

SYMPOSIUM "Users Empowerment And Participation In the mental Health
Services System:
A European Perspective- The EMILIA Project"

- **The current situation concerning the social inclusion of service users—a demonstration site perspective**

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Centre Fòrum
hospitaldelmar



www.imasbcn.org

IMAS-FIMIM Our Demonstration Site

- Population of Barcelona: 1,593,075
- Density: 15,779 Hab./Km²
- Population of district of Sant Martí: 221,029



Public Mental health care in Catalonia

20.000 patients are hospitalized annually with mental disorders.

- **schizophrenia.74,9%**
- **affective disorder 25,4 %**
- **personality disorders 20,8%**
- **SMD (Severe Mental Disorder): a average of 72% are seen by mental health professionals only five times annually.**

Why social inclusion is so important:

To help users:

- **To be respected by others**
- **To be understood by others**
- **To find a source of income upon recovery**
- **To get rid of disturbing symptoms**
- **To be unmarked by disease or treatment**



To help families:

- **To re-establish the user's function in the family and other social roles**
- **To maintain the good reputation of the family**
- **To avoid financial crisis because of treatment**
- **To preserve some of their free time**



Why Social Inclusion is such a problem in our country:

- **Lack of rehabilitation services for users with Severe Mental Disorders (SMD)**
- **Saturation at a specialist level of care.**
- **Too much importance given to the clinical condition of users and not enough given to psychosocial aspect**
- **Lack of awareness among professionals about existing resources.**
- **Lack of legal legislation to promote job opportunities for users.**
- **Lack of contact between the different service providers.**

How can we improve social inclusion for users?

- Train the user in how to access and maintain a job with help from support teams on a long and short term basis.
- Make the mental health institutions more active in offering normal jobs to users.
- Improve the collaboration between the rehabilitation and clinical teams.
- Offer training to clinical staff to help them be more aware of the difficulty of the users in combining his or her illness with maintaining a normal job.

EMILIA: Users working side by side:

Users as a mental health workers are those who best understand other users

Due to their experience within the mental health service they know:

- The procedures and ways of accessing care as a in-patient or out-patient.**
- How to manage thier illness with their daily lives, family, social relationships, jobs etc.**

The Barcelona Demonstration Site

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Barcelona Demo Site perspective

What the users have shown us:

- Users create stigma between themselves.
- In contrary to general opinion, users want to work.
- They want to see new ways of learning introduced.
- They are worried by the problems their illness makes for them in the working and training world.
- The major fear of the users is “How do I get up in the morning to go to work/training?”

Aims that we have:

- Empowerment of users as workers.
- Understanding the procedure of protecting the pension of those who will participate in EMILIA.
- Create a voice for users within the institution.
- Working to reduce the stigma for users among mental health professionals and the community.
- Improve the quality of life for the users.



What the mental health professionals have shown us:

- They only see users working in manual and unqualified jobs.
- They don't consider positive discrimination measures as important.
- Up to now they are not used to having users as work colleagues.
- They re-create social stigma towards mental illness.

What the steering groups have shown us:

- The life experience that the user has is vital and must be recognised in the jobs and training that EMILIA is going to create.
- The training done by the users must be accredited to make them competitive within the normal working world.
- The Steering Group has warned us about the possibility of positive discrimination becoming a stigma.

Our Steering Group

- **ADEMM Catalonia Mental Health User Organisation.**
- **Associació JOIA Youth Active Organisation**
- **Associació Mental Health Centre Association Les Corts**
- **CREA U.B Centre of research, theory and practice in learning for minority groups.**
- **Bonanova School. IMAS. Health Profesional School**
- **EUI del Mar. University Nursing School, University Pompeu Fabra (UPF)**
- **FACEPA .Federation for Cultural and Learning Association for Adults**
- **IMAS:**
 - **Hospital Centre Fòrum**
 - **CSM Sant Martí**
 - **IMAS Career Guidance Team**



Current Situation in Barcelona Demo. Site

- **Negotiating with our mental health institution to improve the employment of users within it.**
- **Negotiating with groups that have the power to accredit training programmes.**
- **Establishing communication links with the department of social welfare in our government.**
- **Starting the recruitment of users interested in participating in the project.**



Barriers in our way:

- Users fears of lossing their pension if they particpate in project.
- Lack of response from health institutions.
- Suspicion from other professinals.
- Relapse of users once working.
- Loss of users during the training period through:
 - Relapse
 - Family problems
 - Economical problems



Thanks to Our users

