



Online empowerment in the Mental Health Empowerment Centre in Paris

Emmanuelle Jouet, Phd Educational Sciences, Tim Greacen, Director, Research Laboratory
Etablissement public de santé Maison Blanche, Paris

Workshop: Promoting mental health in the virtual world



Groupement Hospitalier de Territoire Paris



Psychiatrie et Santé Mentale
du Nord-Est de Paris



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This presentation

The Paris Mental Health Empowerment Centre

- Context
- Partners
- Objectives

Empowerment and new virtual world tools

- Educational Science : how can it help us from a theoretical point of view ?
- How can we apply this to mental health?

Expected results

- optimising pathways to recovery
- evaluation

This presentation



Online empowerment in the Mental Health Empowerment Centre in Paris, what for?

- Virtual world tools for empowering
- people with mental health projects
- people with mental health problems
- carers and other people around them
- the community



Unités d'hospitalisation et d'accueil couvrant la population du 19^{ème} arrondissement
110 lits pour les 2^{ème} (nord du 19^{ème} arr.) et 20^{ème} secteurs (sud du 19^{ème} arr.).

19^{ème} secteur - Nord
Bâtiment 19/19
Chef de pôle par secteur: Docteur Jacques SAILLÉ
Cadre supérieur de santé: Frédérique HEBERT
Tel: 01 49 94 91 02

Centre Médico-Psychologique
98, rue de Créteil - 75019 Paris
Tel: 01 42 82 21 30/22 49 Paris - 01 42 84 64 84

Centre d'Accueil Thérapeutique à Temps Partiel
14, rue de Thionville - 75019 Paris
Tel: 01 42 80 04 92 Paris - 01 42 58 81 15

19^{ème} secteur - Sud
Bâtiment 19/20
Chef de pôle par secteur: Docteur Nathalie TRICHOPOULOU
Cadre supérieur de santé: Fabienne ROYER
Tel: 01 42 80 21 30 Paris - 01 42 80 41 08

Centre Médico-Psychologique Adultes
231, rue de Bellevue - 75019 Paris
Tel: 01 42 80 21 30 Paris - 01 42 80 41 08

Centre d'Accueil Thérapeutique à Temps Partiel
32 bis, rue de Thionville - 75019 Paris
Tel: 01 42 82 27 84 Paris - 01 42 58 81 68

19^{ème} secteur - Nord
Unités d'Accueil Intermédiaire
10-14, rue du Général Lavoisier - 75019 Paris
Tel: 01 49 94 91 02 Paris - 01 49 94 91 14

Maison Blanche - XIX^{ème}
Unités d'Hospitalisation et d'Accueil
10-14, rue du Général Lavoisier - 75019 Paris
Tel: 01 49 94 91 02 Paris - 01 49 94 91 14



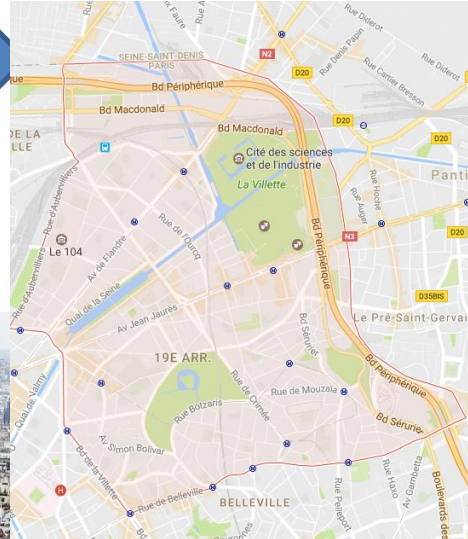
10-14, rue du Général Lavoisier - 75019 Paris
Tel: 01 49 94 91 02 Paris - 01 49 94 91 14

Métro: Belleville, Pyrénées

Hospitalisation et accueil: 10-14, rue du Général Lavoisier - 75019 Paris
Tel: 01 49 94 91 02 Paris - 01 49 94 91 14

Accueil: 10-14, rue du Général Lavoisier - 75019 Paris
Tel: 01 49 94 91 02 Paris - 01 49 94 91 14





Two mental health community areas : a population area of some 200 000 inhabitants.

Vulnerable population : high unemployment (>20%), single parent families, homeless + housing difficulties, migrant populations (>20%), refugees

Two community mental health services for adults, two for children, one psychiatric hospital (100 beds), therapeutic families, residential care

Birthplace of the Charlie Hebdo terrorists



Problems...

- Health and social care services thriving but in completely separate worlds ; not on the same planet
- Multiple criss-crossing pathways for people with mental health problems
- High-level mental health services dominated by biomedical logic
- « Mental health » still only means « mental illness »
- Stigmatisation of mental health issues.

Result : important delay in engaging treatment for serious mental illness; high economic cost



Hidden wealth

- Extraordinary social and cultural diversity : great potential cultural resources for the community
- Presence of a large variety of actors and initiatives : an ideal area for experimenting new therapeutic and social ideas



The Mental Health Empowerment Centre in the 19th arrondissement of Paris



- User organisations
- Mental health community services



- L'Œuvre Falret (mental health residential services)
- The Maison Blanche Research Laboratory



- La cité de la santé (the City of Health, Universcience, Paris)
- The 19th arrondissement Mental Health Council
- Social housing services
- The EMILIA Project :

A follow-up from the EMILIA Project (ENTER Mental Health) on access to training and employment for people with serious mental health problems.




Partners



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- Access to mental health empowerment resources for all citizens:
promoting good mental health throughout your life, early intervention
whenever needed,
- Targeted support in accompanying users and carers in mental health
recovery pathways
- Reducing length of stay in hospital, fighting against chronicisation
- Coproduction of mental health projects and recovery pathways with
users, carers and health and social care professionals working hand in
hand
- A multi-agency approach fighting : all working hand in hand promoting
mental health at community level, fighting against stigmatisation and
discrimination, providing access to training for all citizens and service
users



Some Theoretical approaches

- Constructivism/socio-constructivism
- Pedagogy of the oppressed (Freire, 1974 ; Boal, 2003)
- Popular education (Cacérès, 1964)
- Peer education
- Peer emulation
- Self-learning, experiential learning (Mezirow, 2001 . Pineau, Courtois, 1991)
- Collective experience in a democratic learning process (Dewey, 1913, 1936)
- Recognising lay knowledge and skills

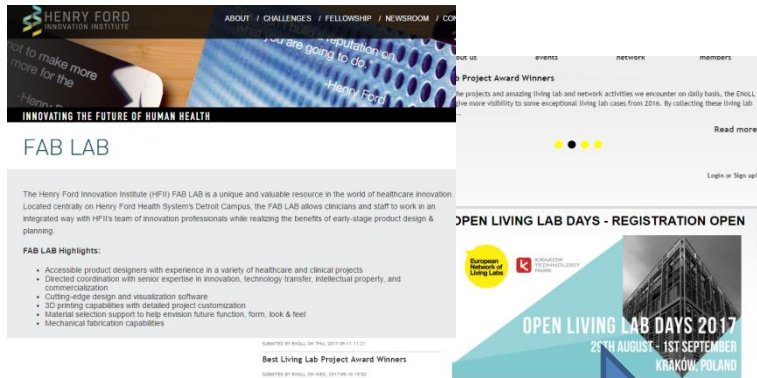
- Learning communities (Wenger et Lave, 1991, Orellana, 2012)
- Virtual learning communities (Cristol, 2017)

Empowerment and
Virtual World Tools



Applying these theories...

- ❑ Idea Stores, *Dogliani Sergio, 1999*
- ❑ Living Lab (CNET, 2014) : participatory knowledge
- ❑ Learning centres, Fab Lab...
- ❑ Les Makers (*Do It Yourself*), *Lallement, 2015*
- ❑ Hackatons (thematic Apps)



Creating a new space for sharing skills and knowledge: virtual world and real-world

Playing together, creating together, learning together, having fun together

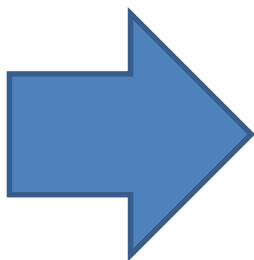
Empowerment and the virtual world

Theoretical Models: from social and Learning Theory



E-LEARNING? → E-TEACHING!!

Massive Open Online Courses (MOOC) for all: understanding positive mental health, understanding symptoms, improving quality of life, understanding the social and health care system. Top down teaching but bottom up interaction: meeting together both online and face-to-face. Education thérapeutique.



Tools:

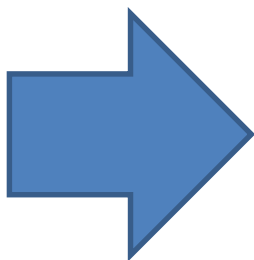
- EMILIA, CAMILLE, ISADORA modules: recovery, addictions...
- developing pathways for people to become peer workers
- user representatives in decisional bodies at all levels
- ...



E-LEARNING

Creating new personal learning pathways: learning how to learn, self-directed learning (it's me who decides what I want to learn and when I want to learn it)

Possible presence of virtual world mentors: recovery counseling, recovery models, someone to bounce off to help you build your learning pathways



Possible tools

- Create your own blog
- Building tools for fighting against discrimination in your real-world or virtual world neighbourhood
- Recovery modeling
- Helping others

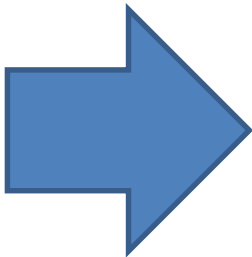
INFORMAL E-LEARNING (Schugurensky, 2007)

Non-intentional learning : we happen to run across a link to something interesting on the internet. Digital surprises. Oh maybe that could be useful for me too !!

Finding new identities for yourself, new positive identities :

Examples:

- Asperger communities : thinking together, having fun together (Chamak, 2016).
- Hearing Voices
- Drug users communities:



<https://www.psychoactif.org/forum/index.php>



Possible pathways in the Empowerment Centre

- Users aiming to be not just well but happy too!
- Carers feeling competent about their caring
- Bloggers
- Highly skilled users trained in mental health issues
- User trainers
- User researchers
- User representatives
- Recovery models

Expected results

Possible empowerment pathways



Expected results

Model approach for the Empowerment centre in Paris



Evaluation of Empowerment Centre using an educational action research approach:

- collecting information from people who have used the website on what was useful for them when they went back out into the field/ into real life, what problems they encountered, and then
- readjusting the training objectives by taking into account both this user feedback and new scientific information and training approaches developed in international programmes, such as those produced in the ENTER Mental Health European network and to be promoted using the ENTER Academy.

Expected Results

Merci!!