



ERASMUS + Project: *Families and Independent Living in Mental Illness*

International meeting
Lisbon, 23 May 2023



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Key steps in social -health policies

• **Law No 180 of 13 May 1978 "Voluntary and Compulsory Health Assessments and Treatment"** - The Basaglia Law, from custody/control to treatments

«In order to really be able to deal with "illness", we should be able to encounter it outside institutions meaning not not only outside the psychiatric institution, but outside any other institution whose function is to label, codify and fix in frozen roles those who belong to it»

Translated from F. Basaglia, *Il problema della gestione*, 1968

• **Projects Objective 1994- 96 and 1998-2000:** definition of the organisational structure and standards of mental health services
→ The establishment of the Department of Mental Health (DSM): DSM is the set of facilities and services which function is to take care of the demand for mental health care, assistance and protection within the territory as defined by the local health authority (ASL).

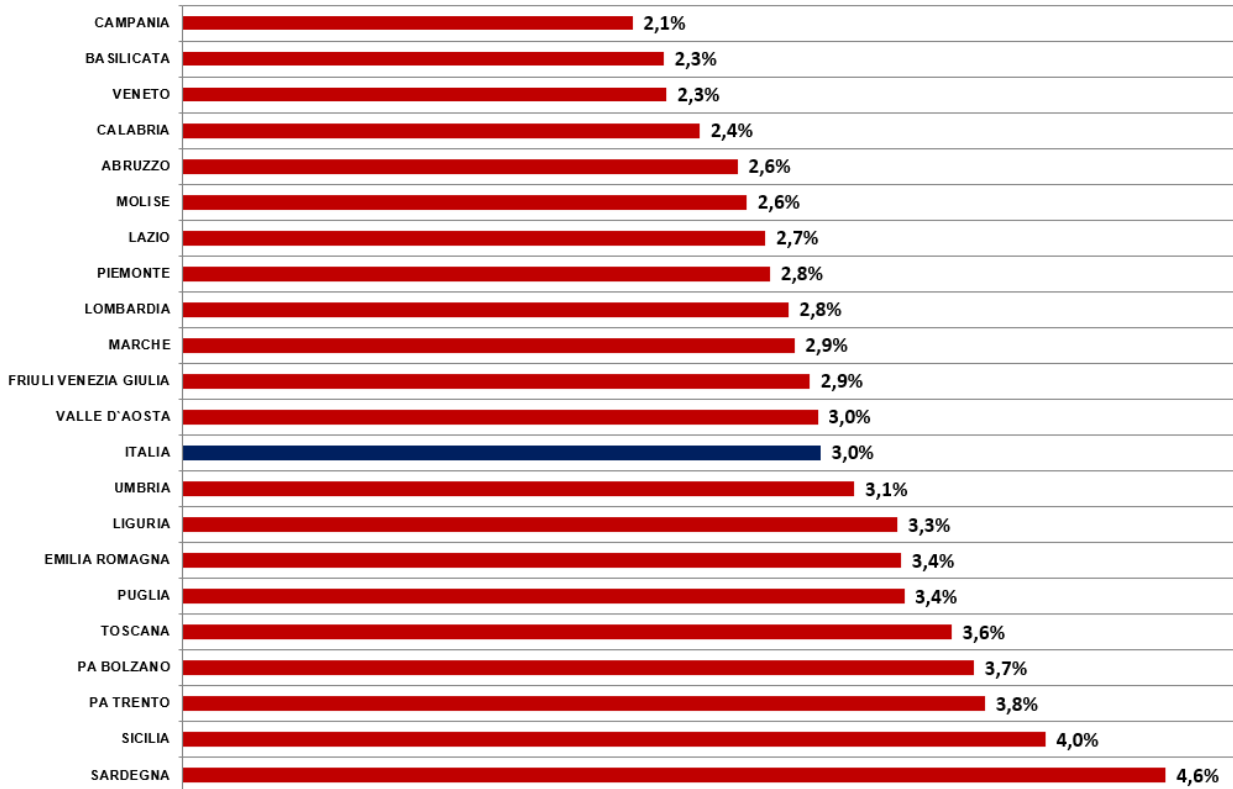
• **Law 328/2000, "Framework law for an integrated system of interventions and social services"** → the idea of health as a combination of psychological, physical and social well-being is upheld → the interconnection of people's needs is recognised, and hence the need for collaboration between all the institutions that promote and protect his well-being.
→ special attention to the involvement of the third sector

• **Constitutional Law 3/2001 → Regional Decentralisation**

Granting greater legislative autonomy to the regions on many matters including health protection → This reform, for economic, management and political reasons, has generated strong regional differentiation and several inequalities in health protection



Mental health expenditure by Region. % of Regional Health Fund (2020).



Source: SIEP on the data of the Mental Health Report, Ministry of Health - Year 2020. Graph taken from 'Il finanziamento pubblico della Salute Mentale e la necessità di un intervento straordinario' by Fabrizio Starace, *Quotidianosantità.it* - 9/5/2022

In 2021, the number of adult users of public mental health services in Italy is around 800,000 (→ 61,177 in Lazio)

Source: Italian Ministry of Health, Mental Health Report. Analysis of data from the Mental Health Information System (SISM). Year 2021

In the same year, Italy recorded 3638 fewer mental healthcare professionals than the set standard (at least one professional per 1,500 inhabitants).

Source: *Fotografia del sistema salute mentale in Italia*, by Monica Vaccaretti
Published on 03.02.23 on Nurse24.it

→ From 2020 to 2021, psychiatric users in residential care in Italy increased by **5.80%**.



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Solaris : a place of *resistance*

Solaris is a non-profit organization. It was founded in June 2002 by a group of family members of patients who were placed in temporary residential mental health services in Rome.

The organization promoted an innovative program with the help of volunteers and mental health professionals from the Department of Mental Health of the Local Health Authority (now called ASL Roma 1): it was mobilized to offer users the opportunity of living independently in their own homes, supporting them in this housing autonomy project

→ In this context was launched one of the first "supported housing" experiments in Italy, called "Le Chiavi di Casa"(The House Keys).





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The supported housing



Mental health professionals and volunteers support users in daily activities, in their relationships with flat mates and relatives, increasing their autonomy.

→ Domiciliary assistance is flexible and adaptable to personal needs which change over time.

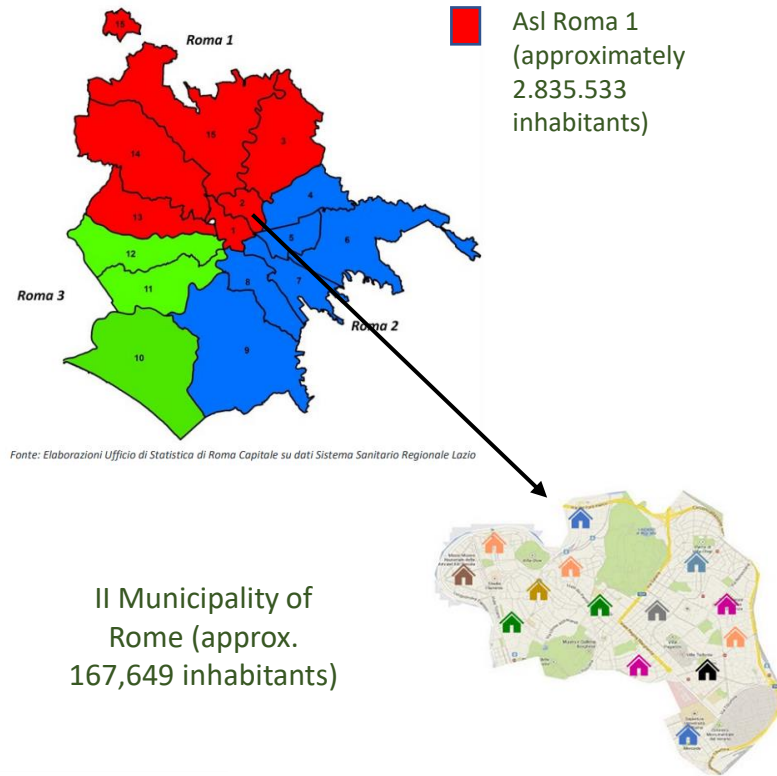




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- Currently Solaris OdV has 40 associate members and 18 volunteers who provide their skills and support to implement housing and social inclusion projects for people with mental distress



- In the II Municipality of Rome, thanks to a well-established network between the Municipality, the ASL Roma 1, and other third sector actors - in particular the social cooperative *Prassi e Ricerca* with which Solaris is partner in the project "Housing and Autonomy"- Solaris supports with the employment of 4 professionals, **30 users in their homes**

Throughout the Asl Roma 1 territory, 160 users of mental health services are involved in supported living projects





But living in one's own home is not enough

- It is important that users are supported in strengthening their socialisation skills, forging relationships with the local community, developing interests and skills and finding a job if possible.
- ➔ Focusing on the users' desires, interests and needs, they were involved in **integrated workshops** in which participation was immediately opened up to family members, mental health workers, volunteers, and people from the neighbourhood who, around a common interest (writing, computing, photography, music, etc.), found a shared space for a peer-to-peer interaction and enrichment
- ➔ Since 2002, workshops have multiplied and more and more attention has been paid to the participation of users with specific skills as tutors or experts in many workshop activities, in line with the **peer tutoring strategy**.



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Some pictures from the workshops:



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Initiatives to discover and rediscover art, nature, culture



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Leisure moments





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Events and Publications

By participating in local, national and international conferences, organising events, publishing books and the magazine 'Pausa Caffè', we try to combat the stereotype of mental suffering by giving voice to those who experience such a distress personally.





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Projects with schools to raise awareness among the younger generation





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Counseling desk:

Legal assistance for support administrators: a legal advice desk to provide users and their families with free, professional and personalised advice.

Information desk for 'Dopo di Noi' (After Us): a group of volunteers, both from Solaris OdV and Scalea 93 (non-profit organisation), are at the disposal of family members to provide information and updates on national and regional legislation.

Listening/ support desk for relatives of people with psychiatric distress: held on Wednesday mornings by a volunteer expert psychologist.



Training



Solaris organises courses aimed at professionals, family members and volunteers working in the care of psychiatric services users to equip them with tools to help them face the complexity of everyday life.

The courses run annually and have partnerships with other associations, such as Apeiron and Tininiska.

The focus on comparing and sharing experiences is in line with the strategies of the mental health services of ASL Roma 1, which from several years organises multifamily psychoanalysis groups according to the model implemented in Argentina by Jorge García Badaracco.



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Networking: cooperation with public and third sector organisations

II Municipality of Rome



**PRASSI E
RICERCA**



**APEIRON
CENTRO PER
LA RICERCA
PSICOANALITICA**

Local Health Authority ASL
Roma 1



Tininiska Italia



- Solaris is an active member of:
- ✓ Departmental Council for Mental Health of Asl Roma 1
 - ✓ Volunteer Council of II Municipality of Rome
 - ✓ City Council for Mental Health of Roma Capitale





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Towards new common struggles for the recognition of the right to be human

<<When we say no to the asylum, we say no to the misery of the world and join all the people in the world who are fighting for an emancipated situation>>

Translated from F. Basaglia da *Conferenze brasiliane* 1979

