusion strategy that has beneficial effects on health. The development of social economy organisation such as co-operatives or social enterprises contributes to, the development of formal and informal networks of people, knowledge and resources. It has the potential to involve people hard to involve, as well as the potential to act as advocacy and empowerment organisations for users. IPS, as an evidence base model of supported employment for persons with serious mental illness, has proven that employment is a powerful tool to facilitate social inclusion with beneficial impact on mental health.

Provide information-

To stimulate social inclusion, a booklet, spread sheet or digital information on available community resources and organizations (e.g. NGOs in the community; government agencies for social services such as housing, food, or other subsidies; education and vocational skills training opportunities; peer support groups; social and cultural programmes, activities and events) are recommended. The booklet and other source of information can be used by staff or people using the services to connect with other services outside the mental health sector.





People with mental health difficulties should be empowered, encouraged and supported to be able to access the resources in the community they aspire and be included in the community based on their personal preferences, regardless of whether they live in city or in rural area, in a private apartment, alone, with family or in any type of housing services. People with mental illness must not be labelled as patients or users diagnosed with mental illness, passive receivers of support, stigmatised due to their mental condition but as individuals with their unique values as a person, full-fledged citizens, who can also be productive and contribute to society, and who very often need support to be equal. This makes the whole society responsible to reach these goals and to develop a society with zero tolerance of stigma and to be inclusive for all citizens regardless of their differences. In the European Union, mental health is recognized as a public good; important for sustainable development, productivity, economic prosperity and the stability of a society that empowers individuals and communities. Our booklet of good practice of social inclusion of persons living with mental health difficulties can be a useful guide for communities to make society more inclusive for everybody.

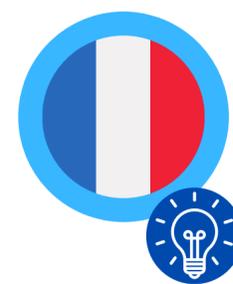
by Prof. Dr. Sc. [Slađana Štrkalj Ivezić](#), psychiatric MD.

For more literature, please go check our website



Good Practice n°1

CREATING AND PARTICIPATING IN A SPACE FOR MUTUAL AID AND PEER SUPPORT (LIKE A "GEM" MUTUAL AID GROUP IN FRANCE)



The aim is to create and/or support the creation of a space for mutual aid and peer support with the ethic of recovery in mental health

The idea is that the support that people who have been through or are going through a similar situation can give each other, as well as the hope that a peer who has managed to get better can bring, is important in the recovery process of people.

Being in a position to help a peer that is, or has been, in a difficult situation, helps to build a sense of empowerment. Whether or not this support is experienced as complementary to other care offers, the people concerned can give each other help and hope.

The way in which these places are organized may be diverse. At Luciole 92, members consider that the open meetings and informal exchanges are important moments of mutual support. The convivial moments and the common projects are moments where the strength of the collective helps them a lot. Moreover, the GEM organisation is dynamic and constantly evolving as it anchors itself in an ever-changing collective. This is a flexible organisation, that always thinks about its functioning in order to welcome people. Thus, when a peer is hospitalized or has to stay at home, the collective create ways to keep in touch such as visits or calls. For another example, during the confinement, the members organized call networks so that no one was left isolated during this period.



Extract of a collective testimony of Luciole92.

At the self-help group we meet people who have had similar experiences, which helps us feel less stressed about being judged. We feel welcomed and accepted as we are. We don't feel alone because we are surrounded by people who have faced the same difficulties. This allows us to escape the vicious circle of social exclusion. The participation to the mutual help group has enabled many of us to make new friends and find relief from psychological suffering. In the mutual help group, we feel protected in a benevolent environment."

The mutual aid group Inoui-Criquet in Asnières



+ INFOS

Website :

<http://luciole92.blogspot.com/>



WHO ? WHERE ?

The members of the association Luciole 92, and ehs as the association supporting the members in their project and organization (human resources management and grantsrenewal).

The "GEM", mutual aid group, of Luciole 92 is located in Boulogne-Billancourt near Paris. There are now more than 500 GEM in France.



TOOLBOX TO DO THE SAME

- Reinforce the mutual support between the people with mental health issues
- Do training about mutual aid
- Projects financed by the state

Good Practice n°2

CREATION AND PARTICIPATION IN A COLLECTIVE PROJECT RUN BY AND FOR PEOPLE WITH MENTAL HEALTH PROBLEMS



The aim is to create and/or support the creation of a space run by and for people with mental health problems. The objectives and organization of this space are defined by the people themselves.

This space must be clearly distinct from other structures/services in order to allow its appropriation by the people concerned and to allow the perimeter of self-determination of this group to be clearly determined. The creation of an independent legal entity, such as an association, is, in France, an obligation.

It allows people to take responsibility, to be involved in a project that is meaningful to them, according to their own possibilities and wishes to be involved, and thereby to gain better self-esteem. It allows people to participate in decisions that concern them as a collective such as the planning of activities, the budget and atmosphere management or the resolution of internal conflicts.

This type of space allows people to gain self-confidence, to feel like full-fledged citizens, but can also allow society to change the way it looks at people with mental problems. They are no longer just passive beneficiaries, but actors in their lives.



A schedule meeting at Luciole 92

Extract of a collective testimony of Luciole 92:

"The mutual aid group is a great help in our fight against loneliness. It allows us to compensate, to a certain degree, for the emptiness created by unemployment. We can get involved in the running of the association, propose and lead activities, participate in workshops that we would not otherwise take part in on our own, due to lack of money, motivation and courage."



WHO ? WHERE ?

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+ INFOS

Website :

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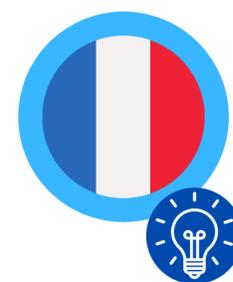


TOOLBOX TO DO THE SAME

- Think about who is taking the decisions in your space and try to open it to the people with mental health issues
- Think about the creation of an independent legal entity

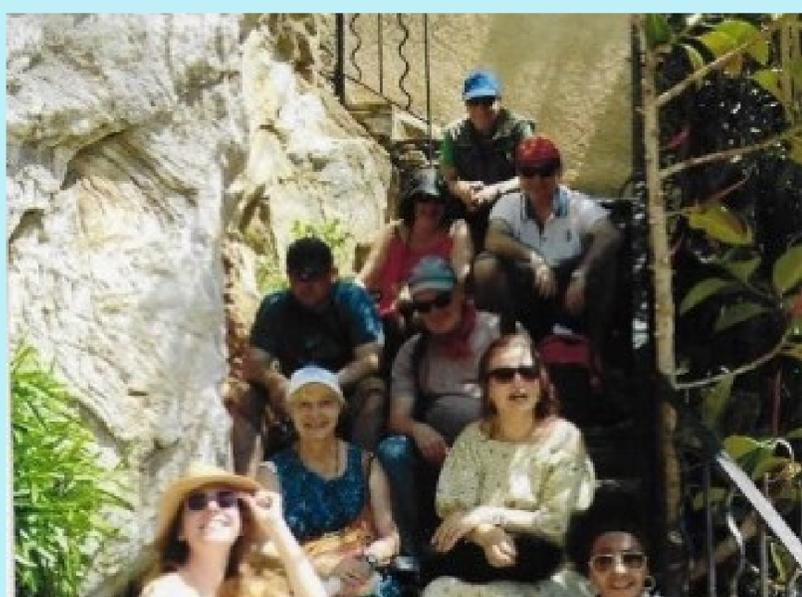
Good Practice n°3

CREATION OF A NON-MEDICAL PLACE



* In order for people to not only be patients but also citizens with rights, freedoms and a social life, it is important to create spaces outside of the ordinary healthcare system where people can gather. In that respect, the GEMs offer an alternative to psychiatric care (and thus medical care).

According to the French government official charter ruling the existence of GEMs, "the GEMs are not medical social structures and do not have to do the work of this kind of structures". In the same idea, "care and medical professionals have, in no way, vocation to take part in these structures". The idea is to hold a space where the medical point of view is not the main point of view on the individual, in order to let the individual be a complex person and not only a medical patient. Indeed, the medical point of view does not encompass the creativity, the complexity and the will of the person. This can lead to create feelings of infantilisation and create anger, resistance or overwhelm and lose confidence. When a person wants to join Luciole 92, we do not ask any medical evidence, or their pathology. We meet them as a full-fledged individual and give them a month to choose if the GEM is the right place for them or not. There is no obligation to participate, no terms of participation and no scorecard to ascertain what is or isn't a « good participation ». They are free to ascertain for themselves what supports them, what makes them feel good and what they want to participate to. There is therefore a complementarity between the GEM space and the healthcare services, the latter working on the pathology while the former works on the individual and a broader recovery. By no means, the GEM takes over from the health care services.



A friendly excursion at Luciole 92

Extract of a collective testimony of Luciole 92:

"Coming to the association gives us a goal for the day, helps us to get up earlier and better organize our daily schedule, including when to take our medication. Participation is completely voluntary. The self-help group is not a medical facility. It allows us to feel more responsible and to take charge of our lives."



WHO ? WHERE ?

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The "GEM", mutual aid group, of Luciole 92 is located in Boulogne-Billancourt near Paris. There are now more than 500 GEM in France.



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Website :

<http://luciole92.blogspot.com/>



TOOLBOX TO DO THE SAME

- Open places where people are not only patients but complex human beings
- Do not see people only by the prism of their mental condition

Good Practice n°4

BEING SOWN IN THE ASSOCIATIONAL AND ADMINISTRATIVE NETWORK ON DIFFERENT SCALES



- * The GEM is in touch with different organisations on the local, national, and European scale. This enables us to take part in the decisions-making bodies, to have different means of support, to make people hear our voices and demands, as well as broaden our practice.

On the local scale, the city supports us materially (free provision of premisses and a bus) and financially. The department supports us financially as well. The CLSM gathers all the players of the territory related to mental health. This gives us the possibility to carry out our voices and to be recognised locally as well as being a part of the decisions taken. We also bonded with other associations (mental health related or not) to create moments of meetings, exchanges and conviviality between people living different experiences. On the national scale: the CNIGEM (national association inter-GEM) represents the national GEMs. Being a member of the CNIGEM allows us to be in touch with GEMs from all over the country, to make us known, to train ourselves and to share our experiences and practices. On the European scale : thanks to the Erasmus + Inclupsy project, whose Luciole 92 is a project leader, we were able to discover practices in mental health (organisations and healthcare systems) from different partners in Europe (Italy, Croatia, Belgium, Greece). We can also speak about our position as users or former users of the GEMs and make our own experiences known to our partners. We were therefore embodying our associative project by being the steering committee. This allowed us to think about our practices and the finish of the European project gives us the opportunity to share them on an European scale.



Project Inclupsy gathering, in Athens

Account of the Luciole 92 members of the steering committee of the European project:

"It allowed me to thrive as I was able to get out of the GEM space and discover different practices offered by the European partners. It gives a wider and broader vision. I am used to being the treasurer of the GEM and here I had the opportunity of being the treasurer of a much more complex project."

"The interesting thing was to see that the healthcare system could be organised in a completely different way. It nourishes my point of view as a citizen on the healthcare psychiatric system."



+ INFOS

Website :

<http://luciole92.blogspot.com/>



WHO ? WHERE ?

The members of the association Luciole 92, and ehs as the association supporting the members in their project and organization (human resources management and grantsrenewal).

The "GEM", mutual aid group, of Luciole 92 is located in Boulogne-Billancourt near Paris. There are now more than 500 GEM in France.



TOOLBOX TO DO THE SAME

- Find support and ways on different scale to enrich your practices and views
- Together we are stronger !

Good Practice n°5

ACTIVITY "CENTRE - LIEU" OF THE ASBL PSYNERGIE



"Centre-Lieu" is an open space where participants can meet each other for different activities.

This activity centre is intended for residents of sheltered housing but also for former residents who request it. It is a first step towards a social life within a secure space and through activities inside and outside of the centre.

A monthly meeting on the first Monday of the month brings together the team and the participants to discuss and plan the month's activities. The programme is drawn up by the participants.

Activities: cultural (theatre, cinema,..), walks, cooking and sharing meals, excursions, exercise, creation of a newspaper by the beneficiaries, etc.

Through these activities, we aim to fight the loneliness and create links between the different houses of the sheltered housing.



The newspaper team at Centre-Lieu

A few words of the beneficiaries during a session

"it's an opportunity to pace the week, to develop creativity, to arouse curiosity"

"we keep in touch, we exchange between sessions"

"This is an opportunity for an outing at the end of the workshop, we will have a coffee outside"



WHO ? WHERE ?

The team of Psynergie and the residents of sheltered housing but also for former residents who request it.
The Centre-Lieu is in the centre of Namur - Belgium



+ INFOS

Website :

<https://psynergie.be/le-centre-lieu/definition>

Address : Tillieux Street, 95100
Jambes

Coordinator : Fanny Proveux

Mail : coordination@psynergie.be



TOOLBOX TO DO THE SAME

- Use activities to create link and relationships between people
- Let people participate in the planning and choice of activities

Good Practice n°6

MULTI - FAMILY GROUP THERAPY AT CNP ST - MARTIN DAVE



The multi-family group acts like an interfamilial therapy facilitated by professionals, based on freedom to attend and mutual aid/peer support

The mechanism foresees the participation of patients and families who desire to do so, as well as that of the psychiatrist, the psychologist and a nurse – who constitute the basic, permanent leadership trio. The group meets monthly. Participants can come from different units and continue to participate after the outing. Attendance in the group is voluntary and is based on mutual consent of the patients and their relatives.

Each group begins with the ritual of recalling the “charter”, which contains the basic rules of the group, like speaking in one’s own name and not in the place of another person, listening to everyone and not cutting off other speakers, being respectful.

The listening without judging, the benevolence, the multiple experiences expressed, the sharing of emotions, the group containment, all of this makes possible a work that is different from what prevails in the individual or classical family conversations. Moreover, the group acts as a social resource, a body of support and acceptance. It permits the shared search for solutions to common problems, thereby increasing the feeling of personal and social competencies of the participants.



The logo of the group therapy

Interview during a session therapy :

The first patient (Male) X came alone (first therapy) and found that it would help him and his mom to participate in this activity again.

The second patient (Female) Y came with her mom and feels that the multi-family group is a double help, helping the patient and the patient's family member who takes part in the activity with.



WHO ? WHERE ?

Patients, family, professionals and relatives
In a space outside the ward of the hospital
CNP St - Martin



+ INFOS

Dr Serge. Mertens de Wilmars,
psychiatrist and head physician at
the CNP Saint-Martin, Dave

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serge.mertens@saintmartin.ofc.be

Belén Ares, family referent

Mail :

belen.ares@saintmartin.ofc.be



TOOLBOX TO DO THE SAME

- Rely on experience of others and similar experiences to support patients
- Get the family involved
- Freedom to attend

Good Practice n°7

EMPOW'THEM TRAINING SESSIONS



The aim of the project is to improve the expression of the self-determined behaviours of mental health users. The training sessions are given by a professional and a peer-worker.

How does it work ?

- By developing a practice analysis guide to promote the empowerment
- By publishing a skills book
- By creating an innovative learning tool for professionals based on reverse pedagogy.

The tools are videos that focus on theoretical knowledge, such as definitions and history of self-determination, the principles of coaching, and the socio-pedagogical relationship. The course material is a driver for the facilitators.

After the session, each trainee becomes a field trainer.

The training will be free of charge and available in four languages: French, Greek, Spanish and Romanian.



The logo of Empow'them

Extract of a trainee testimony :

"My name is Christophe. I am a recipient of mental health care. So I experienced stigma and was able to share my experiences with the collaborators of the Empow'Them project. I would also like to thank all those people who allowed me to express myself without judgment on the subject and with kindness. Taking part in the experience made me feel valued and I thank them for it."



WHO ? WHERE ?

European project for professionals and people living with mental health issues. Disseminated in several countries



TOOLBOX TO DO THE SAME

- Use training to support change
- Presence of peer-worker
- Multi-linguistic project



+ INFOS

Website :
www.empowthem.eu

Contact :
Basile Tudoce, Espoir 54 (France)
basile.tudoce@espoir54.org

Good Practice n°8

ASSOCIATION COLLARLESS "SANS COLLIERS ASBL"



The association is based on improving relationships between humans and animals, taking into account their mutual well-being and the animal's place in society

Sans Colliers is primarily a shelter for feral or mistreated/abused animals. The association developed a mission of social support through the bond with the animal.

Every Monday, the people with mental health issues that are the most mobile go to the shelter and give a helping hand. It is a time of work sheltered for residents and animals as well as maintenance.

Every Tuesday the less mobile people welcome a dog into the facility they are in. It is a time of bonding with the animal.



A dog visiting the less mobile people



WHO ? WHERE ?

Residents of the psychiatric care home and a specialist educator
There are two animal shelters run by the association in Wallonia (Perwez and Chastres)



+ INFOS

Website :
www.sanscollier.be

Contact: Remy Peeters,
Educator with MSP "Les
Entours and ASBL volunteer.
remy.peeters@saintmartin.ofc.be



TOOLBOX TO DO THE SAME

- Use animal to create contact and give love, energy and hope to people
- Develop a sense of responsibility through help to an association

Good Practice n°9

SELF-STIGMA PREVENTION PROGRAMME



The goal of the programme is to help the person with mental health difficulties to be free from false beliefs about the illness, stigma-related feelings of shame, guilt and anger and self-stigma that hinder recovery.

The people will learn about the mental disorder and illness-related attitudes, and will be given the opportunity to express and work through their personal attitudes, expectations and emotional reactions on their diagnosis and/or admission to hospital as well as to learn and use efficient strategies to fight against the negative effects of stigma on their lives. An open discussion on general knowledge, attitudes and emotional reactions focused on different stigma-related topics is encouraged. Sharing personal experience, including success stories of coping with stigma, and learning about stigma and discrimination coping skills is widely encouraged. Topics include: stereotype awareness, agreement/disagreement with stereotype; reactions to diagnosis and meaning attached to it; self-reflection on self-stigma; experience with stigma and discrimination; anticipated discrimination through the anticipated rejection that did not really happen, taking a decision on whether to reveal or not to reveal information about mental illness, whom to tell and what is the best time to tell others about a diagnosis of mental illness.



Training MH professionals to use the program



WHO ? WHERE ?

Mental health users and MH professionals, program providers
The program was developed and implemented at the UPH Vrapče and ran continually from 2012.



TOOLBOX TO DO THE SAME

- Use training to support change
- Help people to go over what is restraining them



+ INFOS

Website :
www.bolnica-vrapce.hr

Documentation :
<https://hrcak.srce.hr/file/263310>

Good Practice n°10

SVITANJE CLUB



Svitanje Association runs different programs for MH users, among them one of the longest existing support groups that help with the easier integration of its members back into society, and encourages their creativity.

Svitanje Club is a mutual support group program that aims to help people with severe mental illness in recovery process to lead a satisfactory life in the community like any other member of the community. It is run for the last 26 years as a cooperation between the University Psychiatric Hospital Vrapce and Svitanje Association.

It is in line with the needs of belonging to the community and contributing to the community to live without the negative consequences of stigma and to feel as an equal member of the community. Members socialize and run mutual aid groups that empower people to live a satisfying life with purpose. They celebrate birthdays and share their problems together. They enjoy art therapy activities and together visit cultural events, art galleries, theater... When in need, they turn for help to each other.



A friendly time at Svitanje Club



WHO ? WHERE ?

Mental health users are participating in Svitanje Club.
It takes place in Zagreb, Croatia



TOOLBOX TO DO THE SAME

- Peer support and mutual aid groups
- Recovery over healing



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Good Practice n°11

RESOCIALIZING PEOPLE WITH ADDICTION BY HELPING IN REHABILITATION OF CHILDREN WITH DEVELOPMENTAL PROBLEMS



Promoting social inclusion of vulnerable people by including recovered persons with addiction to rehabilitation activities (horse riding therapy) where they help mostly children with developmental problems, but also grown persons with disability.

After the assessment by the expert team, individual goals are set for each volunteer recovered from addiction. They pass the education on tending horses and what is needed to help children during their therapy. For volunteers, this is also occupational therapy as well. Horse riding therapy sessions are organized on weekend days, they include many volunteers and NGO "Jedni za druge" members with the project manager. Psycho-social skills of volunteers are improved by including them to additional interactive psychoeducational workshops, where they gather experience and skills for better confidence, assertive communication and self-representation. NGO organizes various events for getting better visibility towards needs of social inclusion, resocialization and stigma reduction for persons recovered from addiction. Volunteer supervision and external evaluation are done as well.

The social inclusion in our program is achieved by putting persons recovered from addiction to the active role: they directly provide service and help to other people in need, not just receive it.



An horse-riding therapy session

Extract of users testimonies :

Volunteer: "For me, drug was an escape from problems and life disappointments, and I was near death. I could choose to activate myself and remove myself from drugs, so that I can live normally. This is my therapy. "

Marin: "My wife and I prepare horses. Together we solve problems, go shopping, everything. Things are so much better after I started volunteering."



WHO ? WHERE ?

Children with developmental difficulties (with palsy, Down syndrome, autism, speech difficulties, emotional difficulties, seeing problems, ADHD), recovered persons with addictions (drugs, gambling, alcohol, internet), volunteers

It takes place in the municipality of Zagreb



TOOLBOX TO DO THE SAME

- Helping other helps people by giving them responsibility and confidence in their capacities
- Presence of the animal



+ INFOS

Website :
www.jednizadruga.hr

Social media :
www.facebook.com/UdrugaJedniZaDruge

Good Practice n°12

HOUSING FIRST ITALIA



* Housing is intended as a strategy that focuses on the transition that goes from help to inclusion. "Housing" is more than a supported apartment, it is a system of social facilities into a network of human relations in a safe neighbourhood.

In 2016, was created the Progetto Famiglia di Famiglie, in Trieste. The project develops integrated actions to combat the phenomenon of impoverishment of families residing in the territory of the Diocese of Trieste, through the synergy between existing services and innovative paths capable of activating paths of family solidarity. Among these, an innovative Housing First project is being tested.

The 35 programs activated throughout Italy are aimed at various recipients: in 40% of cases they are adults with serious economic and housing problems; 14% is made up of former prisoners. It also works for chronic homeless people with problems of abuse or addiction (20%) and homeless people with mental disorders (10%). Other projects, in particular in Ragusa, Syracuse and Bologna, are also being worked on with destitute and multi-problem families who represent another 10% of the target (increasing in the last period).



An man in his new home

Extract of users testimonies :

Gabriele and his mother have moved a lot. Thanks to the "Housing First" project he found a place to share with two other people. "At this moment it is enough for me to have shelter and my things."

M. found himself in a condition of substantial abandonment. He entered the Housing First project shortly before the start of the pandemic with many expectations; unfortunately they were initially disappointed due to the restrictions.



WHO ? WHERE ?

Families, Italian Caritas and Stella Polare Cooperativa Sociale as partner
It takes place in Italy and particularly Trieste



TOOLBOX TO DO THE SAME

- Housing as the first and fundamental step for social inclusion
- Partnership between a lot of different entities



+ INFOS

Website :

<https://caritatrieste.org/>
<https://www.housingfirstitalia.org/>

Good Practice n°13

AGRICAMPO ONLUS



"Social farm" (fattoria sociale) project high school: educational project for the promotion of autonomy, socialization and starting to work in the social farm. Acquisition of specific and transversal skills that they will be able to spend in their post-school path.

AgriCampo onlus carries out horse therapy or equestrian rehabilitation activities in Rome for people with disabilities (psychiatric disabled, physically disabled, autism spectrum disorder, behavioral disorder, cognitive deficit, Down syndrome, etc.), an intervention that is part of the Green Care - Green Therapies, or more generally in Pet-Therapy. The project was born from the desire and the realization of the real possibility of inserting young people with disabilities within production cycles and in actual working contexts. Horse therapy or equestrian rehabilitation is a set of interventions and organized activities that use the horse, appropriately selected and adequately prepared, as a therapeutic tool, with psycho-rehabilitation, psychoeducational and social integration purposes, carried out by a team of specialized psychologists and psychotherapists. It is a global and active psycho rehabilitative method since it urges the participation of the whole organism in its physical and psychological components and in which the person does not passively "undergo" the intervention but is the "protagonist", acting in every phase.



A view of AgriCamp

Extract of users testimonies :

"In hippo therapy, the person must always be in the process of taking decisions, and facing his own judgment and that of others, developing at the same time the analytical-deductive, cognitive and intellectual functions and a balanced body scheme".

"Managing and knowing how to lead a horse gives a sense of worth and induces you to believe in yourself by assuming your own responsibilities, your own destiny and the reins of your own existence."



WHO ? WHERE ?

High School Plauto, APS Agricampo Onlus, Boarding school for the deaf Magarotto Agricoltura Nuova cooperative, and professionals in mental health system IN VIA VALLE DI PERNA, 315 - ROME. The service is provided in the Agricoltura Nuova Social Farm located near the E.U.R. neighborhood of Rome within the Decima Malafede nature reserve.



TOOLBOX TO DO THE SAME

- Using animal to reinforce self confidence and sense of responsibility
- Consider people as protagonists of the project
- Partnership between a lot of different entities



+ INFOS

Website :

<http://www.agricampo.it/ippotera pia>

Facebook : AgriCampo

Good Practice n°14



ARO.MENS MENTAL HEALTH FESTIVAL FOR SOCIAL INCLUSION AGAINST PREJUDICE

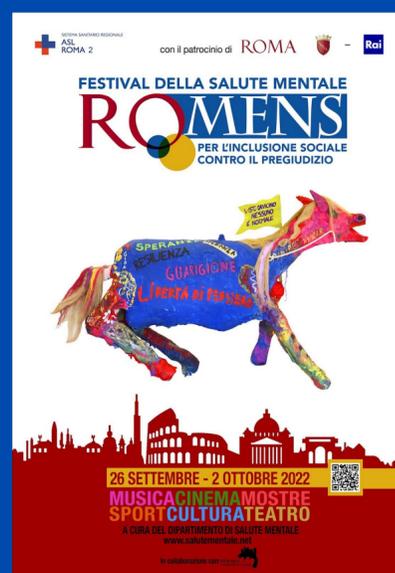


This festival aims to widespread promotion and prevention of mental health, to break down the walls of prejudice and foster attitudes of acceptance.

RO.MENS is an event organised annually by the mental health department of Rome (ASL Roma2), in the period of late September-early October on the occasion of the Mental Health Day. Music festivals and cultural events are organised to combat prejudice and stigma against people with serious mental distress. The festival offers opportunities for awareness-raising and correct information on mental health to citizens to prevent stigma. During a whole week, seminars, conferences, flash mobs and public interest events are organised to share the services offered by public health departments, institutions, municipalities and organisations working in the field of mental health in Rome. Each clinical centre shares its best practices and reports research results and applications. Conferences are then organised in collaboration with the private sector to network and communicate what is on offer in the area. Promotional and anti-stigma messages on mental distress are disseminated by celebrities and influencers from the world of entertainment. Schools and young people are involved. For example, in the 2022 edition, a call was made to schools to write a theme on "What is mental health for me?" and interviews were conducted and the best theme was awarded for each municipality of Rome.



A dance workshop during the festival



Ro is the abbreviation of the word 'Roma', and Mens is the Latin word for 'Mind'. The horse depicted is a remake of the wood and papier-mâché sculpture made in 1973 inside the Trieste asylum as a symbol of a process of liberation and the breaking down of barriers.



+ INFOS

Website :

<https://www.salutementale.net/romens/>



WHO ? WHERE ?

For citizens, young people, operators, users and family members
It takes place in Roma.



TOOLBOX TO DO THE SAME

- A festival open to everybody to raise awareness and destigmatize the topic
- A particular focus on the youth
- Partnership between a lot of different entities

Good Practice n°15

MATTI PER LA CORSA



It is an event which is part of the festival "RO.MENS". The main goal is to promote mental health, inclusion and to challenge stigma towards people with mental issues by physical activity and outdoor activities.

The aim is to stimulate sports and cultural activities to support people with mental distress. People are invited to participate in two different activities: competitive and non-competitive running races for young and adults, and volley and football's games; a walk among the archaeological remains of the "Caffarella" park and some drama readings.

During the walk, some people who suffer from mental issues serve as tour guides along the different stops of the walk. In fact, the recovery goes through the contact with your body and self-perception. The urban and social context is of relevant importance in the fight against marginality and social exclusion. With this event, it is proposed to reverse the image of the person with mental distress, no longer confined to places of care, but present and protagonist in those promoting active citizenships.



A walk among the archeological remains

Extract of a festival-goer testimony :

"This good practice has been important for mental health because physical activity, outdoor activity and relationships between people are able to promote wellbeing of people making them feel an active part of a group and active actors in their life."



WHO ? WHERE ?

The event involves all people and citizens who want to participate, in particular voluntary associations, foundations and organisations which are committed about mental health.
It takes place in Roma.



+ INFOS

Website :

<https://mattiperlacorsa.it/>



TOOLBOX TO DO THE SAME

- A festival open to everybody to raise awareness
- A particular focus on physical exercise and the pleasure of walking
- Nature as a benevolent framework

Good Practice n°16

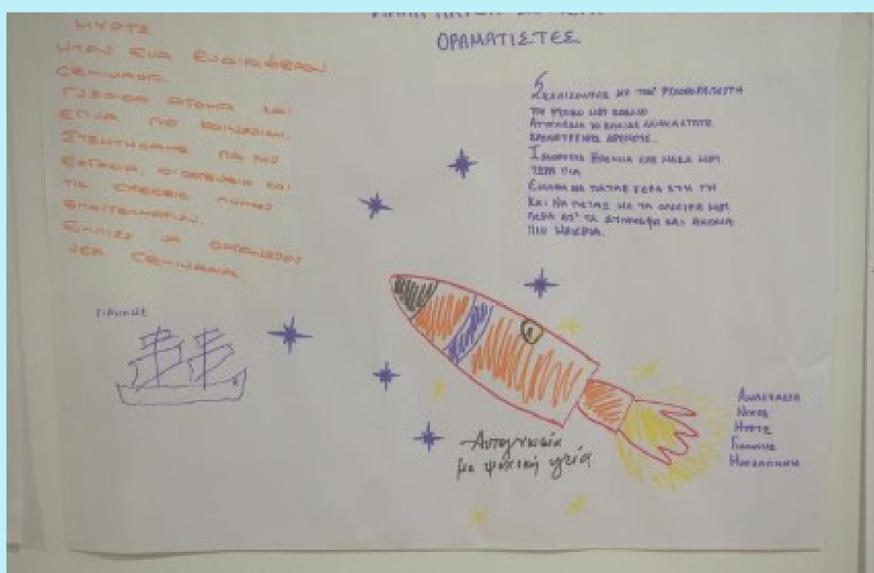
"FROM RECIPIENTS TO RECIPIENTS" AN EMPOWERMENT SEMINAR



- * The seminar was organised by users of mental health services and workers in the mental health sector who wish to participate in the services they receive, to have a say in their own care and in their lives, to claim education, employment and work.

The Association of Mental Health Service Recipients "Self-representation" in collaboration with the Society of Social Psychiatry and Mental Health and the Panhellenic Association for Psychosocial Rehabilitation and Vocational Reintegration (PEPSAEE), organised an empowerment seminar for people with psychosocial difficulties on the topic "From recipients to recipients".

The two-day meeting for service recipients entailed two themes for discussion and work and a plenary session at the end of the day to present the group's work. On the first day the users of mental health services participated on their own, while on the second day the mental health professionals' team was added.



The comments book of the seminar

Testimony of a participant :

"Through the whole you find solutions, responses, answers; you are not alone. All the same but each with their own experiences".



WHO ? WHERE ?

The event involves recipients of mental health services, community health services, residents of psychosocial facilities, mental health services and social enterprises. It takes place in the region of Amfissa in Greece.



+ INFOS

Website :

<http://autoekprosopisi.gr/?p=1116>



TOOLBOX TO DO THE SAME

- A large scale project
- All the network of mental health involved

Good Practice n°17

TRADITIONAL SOCIAL KITCHEN "EVZIN"



Koispe-Evzin is a social entrepreneurship that does not aim at profit, but at reintegrating vulnerable social groups into the labour market, legal labour relations and democratic governance.

The social kitchen aims to build a society of equal opportunities and professional rights for citizens with mental health problems. Evzin's members are people with psychosocial problems (at least 35%), mental health professionals up (45%), public or private legal entities or other people (up to 20%). Also, 50% of the Cooperative's jobs are filled by fellow citizens with psychosocial difficulties, and the profits are reinvested in the development of further activities in order to create even more jobs.

Social entrepreneurship creates business activities that offer services and products of excellent quality, certified, based on all international standards and always at the most "social" prices so that they become accessible to all.



The kitchen and the workers

Testimony of the kitchen chief :

."The fact that you see them enjoying themselves is the most important thing. I might get too tired because they weren't professional cooks to say "do this, cut that" and walk away. I had to be on top, but their joy filled me up. Now, they call me and ask me if we're opening and when we're starting. They really want it."



WHO ? WHERE ?

Evzin's members
The kitchen is at Aigaleo, Athens, Greece.



TOOLBOX TO DO THE SAME

- Entrepreneurship to support social inclusion
- Using food to create a bridge with society
- Production accessible to all



+ INFOS

Website :

<https://koispe-euzin.gr/>

Good Practice n°18

THE SPECIALIZED DAY CENTRE "SOCIAL DIALOGUE CENTRE" OF PEPSAEE



The Specialized Day Centre "Social Dialogue Centre" has two offices, one aimed at the Support of Employment & Social Entrepreneurship and another aimed at the Alternative Reintegration Actions.

The Specialized Day Centre "Social Dialogue Centre" is an alternative psychosocial rehabilitation unit. It offers its services in the area of professional integration and reintegration of mental health service recipients as well as of the implementation of alternative and innovative actions to destigmatize mental illness. It seeks to improve the recipients' quality of life, to remove social inequalities and prejudice, and engage in dialogue with society, emphasizing the therapeutic and restorative function of art and culture.

The main objectives of the Social Dialogue Centre are: to eliminate social inequalities and transform beneficiaries into active citizens, to support people with psychosocial difficulties towards their integration into the labour market, to engage mental health service recipients in creative employment, broaden their social and personal skills, reintegrate them, assist their socialisation through participation in the organisation, and implement recreational and cultural activities, to implement information and community education programmes, to raise awareness and involve local government and the community in the fight against stigma, to develop volunteerism and utilize the volunteer network for the benefit of those served.



Participants of a workshop at the center

Testimony of George Michalis, Self-representation General Secretary :

"Centre for Social Dialogue has helped me in empowerment, encouragement and communication with the rest of the world. Through the centre I have come into contact with other service recipients and through a social media platform they provide I communicate with them. I participated in the photography group with which I was able to promote my works as a photographer. I have the support of a social worker and receive support in finding work in my area of interest."



WHO ? WHERE ?

It targets adults who are experiencing problems with mental illness. It is not able to support people: a) with acute psychiatric symptoms, b) with moderate or severe mental retardation or severe autistic symptoms, c) with severe behavioural disorders, d) with addiction to toxic substances or e) with severe physical problems requiring specialised care. It takes place in Athens.



+ INFOS

Social media of PEPSAEE :

<https://www.facebook.com/PEPSAEE.KKD/>



TOOLBOX TO DO THE SAME

- Create alternative to medical and psychosocial units
- Focus on the professional field

Good Practice n°19

OFFERING SUPPORT THE PERSON AS A PERSON AND NOT AS A "MENTALLY ILL PERSON" AND THUS RECOGNISING THEM AS A FULLY-FLEDGED CITIZEN



Espérance hauts de seine takes care of people as individuals and not only through the filter of their diseases. All the projects initiated by the people are thus supported, whatever they are. People are therefore recognised within their rights, just like any other citizen.

This practice is a part of the day to day job of the ehs professionals in the support they bring to the people they are working with. An example :
A person accompanied by an organisation wished to obtain their driver licence. Their relatives and some health-care providers considered this project unrealistic. The professionals from the organisation still supported the person in their intention. After a lot of efforts invested in a cognitive remediation with the neuropsychologist of the facility, they were reported able to drive. Eventually, this recognition was enough and they decided to move on to other projects. This experience changed the way their family looked at them and they left the FAM to go back to their family in which they became a cornerstone.



The new associative project : to the recovery, together



+ INFOS

Website :

<https://www.ehsasso.com/>



WHO ? WHERE ?

It involves the people supported by ehs and ehs' professionals.
It takes place in the French department les Hauts de Seine, near Paris.



TOOLBOX TO DO THE SAME

- Support and encourage people's to access to their rights
- Support people through their projects whatever you, the society or their relatives can think of it.

Good Practice n°20

A SOCIAL CARE FOCUSING ON GIVING SUPPORT TO PEOPLE IN ORDER FOR THEM TO HAVE A BETTER KNOWLEDGE OF THEIR RIGHTS AND HOW TO ACCESS THEM



The association EHS focuses on supporting the people it helps getting access to their rights and make them respected. A training course revolving around the cared for people as well as the advance directives in psychiatry are available each year.

This information and consciousness-raising work is a part of the day to day job of the professional members of the association to support the people they are working with. Two examples can be listed :

1] Residents wished to be able to go on a regular basis to the public swimming pool. The public swimming pool chose to set up specific time slots for them. Every people being helped by health and social services of the city for disability issues were gathered at those time slots. The local authority didn't want to have to deal with the cohabitation between inhabitants and people living with mental health problems. The professionals of the association helped the members to obtain the right to go to the swimming pool whenever they wanted, just like any other inhabitant.

2] The City health and psychology centre(CMP) wished to evaluate the need for the members to go to the CMP, selecting only the ones that could receive support from their services. That would mean evaluating the relevance of the care request. The CMP, lacking funds to support everyone who needs help, wished to have less requests coming towards them in doing so. However, the access to the CMP is a right for every person living in the area and making the request. The professionals of the concerned association are working with the CMP to stop these evaluations.



Signature of a charter about handicap and mental health with local partners and officials



+ INFOS

Website :

<https://www.ehsasso.com/>

WHO ? WHERE ?

It involves the people supported by ehs and ehs' professionals.

It takes place in the French department les Hauts de Seine, near Paris.



TOOLBOX TO DO THE SAME

- Support and encourage people's to access to their rights
- No subject is more valuable than an other : obtain the right to go to the swimming pool with other inhabitants is important.

Good Practice n°21

ESCALATION OF THE SUPPORTING MISSION FOR PEOPLE WITH DISABILITIES TOWARDS EMPLOYMENT IN MAINSTREAM ENVIRONMENT INSIDE ESAT (FACILITIES AND SERVICES TO SUPPORT EMPLOYMENT)



The association EHS focuses on supporting the ESAT's workers in their access to mainstream professional environment.

Within the law on differentiation, decentralisation, deconcentration and several measures of local public action simplification, the ESATs' mission focus on supporting career plans of the workers, mainly by promoting the accessibility of mainstream environment employment. The individuality of the person is kept: the ESAT is not an ordinary company; the person is not an employee per se. However, they are admitted as a legal subject, producing added value through their work within ESAT and new rights close to those of an employee are granted, such as the right to have exceptional leave or access to professional training. The workers can be integrated in the mainstream environment with the guarantee to always have their spot back in the institution in case of termination of the orientation period in the ESAT. People can also fit in progressively within the mainstream environment, having the option of working part time for an ESAT and part time with an ordinary employer.

Two workers from ESAT Jean Caurant already had the opportunity to benefit from the programme. One of them has been able to work for several months in a company and to then come back to the ESAT. The other will soon be able to sign a contract with a temporary employment agency while still working at the ESAT.



The ESAT



WHO ? WHERE ?

It involves the people supported by ehs and ehs' professionals.
It takes place in the French department les Hauts de Seine, near Paris.



TOOLBOX TO DO THE SAME

- Support and encourage people's to access to their rights
- Work as a tool for social insertion
- Bridge between civil society and protected area like the ESAT



+ INFOS

Website :

<https://www.ehsasso.com/>

Good Practice n°22

THE SUBLEASING OF FURNISHED FLATS IN HOUSE-SHARE IN ORDER TO FOSTER ACCESS TO HOUSING FOR PEOPLE LIVING WITH MENTAL HEALTH PROBLEMS.

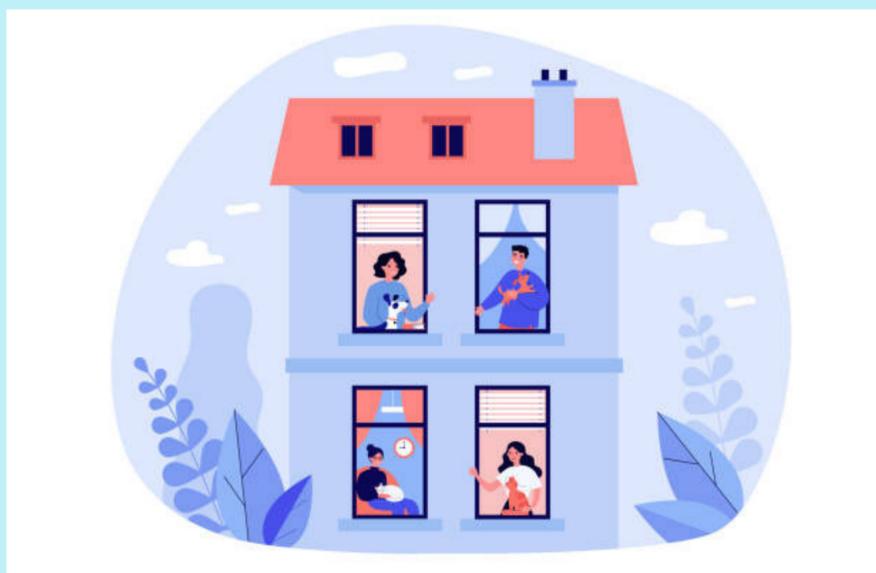


The ehs association is renting flats to public and private lessors, and then subleases those flats to people sent by CMPs or people asking for it directly.

Any person who wants to live in a shared space and that can afford the rent can access a shared-flat. People wishing to live in those spaces are asked to think about their needs in the accommodation and to mobilise the available resources regarding those needs (home help services, domestic help...).

The ehs association deals with the lease management of the housing as well as the information and the orientation of the sub-lessees. It can also mediate within the shared-flats if needed.

Flat-share enhances mutual support and financial accessibility to housing.



Colocation time !



+ **INFOS**

Website :

<https://www.ehsasso.com/>



WHO ? WHERE ?

It involves the sub-lessees, the partners, the ehs professionals
It takes place in the French department les Hauts de Seine, near Paris.



TOOLBOX TO DO THE SAME

- Support and encourage people's to access to their rights
- Create and support affordable housing for people with no money
- Facilitate and support the creation of the colocation



IncluPsy

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IncluPsy

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